Ms. Gina’s Weekly News
December 13, 2021

Dear Families,

Last week, we learned all about our feelings and emotions and how to recognize each other’s feelings, as well as appropriate ways to deal with our emotions while in the classroom. This week we will be learning all about all the different ways we can help to keep our bodies healthy. Some topics we will be discussing are healthy eating, exercise, and dental care. We will learn which foods are healthy and which foods are not and why it is important to make healthy food choices.

Have a great week!
Ms. Gina, Ms. Diana, & Ms. Michele

Important Reminders:

- December 22nd - 12 noon dismissal for Pre-K (No after school program)
- School will be closed for Christmas break December 23 and will reopen on January 3

Some books we are reading this week:

- Exercise by Sharon Gordon
- Head to Toe By Eric Carle
- Me and My Amazing Body by Joan Sweeney
- The Edible Pyramid: Good Eating Everyday by Loreen Leedy
- Good Enough to Eat by Lizzie Rockwell

Mandarin Activities:

- Counting the numbers 4-6

December Birthdays:

Michele - 22nd

Contact Info:
136-58 41st Ave, Flushing, NY 11355
(718)961-0246
ggoldfieldmhrcaprek@gmail.com