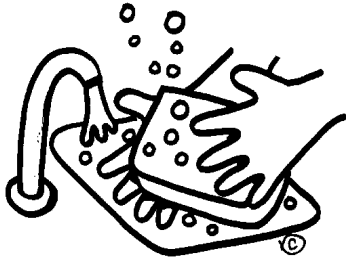


November Newsletter 2011

Nutrition, Healthy Habits, & Exercise



Upcoming Events

- Oct. 31st—Nov. 4th: Volunteer Appreciation Week!
- Tues., Nov. 8th: Holiday Fiesta planning meeting, 4:15—5:15
- Wed., Nov. 9th: Board Meeting
- Wed., Nov. 16: Give to the Max Day www.GiveMN.org
- Nov. 24 & 25: No school. Happy Thanksgiving!
- Tues., Nov. 29th: School Choice Fair 5:45—7:45 PM
- Sat., Dec. 10th: Holiday Fiesta 10:30AM—1:00pm
- Dec. 26—Jan. 9: No School: winter break.
- Tues., Jan. 10th: Return to school



Dear Families,

Last month the children observed and enjoyed the changing of the seasons. We enjoyed our Fall Dress-Up Party with very creative costumes! A big Thank You to the parents who helped out at the fiestas! By this time in the year, the children are adapting more and more to the routine of the classroom. **This month's themes are Nutrition, Healthy Habits, & Exercise.** Also this month, we'll learn about the Thanksgiving celebration.

Dramatic play activities this month will include: cooking in a restaurant, selling food at a farmers' market, and grocery store shopping. These activities will help to promote healthy, nutritious food choices.

Fall Conferences will be held during the month of November. We look forward to meeting with all families. Please contact a teacher to sign up for a conference time.

Joyce Lending Library In addition to our Club Leopoldo packets, another part of Joyce's literacy program is the Lending Library, located in the multi-purpose room. We encourage you to visit the library with your child. To check out a book, remove the laminated card from inside the book cover, write your child's name on it with a dry-erase marker, and leave the card in the box marked with your child's class session. Please return the book after one week,

and replace the laminated card inside the book's cover. In addition to children's books, we also have wonderful parenting resources in the Lending Library.

Winter Boot Weather

As we approach wet winter weather, we want to remind families that **children should not wear winter boots in the classroom.** Their feet become too warm and the floor becomes wet and slippery. Your child may leave an extra pair of shoes in the cubby or keep shoes in the backpack each day. If you have extra tennis shoes, please donate them to Joyce. Soft-soled shoes are necessary for the gym floor. Please be sure to write your child's name somewhere in their coat, boots and sweaters.

Joyce Food Shelf Donations

Please donate a non-perishable food item this month. Food will go to the Joyce Food Shelf, which is located across the street from the preschool. Donations can be left in the basket on the floor by the cubbies outside the classroom. Thank you!

The flu season is upon us and we encourage you to practice at home with your child how to cover the mouth and nose with a tissue when we sneeze, and to cover a cough in the upper sleeve, not hands. Please keep reminding your child about frequent hand washing and keeping fingers and toys out of mouths.

Joyce's School Choice Fair will be held Tuesday,

November 29th from 5:45 – 7:30 PM. Visitors from Minneapolis Public Schools will share information about the school choice process. We'll also have representatives from immersion and dual-immersion schools to give information and answer questions. Parents of children who will be going to kindergarten next fall are especially encouraged to attend the School Choice Fair.

Snack Time: We continue to work on having an earth-friendly snack time at Joyce. Families can help with this by sending a reusable cup to school with your child each day, reusable utensils, and sending snacks in reusable containers. Cloth napkins are a great option, too! Let's all work together to reduce the use of paper cups, plastic utensils, etc.

Volunteering

Thank you, parents, for your support as volunteers in the classroom. If you haven't yet volunteered, please sign up on the calendar outside the office.

Key Fobs



Please remember to use your key fobs every time you drop off and pick up your child. If you do not have a key fob, please visit the office. Key fobs require a \$5 deposit. You will be

asked to turn in your fob in the spring if your child will not be returning to Joyce the next year. Your \$5 deposit will then be reimbursed.

Give to the Max Day

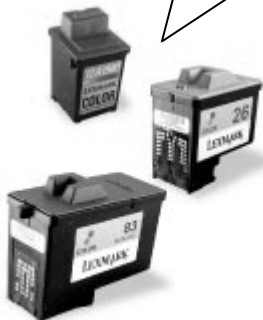
November 16 has been designated a day of charitable giving in Minnesota. Last year, Joyce supporters contributed **\$8,065** to support Joyce's programs and scholarship fund. Please consider making an online donation to Joyce Pre-school and other nonprofits you support by visiting www.GiveMN.org on November 16. Thank you!

Parent Volunteers Needed for Children's Museum Visit

Parent volunteers are needed on November 14th and 18th to help in the classroom during the museum's Hands On Health demonstration. Children will be visiting different health stations and parents can help with transitions between activities. Sign up on the calendar outside the office. ¡Gracias!

Happy Thanksgiving!

Joyce Preschool is now collecting empty ink cartridges from inkjet printers to recycle. We receive up to \$4 for each cartridge! They need to be original manufacturers' brands such as HP, Lexmark, Dell, Canon, and Sharp, and cannot be damaged, remanufactured, or ink tanks (without print head). Please put your cartridges in the green and white box located in the children's coat area.



November Vocabulary
Nutrition, Healthy Habits, & Exercise

comer frutas y verduras—eat fruits and vegetables

cubrir la boca—cover your mouth

lavarse las manos—wash your hands

dormir muchas horas—get lots of sleep

tomar sus medicinas—take your medicine

hacer ejercicio—exercise

frutas—fruits

vegetales—vegetables

saludable—healthy

doctor/a—doctor

uvas—grapes

piña —pineapple

cereza—cherry

banana—banana

melocotón—peach

espinaca—spinach

coliflor—cauliflower

tomate—tomato

cebolla—onion

berenjena—eggplant

restaurante—restaurant

cocinar—cook

receta—récipe

fibra—fiber

proteína—protein

energía—energy

