

# **PLATO ACADEMY PRE-KINDERGARTEN NEWSLETTER OCTOBER 27, 2017**

We had a fire drill on Friday. The class did an awesome job listening to the teachers for a safe evacuation of the building. We saw fire fighters and trucks!

The students made guesses as to what might be inside the big pumpkin. Some of the kiddos had already carved jack-o-lanterns so their guesses were a little more accurate. You can see our guesses outside of classroom. Then the pumpkin was cut open with a big knife (Ms. Noel took charge) and we found out that there were seeds. Lots of seeds! We also found that the pumpkin meat around the seeds is very slimy and cold! We did our best to scoop it out with a big spoon. We will carve a face into it to make a jack-o-lantern on Monday.

After the seeds were scooped out, separated from the slimy pumpkin meat, washed and dried, we mixed them with some vegetable oil and a little bit of salt. The teachers brought in the small toaster oven and we roasted the seeds on a pan. We tried them at snack time on Thursday. Some of us liked them, some did not, and some did not want to try them. The results of our roasted pumpkin seed trial is also outside of the classroom.

Ms. Noel also brought in a spaghetti squash and cut it open so that we could see if it also had seeds. It did!! We scooped them out, separated, washed and roasted those, too! Then Ms. Noel cooked the squash in the microwave and showed us why it's called spaghetti squash. When you scrape a fork through the meat, it looks like spaghetti. On Friday, she brought some spaghetti sauce and cheese so that we could try it at snack time. Everyone tried it and liked it! Check out our results outside of the classroom.

We found some pumpkin cutouts and decided to make jack-o-lantern faces. Check out the finished ones so far on our door. They are decorated by each student as they liked. We will continue to explore pumpkins and gourds throughout most of the fall season.

As the weather changes and the temperature falls, we want to remind you that we do go outdoors for recess every day and will continue according to our winter recess guidelines. We have included them at the end of this newsletter. Warm jackets and coats are required for successful recess times. We also need hats, and mittens (preferred) or gloves. You might as well start checking last year's snow boots and pants now. We will go outside as much as possible. Studies and research show that getting outside helps keep germs away. It's when we are stuck inside in warm environments that germs grow and spread. And speaking of warm... our classroom is the warmest in the school so the students will do best with short sleeves in class. Feel free to leave a hoodie or sweatshirt in the cubby. AND remember to check their extra clothes box to make sure the clothes are ready for cold weather.

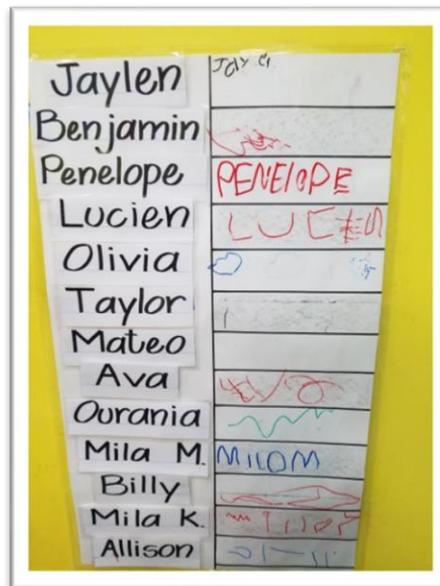
On Tuesday, we had a visit from two service men from the Army. Their visit is in conjunction with the collection of extra Halloween candy that Ms. Teresa's class is having next week. The students of Plato were able to ask questions regarding troops living so far away from home and that they appreciate gifts from "home". The soldiers are recruiters now and live at home with their families but they explained

that often soldiers overseas cannot buy some of the same of their favorite foods and items in other countries so it is nice that people like us send care packages. We also got to get up and do some Army training exercises! So, if you see that your child has brought home an extraordinary amount of candy this year, consider donating some of it to Ms. Teresa's class on Wednesday and Thursday next week!

We received some new toys and items in the classroom and have been fun exploring them. Mr. Potato Head gives us the ability to use our fine motor muscles along with eye-hand coordination. The marble run also lets us work those same muscles and coordination but also brings in problem solving to find the right combination of ramps and tubes for the marbles to run through each and every one. We also received some giant stamp pads which can accommodate the entire hand and we have been making some interesting stamped pictures with hands and fingers. Lastly, we now have some Mad Matter which is a type of playdough but feels like kinetic sand but never dries out. We look forward to MANY hours of exploration with it!

A new addition to our class is the Star Helper. The Star Helper each day will be the line leader, fish feeder, lunch bin leader (takes it to and from the lunchroom with a helper), light helper, door holder, and floor inspector (double checks the floor after clean up). The students' names are listed on a chart alphabetically and as each student completes a day, a star is drawn on the space next to his/her name. If a student is absent on their designated day, they will get the chance to make it up their first day back.

Look at just one week of signing in! Good practice everyday.



We are still missing quite a few family pictures from our wall. Please send a picture soon. Some of the students ask about their pictures. We are looking for: Olivia, Allison, Ms. Soraya, Jaylen, Ourania, and Billy.



We are also looking for the family info pages from Billy, Jaylen, and Olivia. Those were sent home within a few days of starting at Plato.

**HALLOWEEN:** Please read the Parent Notes for information on our school celebration. In our class, we will have a day consisting of regular exploration with fun Halloween themed games added into our morning. After lunch, treats will be passed out before we participate in the school activities. Please consider non-food treats first. Food treats, if you choose, have to be healthier. Small bags of pretzels, animal crackers, and fruit gummies are perfect. Please double check food labels. We have 13 students total, 5 boys and 8 girls. The students should wear their costumes to school. Please give us a heads up in the morning if they are difficult for bathroom breaks and we will accommodate. ☺ Please feel free to join us at 1pm! Thank you!

#### Reminders:

- Please check and update your child's extra clothes box at the bottom of the cubby. Each student should have two FULL (pants, shirt, underwear, socks) changes ready.
- Please send healthy PEANUT AND TREE NUT FREE foods for lunches and snacks. **Please... no chips, cookies and candy.** They do not provide the nutrition and energy needed for the day. Examples of some healthy snacks are: fruit (cut up in bite-sized pieces), veggies, pretzels, graham crackers, yogurt/gogurt/danimals, oatmeal or granola snack bites/bars as long as they do not (may) contain peanuts or tree nuts. Tree nuts are, but not limited to: cashews, pecans, pistachios, hazelnuts, walnuts, almonds. Those are the most used in snacks and other food products. Please help us protect all students! We share the lunchroom and other common areas with the other classes and there are students with severe allergies in the school. Please know that the staff follows the same protocol. **IF THE LABEL READS, MAY CONTAIN PEANUTS OR TREE NUTS, THEY CANNOT BE BROUGHT TO SCHOOL. PLEASE CHECK LABELS!**
- Food is not to be shared between students at school. Please continue conversations at home about this. It is very important for the safety of all students.

- If your child is signed up for school lunch, please make sure you send a separate snack for the afternoon.
- If your child will be in Aftercare for an hour or more, please provide extra snack so that they aren't getting too hungry.

Please, please, please... Make sure that your child has eaten breakfast before coming to school. It is important that they are energized for the morning. They exercise their bodies and brains before lunch at 11:20. That is a long time to go without nurturing our bodies. We do not have the accommodations for students to eat or finish breakfast in the classroom.

\*\* Please limit toys from home to only one. Each student is responsible for their item. There is always a chance that an item gets lost or damaged.

WISHLIST. The below items are wanted for future activities in the classroom:

[Cream of Tartar](#)

Please contact us with any questions or concerns. Texting is best since we can usually reply quicker. Please make sure you text and email both of us.

Thank you for allowing us to be a part of your child's life!

Ciao!

Noel and Soraya

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