

March



With the days getting longer and Springtime just around the corner we leap into March with a renewed sense of excitement! Here are some fun Spring activities to try together as a family: Paint a flower pot, plant seeds, make a bird feeder, use sidewalk chalk, use nature to make art, hunt for animal tracks, go for a walk, and splash in some puddles!

Happy National Nutrition Month!

Get your child on the path to healthy eating:

- **Offer a variety of foods.** Choose foods from all food groups. Pay attention to dairy foods, whole grains, & vegetables to build healthy habits that will last a lifetime.
- **Be mindful of sweet drinks and other foods.** Offer water instead of sugary drinks like soda & fruit drinks. Other foods like cookies, cakes, & candy are only occasional treats.
- **Focus on the meal and each other.** Your child learns by watching you. Let your child choose how much to eat of foods you provide. Children copy your likes, dislikes, & your interest in trying new foods.
- **Be patient with your child.** Some new foods take time. Give a taste at first. Let children serve themselves by taking small amounts. Offer new foods many times.

Cook together. Eat together. Talk together. Make mealtime family time!

Taken from ChooseMyPlate.gov

Transitioning to Kindergarten

As we reach the second half of the school year we start to focus on transitioning to kindergarten. Please note your child is already registered for kindergarten in the district. To continue with this transition process you must go to your neighborhood elementary school by March 8th. If you need help please contact 973-470-7154 or 973-470-2066.

Parent-Teacher Conferences

Parent-Teacher conferences will be held for all families during the week of March 18th before sign in & after dismissal. The evening conferences are being held on March 21st from 5:30-7:30. Your child's teacher will schedule a preferred time to meet to discuss progress.