



Preschool Maple Tree Newsletter



We were so happy to see our little gardens grow!



Understanding the food pyramid helps us to make healthy food choices.

Activities Covered:

Last week, we completed our theme of growing by focusing on "Growing Healthy Foods and Habits". We learnt about what we need to live a healthy lifestyle and how important it is for our growth and development.

In **Communication and Language**, we listened to and discussed the story "Lulu's Lunch." We also learnt about healthy and unhealthy foods and discussed what foods we should eat as our snack at school.

In **Personal, Social, and Emotional Development**, we had fun and made our very own healthy sandwich with cucumber and cheese. It was so delicious!

In **Physical Development**, we learnt the importance of brushing our teeth. We brought our toothbrushes and toothpaste from home to practice this skill. We really enjoyed this activity.

In **Understanding the World**, we learnt about what a food pyramid is and what the different foods are that we need to eat for a healthy daily diet. We learnt about what foods fit into our daily quota restrictions so that we eat the right amount of healthy foods and not too much from the unhealthy category.

In **Expressive Arts and Design**, we learnt a new song and poem and played the musical instruments to the beat of the rhyme. We all had so much fun expressing our musical side!

On **Thursday**, we had a market day at school selling a variety of fruits and vegetables. We all got to purchase our favourite items using Kid'n Around money and enjoyed a delicious picnic together eating our treats.

It was a great week of making healthy choices and we will remember to keep up this healthy diet going forward!

Upcoming Activities:

Pack your suitcases! We are going to have a week of adventure this week. We are going to learn about different countries in our **International Week** topic.

We will visit 2 different countries: **China** and **Mexico**. We will learn many things about the cultures and traditions of those countries and where they are in the world.

On **Sunday**, we will watch a PowerPoint about each country and learn about the different languages, famous landmarks, food, and currency of the different countries.

On **Monday**, we will listen to a traditional folk tale. Then we will make a craft unique to these countries.

On **Tuesday**, we will come dressed in the colours of the flag or traditional clothing of each country and participate in the parade. After that, we will travel with our passports around the school to get them stamped from all the different countries participating in the international week. We will also decorate the flags of **China** and **Mexico**.

On **Thursday**, we will come to school dressed in our own country's attire or flag colours and enjoy an international feast of foods unique to our own country. We will also play different traditional games from **China, Mexico, India, and France**.

Looks like we will have an exciting international week!



We were separating the fruits and vegetables with ease. Working with the dairy products and proteins was more challenging.



We made good choices at the Fruits and Vegetables market. Everything was so juicy and sweet!



Tips for home:

- Please ensure your child gets to bed at a reasonable hour so he/she is ready to learn when they get to school.
- Display your child's work from school to help build a sense of pride in their accomplishments.
- Read the **weekly newsletter**, so that you keep up to date on what is happening.

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To protect your children from privacy violations on the internet, please refer to the following link:

<https://bit.ly/3zH8fMt>



What a beautiful day having fun in the sun with our friends!

Upcoming Events:

Monday 9th - Reports distribution

The term 1 progress reports will be distributed via email.

Tuesday 10th - International parade

Children are requested to dress in the class country colours.

Wednesday 11th - Parent-teacher meeting

All children will be off school.

Thursday 12th - International Feast

Children are asked to come dressed in their own (birth) country's attire or colours of the flag.



Our teachers cut up our fruits and vegetables. We were surprised to see them dressed up and helping us just like we see at the market.

To see more photos of our adventures in learning be sure to visit our [website](#), [Facebook](#) and [Instagram](#)

The 'Safe Surfing' initiative:

What should I choose?

Final Note:

As the weather is getting cooler in the morning, children need to wear their school jackets as part of their uniform. Jackets and long pants are available for purchase.