



## Chipmunk Newsletter

Teacher: Mrs. Ra

Preschool - Three Years Old

### OUR THEME

**Week 1** – Transportation – Air, Rail, Water, Land

**Week 2** – Black History – old and new,  
Valentine's Day

**Week 3** – President's Day  
(past and current presidents)

**Week 4** – Dental Awareness, Nutrition, Health  
and Safety

### KEY TOOL FOR THE MONTH

**Theme:** Black History Month, Transportation and  
Safety, Valentine's Day, President's Day

**Concept:** Classification, Associations and  
Relationships, safety (size, temperature, etc)

**Letters:** V, U, W

**Numbers:** 13, 14

**Color:** Pink (Rosado)

**Shape:** Heart

### NEWS/EVENTS

February 14 – Valentine's Day Card  
Exchange

Please bring in Valentine's cards for 15  
children. More information to follow.

### HOMEWORK REMINDER

- Homework is given Monday, Wednesday and Friday.
- Show and Tell is part of their homework assignment.
- Homework assignment can be viewed on-line at [www.vierachildrensacademy.com](http://www.vierachildrensacademy.com) every Friday.
- Show and Tell is every Friday. Be prepared to bring things in to share with your friends. Things that are theme related for that week. Be Creative!

### Chipmunk Favorite Book (For Last Month)

Three Little Kittens  
By Carole Osterink

We would like to welcome Christian into the Chipmunk Classroom!

### CLASSROOM WISH

- Brown paper bags
- Coloring books
- Old toys to be added to the classroom playhouse
- Snacks (goldfish, pretzel, animal cracker, etc)

### Reminders to Parents

1. Please make sure that your child has three set of clothes in the Classroom in case of an accident.
2. Please bring in a tote bag to take the sheet & blanket home every Friday.
3. Please check your child's bin for memo or art work to take home.
4. Please check the parent's board daily for any memo or upcoming event.

### PARENT'S CORNER

#### To Peel or Not to Peel?

Have you ever wondered if you are peeling away nutrients from your child's diet? Well according to Pat Carolan of Parenting Magazine you may be. Here are a few tips on which particular fruit or vegetable should be peeled or not peeled.

#### Apple

Don't peel. An apple with its peel provides almost twice as much fiber, 50 percent more vitamin A, and 25 percent more potassium as one without it. (Just wash the apple first).

#### Cucumber

Peel. Most of the fiber comes from the seed.

#### Carrot

Peel. The child will not lose much of the potassium, vitamin A or fiber.

#### Peach

Don't peel. The skin contains tons of vitamin A and C, potassium, and fiber.

Well I hope you find this piece of information helpful. Keep in mind that an apple a day can keep the doctor away!

Please view our monthly newsletter at Viera Children Academy website at <http://vierachildcarecenter.com/>

Please email me at [Chipmunk@vierachildreacademy.com](mailto:Chipmunk@vierachildreacademy.com)  
For any questions or concerns.