Dear Families,

This week we will be discussing the different ways we can help to keep our bodies healthy. Health and wellness begins at birth. Developing healthy habits at an early age will help the children lead healthy lifestyles in the future. The importance of sleep, healthy eating, exercise, hygiene, and reading will be discussed. To help everyone get ready for the holidays, there will be special “spirit days” at St. Michael’s. They are listed below. Have a great week!

Ms. Denise, Ms. Becca & Ms. Claudia

**Great Books to Read!**

- *Me and My Amazing Body* by Joan Sweeney
- *The Foot Book* by Dr. Seuss
- *The Edible Pyramid: Good Eating Everyday* by Loreen Leedy
- *From Head to Toe* by Eric Carle

**Important Reminders:**

*12/22 – 12 noon dismissal for Pre-K. Christmas recess begins. (No after-school)
School is closed on 12/23 and will reopen on 1/3.
Christmas Spirit days at St. Michael’s:
12/13 – Ugly Sweater Day
12/14 – Christmas Sock Day
12/15 – Wear Green and Red Day
12/16 – Crazy Mix and Match Day
12/17 – Christmas Cookie Day
12/21 – Santa Claus comes to St. Michael’s...Dress up day!

Mandarin Concepts: Numbers 4-6

**December Birthdays**

- Nathalie - 12/13
- Alex - 12/24

**St. Michael’s Catholic Academy:**
136-58 41st Avenue Flushing, NY 11355
Phone: 718-961-0246
dperez@stmichaelsca.org