Dear Families,

This week’s theme in the All About Me unit will be about **Self Care and Nutrition**. We will discuss that germs are not for sharing, and how to prevent spreading them to others. We will be discussing how exercise and movement are good for our bodies, and to be mindful of the foods we eat. Together as a class, we will make a healthy vs. unhealthy food chart, and learn how to make patterns out of healthy foods. We will also discuss the importance of brushing our teeth and taking care of ourselves! The children will engage in different activities, and we can’t wait to get started!

Sincerely,
Ms. Stephanie, Ms. Desiree, & Ms.K

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**Books To Read At Home:**
- *Good Enough to Eat* by Lizzy Rockwell
- *Germs Are Not for Sharing* by Elizabeth Verdick
- *Me and My Body* by Sweeney
- *Head to Toe* by Eric Carle
- *Tooth Decay* by Bobbi Katz
- *Exercise* by Shannon Gordon

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**Important Reminders:**
- December 14th – Christmas Socks Day
- December 15th – Wear Green and Red Day
- December 16th – Mix Match Clothes Day
- December 17th – Christmas Cookie Day
- December 21st – Santa Visit
- December 22nd – 1:00 Dismissal
- December 23 – January 2 – Christmas Break
- Please check your child’s folder for any notices or crafts sent home 😊

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**Contact Us:**
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