

****Connected Journeys****

Ms. Jenna & Ms. Sue T/Th 8-11:30

October 1 - October 31

Free KIDSIGHT Screening Oct 2



September was filled with many new beginnings: new friends, new routines and new learning opportunities. Respect for ourselves, our things and each other has been a daily focus. You also may hear your child talking about "that makes my heart happy." This is our way of helping them to better understand how their feelings/actions can make others feel.

Our favorite stories last month:

*Goldilocks & the Three Bears by Caralyn Buchner

*Counting Crocodiles by Judy Sierra

* When Sophie Gets Angry by Molly Bang

Encourage early math skills with your child:

Count and match socks as you fold laundry

Count utensils as you set table

Count trees along the street

Count blocks as you build a tower

Clap and count as you listen to music

****Remember your water bottles daily****

As part of our wellness initiative, this month's healthy nutrition tid-bit:

Fruits and vegetables are a natural source of energy and give bodies the nutrients needed to keep going. Try eating fruits and vegetables of different colors to give your family a wide range of valuable nutrients.

(Let'smove.gov)



AND...this month's healthy activity tid-bit:

Physical activity helps control weight, builds lean muscle, reduces fat, promotes strong bone, muscle and joint development, and decreases the risk of obesity.

have you hula-hooped lately?

Show & Tell

Thurs Oct 3/Fri Oct 4-favorite hat day

Thurs Oct 10/Fri Oct 11-pajama day

Thurs Oct 17/Fri Oct 18-sports day

Thurs Oct 24/Fri Oct 25-inside-out day

Wed Oct 30/Thurs Oct 31-silly dress-up day

Please feel free to email us anytime with questions, concerns, or comments or if your child will be out@

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*"They may forget what you said...
But they will never forget
How you made them feel..."*

If your child has a birthday, let's make it festive and healthy and focus on fun activities and nutritious food☺

Scholastic Book Club News

In an effort to be eco-friendly and expedite processing, we encourage all book orders to be done online.

Please use school code LF7GF