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HOPE VALLEY PRESCHOOL

January 2022

Hopevalleypreschool.com



After learning different yoga positions Piper practices her favorite.

Preschool Investigative Study: Exercise

This month we are ending our ball investigative study and starting our new study: Exercise!

Young children’s bodies are made to move and they are usually in constant motion. They like to wiggle, stretch, bend, jump, run, hop bounce, and climb. All of this movement releases energy and builds strong bodies and minds.

Our study begins with the children’s desire to move. We will explore the many types of exercise, observe people while they are exercising, and learn all about the mechanics of movement. We will also learn about the connection between exercise and healthy bodies. Our preschoolers will gather data, meet interesting people, and prepare energizing snacks.

This study offers meaningful ways for children to use literacy as they label pictures of exercise equipment and read and discuss books

about exercise and sports. During math our preschoolers will use a stopwatch to measure the time it takes to walk or run a certain distance and measure how far children can jump. Check out our website for more detailed information.

We have chosen the following books for our exercise investigative study: Wallie Exercises, Joey the Kangaroo: An Adventure in Exercise, E is for Exercise, Barn Dance, Jonathan and his Mommy, The Busy Body Book: A Kid’s Guide to Fitness, My Amazing Body: A First Look at Health and Fitness, Color Dance, and From Head to Toe.



MARK YOUR CALENDARS

- 5 National Bird Day- Bird Watching- Preschoolers
- 6 Soccer Shots Winter/Spring Season Starts
- 7 Snowball Toss- Toddler/Young Two’s
- 12 Icicle Scissor Cutting Practice- Preschoolers
- 11 Iceberg Hopping- Toddler/Young Two’s
- 17 MLK Jr. Parade- Center wide
- 18 Snowflake Drop- Toddler/Young Two’s
- 20 Dress like a Snowman Day- Hat/Mittens/Scarf - Preschoolers
- 25 Name Snowmen- Preschoolers
- 31 Backwards Day- Wear your clothes backwards

Fitness Fridays

- 7 Kick High
- 14 Catch With A Scoop
- 21 Follow The Leader
- 28 Jumping the River

Our Specials

<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
Math Lesson	Literacy Lesson	Music & Movement Class	Spanish Class	Math Lesson



SCHOOL CLOSINGS

During an inclement weather event, please check our Facebook page for immediate information. As a back-up, tune into WRAL (CBS) or WTVD (ABC). You can also check online at www.wral.com or www.wtvd.com. We do not close with the public school systems.



Book Of The Month

This month our preschoolers will read *Over and Under the Snow* by Kate Messner. “Over the snow, the world is hushed and white. But under the snow is a secret world of squirrels and snowshoe hares, bears and bullfrogs, and many other animals who live through the winter, safe and warm.” *Check it out!*



JP is bird watching with the binoculars he made.



CHILDREN’S BIRTHDAYS

Saint H.	JP H.	Ella G.
Bea C.	Olivia L.	Owen G.
Magnolia H.	Bowie M.	Parker B.
Paxton B.	Zachary N.	Ruby R.

INFANTS AND TODDLERS

Real things in the world around us are fun to watch and learn about. The senses – how we hear, see, smell, taste, and feel- give us information about the world. As babies grow, they need to learn ways to understand all the information coming through their senses. They form ideas to help them understand things in the world around them. They also learn the words that go with those ideas.

Brrrrrr! In winter the air is colder and the children wear coats, hats, and mittens. The children will discover the cool weather of winter and the many textures of winter clothes. They will have lots of fun learning about water, ice and snow. Winter is also a great time to watch the birds outside and make treats for them.

SPANISH CLASS



Brrr...hace frio! (Brr...it’s cold outside!) During this wintery month, we will be learning cold weather words such as:

mitones-mittens	hielo-ice
invierno-winter	nieve-snow

We will also be playing winter games in Spanish!

MUSIC CLASS

In January, our children will learn how to use sand blocks. Sand blocks are rectangles of fine-grained sandpaper attached to blocks of wood. One of the best things about sand blocks is that, when scraped, they sound remarkably like a train.

