

APLC NEWS



FEBRUARY 2024

**Nationally Accredited**

Dear Families,

Wow! We are a busy school, with many events coming up!

This month, our curriculum will include activitie to help us learn about our Presidents, and to celebrate Black History Month.

We will read stories about Groundhog Day and practice good tooth brushing for Dental Health Month.

Dress your child in red on Friday, February 2nd when we will support the National Healthy Heart Month. On Friday, February 9th, we will serve healthy snacks in time for the Super Bowl!

Please note that our school will be closed for Presidents Day on Monday, February 19th.

The Administration Team

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| https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcTx0o5_pEqn4fXpMhZWuSNqLPfDa-HsxpNOpu3UyHBcEjFgEWHZHw SPECIAL ACTIVITIES |
| Friday, 2nd  | National Healthy Heart Day**Wear Red** |
|  Friday, 2nd | Groundhog Day |
| Friday, 9th  | Healthy Snack DaySuperbowlCelebrations |
| Saturday, 10th | Chinese New Year |
| Wednesday, 14th  | Valentine’s Day |
| Monday, 19th  | **Our School and Public Schools Closed****Presidents Day** |

**KEEP ACTIVE TIME FUN!**

Last month, we stressed the importance of good nutrition for our children. It is also equally important that children stay active at least one hour every day. To motivate our children, we need to make this time fun. You can have a great time kicking the ball back and forth together, but your child probably wouldn’t have much fun if he/she was put into a soccer game with all the rules enforced. In addition to being a good role model when it comes to exercise, parents can take these steps to encourage physical activity:

* **Limit TV and computer time.** When you do, children often find more active things to do.
* **Know your child.** Help find activities your child likes and then present many opportunities to enjoy them. Know what activities are best for your child’s age group. If in doubt, your child’s teacher will guide you as they are trained in child development. Keep equipment and supplies on hand and, if possible, within easy reach of your child.
* **Provide close supervision.** Preschoolers’ physical prowess – like climbing to the top of the playground tower, for instance – often exceeds their ability to judge what’s safe and what’s dangerous. Likewise, they don’t know when it’s time to take a break on a hot day.