

APLC NEWS



JANUARY 2024

**Nationally Accredited**

Dear Families: We have many new families joining us at Azalea Park Learning Center this month. We extend a warm welcome to you and hope your experience with us is enriching for each of you. This month, we want to partner with you to educate our children on healthy eating habits. During the month, we will send home interesting articles and recipes appealing to children. Perhaps you have some ideas we can share with families.

You will see in our calendar section that we would like to promote a community project to collect blankets for the Homeless Coalition. Please donate blankets to this worthwhile cause.

We wish each of you a safe, healthy and very happy 2024.

The Administration Team

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| SPECIAL ACTIVITIES | |
| All Month: | Community project to collect blankets for Homeless Coalition |
| Tuesday,  January 9th | VPK classes begin, Public Schools Resume |
| Monday  January 15th | **Our School and Public Schools Closed** |
| Week of January 22nd  **LEARNING ABOUT NUTRITION**  Preschoolers are very curious and eager to learn about the foods they eat. Nutrition education for preschoolers takes place both in the classroom and in the home, so parent involvement is very important. When parents and teachers work together, the nutrition education experience is more meaningful. Food experiences are one of the best ways to teach children about food and nutrition. Children are more likely to choose specific foods if they are able to look at and taste them on a frequent and consistent basis. Food-based activities which have been successful in increasing children’s food preferences include vegetable and fruit gardens, food preparation, and tasting parties.  This month, look at our bulletin boards and your child’s folder for topics such as nutritional requirements, lunch box recipes, picky eaters, obesity and other medical problems. In February, we will focus on physical activity, which is as important as good nutrition.  **Surprise Bag Game**  Introduce shapes and textures of foods with this game. Place one or two different fruits or vegetables into a small brown lunch bag. Have your child reach into the bag without looking inside and describe how it feels (soft, hard, rough, smooth, round, etc.). | Literacy Week |