

# News from the Nest

D.C.H. Kindergarten update

December 15, 2017



Dear Families,  
This week we were fortunate enough to have two enrichment classes. On Monday our music teacher Rubi came to sing songs and play movement games at the Community House. Then on Friday we also had our second visit from our Spanish teacher, Alexandra, this month.

Thank you once again for all of the fruit donations! The children enjoyed cutting and tasting all of the different fruits to make their own fruit salad!  
Jayma

**Science:** In conjunction with our food unit *Treasures*, we learned a lot about nutrition this week. We began this week by introducing two of the most familiar food groups: fruits and vegetables. Children played many rounds of fruit and veggie bingo and shared which foods they liked and disliked. Then on Tuesday we introduced the class to the nutritional model called "My Plate" which is designed to "Help your preschooler eat well, be active, and grow up healthy." (See more at: [choosemyplate.gov](http://choosemyplate.gov)) As a class we sorted food pictures onto our own My Plate model and talked about some foods that we eat that could contain elements from multiple food groups. On Wednesday, children chose two foods from each food group to glue onto our My Plate model, using grocery store flyers. Throughout the week, each child worked on creating their own health mini book that we will complete next week. We explored a variety of fruits and vegetables in the story Eating the Alphabet by Lois Ehlert and thanks to the donations from families, the children were then able to create their own fruit salad! On Friday our SCI-FRI was a cereal experiment that posed the question to the children "Is it ever OK to eat metal?" Children mashed up cereal, containing 100% daily iron, before extracting the iron using powerful magnets. Most of the class was quite shocked to learn that not only do we eat iron in certain foods, but that it is an essential part of our daily diets!

**Math:** Early in the week children practiced counting groups of foods and matched the quantities to the corresponding numbers. As we are quickly approaching the hundredth day of school, we have been practicing skip counting mostly by fives and tens to our current day of school. Children have also been counting down how many days are left before the big event.

This week was week two of the "food" unit in Treasures. We talked about different types of foods that we like to eat for special dinners and ways to help make meals. Our vocabulary words this week were *special, feast, prefer, flavor, and appetite*. Our read-aloud story was a folktale called "Grandfather Bear is Hungry" that is a legend about why chipmunks have stripes on their backs. When the bear wakes up from hibernating, he has no food and is "so hungry!" The kind chipmunk shares his leftover food from the winter with the bear. Grandfather bear gently strokes his claws down the chipmunk's back creating thin lines that forever are meant to remind everyone of his kind act toward the bear. We also read two rhyming poems, discussing the rhymes, and clapping out the syllables in each word.

The new word wall word for the week was "have" and we also introduced a new phonics partnership: letter /s/ and /z/. Both of these letter sounds are made by putting teeth together and blowing out a small amount of air. The difference between them is that /s/ requires your voice to be "off", while /z/ requires your voice to be "on". Ask your child to tell you more about the stories that go along with these letter sounds.

## Handwriting

We wrapped up the "corner starter" group this week, learning letters "Y" and "Z". The children have had a lot of fun singing and dancing to the song "Sliding Down to the End of the Alphabet" while learning the last half of the letters in this group. Next week we will begin a new group of capital letters called the Magic "C" group, which as you can imagine all begin by forming the letter "C" before transforming into other letters. We will also meet a new character called Magic "C" Bunny.



CORNER