



The L.F.U Times



**Winter
2010-2011
Newsletter**

Reminders/Events Coming Up:

FEBRUARY

Look for something special in the mail for

Valentine's Day this month!

Special for February: Yoga Classes with Liz

February 8th:

Magic Smile Dentistry Visit

February 11th:

Parent's Night Out 6pm-10pm

February 14th:

Valentine Class Parties

February 21st:

President's Day

WE ARE CLOSED!

Have a good 3 day weekend!

February 24th:

Pajama Day!



Well it seems that Jack Frost didn't want to stay around this winter and we are going to have to pass on our famous SNOW DAY this year.

Spring will be arriving early this year so please make sure you read all the up coming events on the calendars and the front counter.

Reminders

* Please remember to sign your child in and out EVERY day.

* Please remember not to park next to the vans in the morning.

* Please remember to pack a healthy lunch without candy.

* Please remember your child needs to be symptom free for 24 hours before returning to school.

Health Alert

9 Tips to Treat Colds and Flu the 'Natural' Way

With no cure in sight for the cold or the flu, current treatments can at best bring symptom relief or shorten the duration of those symptoms. You can take one of a variety of medications that may help relieve your symptoms. Or you can take the natural approach for some home remedies that may help you feel better along the way.

No. 1: Blow Your Nose Often -- and the Right Way. The best way to blow your nose: Press a finger over one nostril while you blow gently to clear the other. Wash your hands after blowing your nose

No. 2: Stay Rested

Resting when you first come down with a cold or the flu helps your body direct its energy toward the immune battle.

No. 3: Gargle

Gargling can moisten a sore throat and bring temporary relief. Try a teaspoon of salt dissolved in warm water, four times daily.

No. 4: Drink Hot Liquids

Hot liquids relieve nasal congestion, help prevent dehydration, and can soothe the uncomfortably inflamed membranes that line your nose and throat.

No. 5: Take a Steamy Shower

Steamy showers moisturize your nasal passages and relax you. If you're dizzy from the flu, run a steamy shower while you sit on a chair nearby and take a sponge bath.

No. 6: Use a Salve Under Your Nose

A small dab of mentholated salve under your nose can open breathing passages and help soothe the irritated skin at the base of the nose.

No. 7: Apply Hot or Cold Packs Around Your Congested Sinuses

Either temperature may help you feel more comfortable. You can buy reusable hot or cold packs at a drugstore. Or make your own. Take a damp washcloth and heat it for 55 seconds in a microwave (test the temperature first to make sure it's right for you.) Or take a small bag of frozen peas to use as a cold pack.

No. 8: Sleep With an Extra Pillow Under Your Head

This will help with the drainage of nasal passages. If the angle is too awkward, try placing the pillows between the mattress and the box springs to create a more gradual slope.

No. 9: Don't Fly Unless Necessary

There's no point adding stress to your already stressed-out upper respiratory system, and that's what the change in air pressure will do. Flying with cold or flu congestion can hurt your eardrums as a result of pressure changes during takeoff and landing.

Remember, serious conditions can masquerade as the common cold and a mild infection can evolve into something more serious. If you have severe symptoms or are feeling sick with each passing day, see a doctor.

MARCH



March 1st & 2nd

Pictures with

Lil' Angels

March 2nd

Pajama Day & Green Eggs and Ham Day

March 4th

Tiny Turtles Field Trip to the Library

March 18th

Sea Critters Field Trip to the Library

March 18th:

Parent's Night Out 6pm-10pm

March 25th

Zoo Crew & Friendly Frogs



Banana Bread Cobbler

Prep/Total Time: 1 hour 15 minutes

Ingredients

- 1 cup self-rising flour
- 1 cup sugar
- 1 cup milk
- 1/2 cup butter, melted
- 4 medium-size ripe bananas, sliced

Vanilla ice cream

Preparation

1. Preheat oven to 375°. Whisk together flour and next 2 ingredients just until blended; whisk in melted butter. Pour batter into a lightly greased 11- x 7-inch baking dish. Top with banana slices, and sprinkle with Streusel Topping.

2. Bake at 375° for 40 to 45 minutes or until golden brown and bubbly. Serve with ice cream.

Streusel Topping

Ingredients

- 3/4 cup firmly packed light brown sugar
- 1/2 cup self-rising flour
- 1/2 cup butter, softened
- 1 cup uncooked regular oats
- 1/2 cup chopped pecans

Preparation

1. Stir together brown sugar, flour, and butter until crumbly, using a fork. Stir in oats and pecans.

Babyland News . . . Ms. Kristen, Ms. Darlene, Ms. Kathy and Ms. Shelley



"Each one
is
unique..."

This winter we have been exploring finger paints! Make sure you take a peek at our parent board when you come in and look at their art. Along with weekly art, our little ones are practicing their signs for "more", "please", "thank you", "eat", "happy", "sad", "stop" and "help". In the next few months we will be teaching the signs for "sleep", "stars", "drink", "love", "butterfly", "airplane", "flower" and "bird".

It seems our babies are doing something new every-day! Alex is now a pro at walking and is using his new skills to play chase with his friends. He loves to greet everyone with a big "Hi!" He is loves playing in the toddler room with all his friends. Joseph loves story time and if he's not cuddling with a teacher, he is on the move...even walking! His favorite activity is throwing the balls. He also has a new found love for the toddler room and the outside playground.

Our little Morgan is not so little anymore. She is constantly cruising the room and pulling herself up onto everything....what a big girl! She is loving the baby room and rarely wants to

nap. Liam is our little social butterfly; he loves to be anywhere his teachers are...and has a smile that can light up a room. He has learned to sit on his own and get toys out of the basket.

If you're looking for Hailey, you can often find her playing in the tunnel. When she's not playing with her friends, she loves to sit in a lap with a good book! She is most happy holding her teddy or a baby doll. Leila is definitely a big girl now, not only is she a great conversationalist, but she can easily tell you if she wants to drink "milk" or "eat" in baby signs! She is definitely a cuddler and loves to welcome teachers in the room.

Nicholas is standing up on everything. He loves to throw the ball and has a very strong arm. He is very affectionate and loves playing with the other kids. He also loves going on walks outside in the buggy. Lauren loves to climb on everything. She loves playing with her friends, especially outside. She is also very generous by giving the younger babies toys at any time. She really enjoys dancing and clapping whenever we are singing or music is playing.

Logan has learned to walk and is toddling all over the place. He loves to run around the class with his friends. He really enjoys playing ball with the other

boys and is great at catching. Madeleine, our fashionista of Babyland, loves sitting in front of the mirror and playing. She has such a beautiful smile. She has been crawling everywhere and pulling herself up on everything. She also loves to babble with her best bud, Zoe.

Zoe loves to sit and to play with her friends. She has learned to scoot around and is very curious about things around the room. She crawls and pulls herself up to stand, but can't quite figure out how to get down! She is such a happy go lucky little kiddo. Luke loves sitting in the bumbo and watching his older friends play. He loves playing with the toys that make noise. He has adjusted to his new environment and is a happy little guy.

Our babies are growing and changing every day. We are amazed at how fast they grow and learn. What a joy it is for all of the teachers to spend quality time with your precious babies each day. They make us smile so often with their developing personalities and beautiful smiles! Each child is unique and wonderful in their own way.



Ms. Lynne & Ms. Carrie

Butterflies News...

This year has been off to a great start. In December we learned all about the different winter animals and the many holiday traditions that are celebrated every year. We've done a lot of sensory art and we've really been working hard on using our words to express ourselves. Everyone has been doing fantastic at communicating their needs in words rather than in actions.

In January, we will did activities that centered around winter. We painted with ice, made snowflakes, explored oatmeal, and enjoyed hot chocolate.

The month of February is all about Healthy Kids. We will be teaching the children all about healthy habits such as brushing teeth, proper hand washing, healthy foods, exercising, etc. Painting with tooth brushes, eating healthy foods, and playing with bubbles are only some of the activities your children have to look forward to. We will also have a visit from Magic Smiles Dentistry! Each and every child that walks into our room is special and they are doing such fantastic things. We love watching them grow, learn, laugh, and just have a great time being here.



HAPPY ST. PATRICK'S DAY!



A little about our little Butterflies...



We have many new faces that have been visiting our room from Babyland. Hailey loves being in here doing art and painting her hair every chance she can get. Joseph loves being amongst the older kids as it makes him want to walk more often. Lauren loves to play outside and trying to climb up the slide and then go down on her own. Leila loves to play with our baby dolls and has been saying many new words- "cookie", "okay", "cute", and "what's that?". Logan N. visits on occasion is fond of our books. He likes to sit and look at the pictures with us.

In January we were so happy for our friend Layla, who moved up to the Tiny Turtles room. We know that she is going to do great in

there as she has so many friends in there already. We will miss you! We welcomed a new friend named Meena to our wonderful bunch of Butterflies. Meena really enjoys looking at pictures of animals and also watching the older children playing outside.

Cassandra has really learned to express her feelings in words. Having conversations with her always makes us smile. Dominic has opened up and is really enjoying our activities, he especially enjoys eating the paint when it's time for art. Hayden has found that she loves babydolls. She is always carrying one wrapped in a blanket, patting its back.

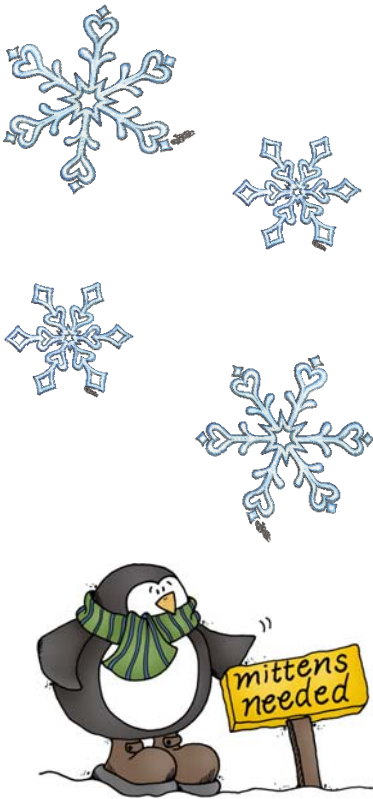
John is now saying words more often. He is always smiling and ready for fun. He really enjoys climbing the slide outside as he is

so strong. Our friend Lily really is a chatterbox. Lily talks to everyone about everything. She loves looking at pictures and saying the names of what she is looking at.

Logan R. is really full of energy. He knows what he wants and is very good at communicating what it is. He is always so happy and enjoys being outside! He loves to climb all over everything! Finally we have Malakai, who is always so happy. He is so strong and determined! He loves to play telephone and is always holding conversations with someone at the other end. Very cute!

We are so excited to be here for your children and can't wait for all the fun things we get to do together.





What a great year this has been in the Tiny Turtles classroom! We've been counting, counting, counting. Everything from Santas in December to Valentine's hearts in February. If you hear your child counting to 10 in an odd-sounding way, it's because we also count in Spanish.

The Tiny Turtles can now recite the Zoo-phonics sounds and

characters A-L quite well.

During our circle time, we have gone over shapes, colors and even subjects like kindness, cooperation and manners. Miss Stephanie and Miss Melanie are really looking forward to 2011 in the Tiny Turtle class, when we will continue learning and expanding our knowledge in Zoophonics, math and science.

We're looking forward to all of the fun upcoming themes such as Healthy Kids with visits from a Dentist office and Flower Garden (Miss Melanie's favorite).

It is such a joy to watch each child grow and expand their awareness every day! We'd would like to share with you parents, the things that we've seen so far this school year.

About the Tiny Turtles:

Circle time is not the same without Miss Evie. Her little voice could be heard counting perfectly to 10 in Spanish every time. We will miss her greatly, but we know she'll have fun in the Sea Critters class! Madison is forever having her own personal circle time. Whenever the whim hits her she runs over to the circle time rug, sits down and calls everyone over for her circle.

Alexander loves building the tallest towers and castles you can imagine. He enjoys building by himself, but always welcomes his friends to help him. If you need a baby taken care of, Taylor is your girl! You can find her wrapping up her babies in soft blankets, rocking them or tucking them into their beds.

Our new friend Amy really enjoy singing our circle songs, especially our good morning song. She'll find a spot in the classroom, sit down and start singing the songs we've learned at circle time. Sam can often

be found pushing the fire truck, or even dressing up like a fireman. He races around the classroom in his fireman attire and puts out all the fires!

At art time, Cayleigh is usually one of the first to come over; she gets so excited to make a new creation! Our friend Roxie has done an excellent job going potty on the toilet, and wears her big girl underwear all the time. Chace likes to dress up and prepare food and drinks for his friends in the kitchen area. Nobody misses a chance to eat at Chace's Restaurant!

Our friend River has been talking more and more, and we love hearing his conversations with his friends. Diana enjoys having some of her friends from the Butterflies in our class, and gathers her friends around her to play. If you see someone curled up in the book area it might be Nora! She likes to quietly read to herself, or with some friends.

Our new friend Hunter fits right in, and we love to hear his voice more and more as he gets more comfortable in the classroom and with his friends. Aubrey likes using the pots and spoons to stir up new concoctions. Her favorite part of the day is when we have a sensory table out, whether they are filled with oatmeal or rice. She is always one of the first to participate. When our friend Luke is here, he loves making art and building train tracks. He also enjoys playing trucks and pushing cars with his friends outside.





Welcome 2011! I hope everyone's year is fabulous. We're having good times & learning adventures with your Little Folks! The field trip to the pumpkin patch was so much fun. Thanks again to all the helpful moms & dads that chaperoned. The children also loved eating with their friends and family at our Thanksgiving Feast. Thanks for cooking those wonderful dishes and joining us that day.

December was so fun & festive! We had a blast celebrating holidays around the world and discovering scents of the season. We also talked a lot about kindness. I know you all must have been as proud as us when the Sea Critters gave back to back amazing performances in September and December! Round of applause to all their hard work learning songs and

their courage to perform in front of big crowds.

We have been doing really well with our math skills. We are learning how to use all of our math manipulatives, such as the unifix cubes. By now your children have done a variety of activities to teach them their numbers up to 25. We also have explored patterning this winter season.

Their handwriting has come a long way since the year began. Most of them can trace their name really well and we soon have them attempt writing on their own. We have also worked on proper pencil grasp and moving our pencils left, right, up & down.

The children enjoy circle time daily. They love talking about the weather as well as learning about opposites, colors and shapes. We

think their favorite part is singing and dancing to music. We've also had lots of outdoor fun learning how to bounce, throw and catch a ball.

In January we will be exploring snowflakes, snow, ice, and winter animals. We will also be learning about hibernation and making a cave for the winter. We will also be learning how to be helpful and all about Martin Luther King Jr.

In February, we will be learning how to be healthy! We will be discussing how to take care of our teeth and the rest of our bodies. We will also be doing a lot of Valentine's Day themed projects. By the end of February we will be practicing counting up to 30!

CUPID CROSSING



- We love DJ's wacky Mr. Potato Head creations! He will sit & patiently cover the entire potato head with different sets of feet! DJ has such a heart of gold.
- We wouldn't want to be without the Bella hug we get every single morning when she arrives! She has such a wonderful laugh that makes us smile! Bella is also a very patient artist and handwriter.
- Lucas is such a helpful friend. He's always willing to lend a hand to teachers or to show a friend how something works. He has excellent manners and is great at building things too!
- Charlie's eyes sparkle when he smiles. He tells the best stories about his life and the movie *Toy Story*. He also amuses us so much with his philosophies about the moon! His handwriting is improving greatly as well. He also gets Miss Amber's silly jokes when others don't!
- Bryce is so incredibly well spoken! We love listening to him explain things. He's amazing at memorizing things we learn. He is a fabulous singer and lego engineer!
- Alexa is super helpful all the time, she loves to be our miniature assistant! She can always be counted on to help friends remember where something goes. She loves all the learning activities and loves to color an entire picture without white spaces and there is always a story to go with her pictures.
- Jake is such a sweetie! He's a great friend to everyone. Jake is very meticulous with his artwork and handwriting and he should be proud. Jake is a joy to have in our group!
- Tristan H. is such a neat little person! We love his sweet laid back personality. It's so fun to watch him play make believe because he totally transforms into his character and pulls so many faces. He is so enthusiastic and interested in all science projects. He's a wonderful singer and a great friend to everyone here!
- Zachary N. is such a joyous little guy. He never stops grinning his adorable grin. He's kind to everyone and a great friend. He's made excellent progress in writing and continues to be a great little artist.
- Ava's cute sassy little personality is too much fun! She's also smart as a whip, which she'll remind you of when she does things like reading the whole classes names BACKWARDS!!! We love Ava's daily hugs and her happy laugh and smile. We'll miss her, but we know she will do great in Friendly Frogs!
- Oliver is such a great helper. He always knows where to put stray toys away. He also loves to ride bikes as fast as he can at recess and he really flies! Oliver is great at working with his hands doing difficult puzzles and lacing projects. He's also loves doing any art project. We love his sweet smile!
- Vada is an old LFU friend that has returned and joined the Sea Critters class. Welcome back Vada! Vada fit right in and became fast friends with Bella and Sadie. Vada loves art projects and is very creative. She's been having fun in our house area dressing up and playing café. We love Vada's fashionable and fun little personality.
- Daniel walks around calling himself the conductor, and when we're riding bikes he pulls over next to Ms. Amber and asks for a 'pit stop,' and waits for her to change his tires, sound effects included. He'll also tell Ms. Maggie, "Ms. Maggie, I'm leaving you in the dust!" He is also always the first to choose math activities.
- Tyler is such a sweetie! A kind and fun friend to everyone and a great helper to the teachers. He loves to learn new things. He's been working really hard on handwriting and has really made some impressive improvements. He loves making silly faces and robot voices... "Robot activate...!"
- Jayden's our little sweet quiet cutie. He's a gentle little soul and I love how he always find us for a hug and a hello every morning when we arrive. He is a super fast runner and loves to have fun on the playground. He's so helpful to others and loves stories. We love having him in our class!
- Sydney always likes to share her toys and absolutely loves to do art projects! She can make us laugh anytime with her cute smile! At any time of the day she is surrounded by a group of friends, whether it be outside or inside. She has such a great laugh!
- Sadie is a wonderful helper when it comes to art time. She loves to count the calendar when we are in circle time. She loves storytime & is a great Lincoln log architect.
- Tristan M. loves coming to school more often. He is very energetic and loves to build things with anything! We just love that he calls himself Tristan Halloween! He's got a smile that is contagious!!!
- Zachary W. is a joy to have in class! I love the stories he tells and how he tells them with such enthusiasm! He really enjoys dressing up in the superman costume in the house area. He recently told Miss Amber he loves her checkerboard shoes because they are his favorite!





Friendly Frogs News... Ms. Erica

Extra! Extra! Read all about it! The Friendly Frogs have had an amazing school year so far! From fun field trips to spectacular performances, we have certainly produced some wonderful memories. At the beginning of each month we begin reviewing new and old topics alike. Letter P, Q and R top our alphabet list this February and I'm sure you regularly hear remnants of our continent song, names of our country, state and city, keywords like "hibernation," "ice," and details about current holidays. Grow on these topics and em-



brace your little genius' new vocabulary! We sure have fun during class time.

Carmine is our current puppet masters in the Friendly Frogs. Camden fills our every day with homegrown stories. Ella is quickly embracing her writing skills, while Emily graces us with her maternal instincts.

Leah shows all of her friends how to practice amazing patience and Lila loves to make us all play dough cookies. Sean always shows us what an architect he is, while Lucas embraces the zen corners of our classroom.

Camryn is becoming a little Picasso and Christopher creates spectacular structures out of legos. Tony is always the first to ask to do work for the day. Jacob is our regular computer genius.

Madison dazzles the classroom with her

singing voice. Jonah is a most amazing fire-fighter when it comes to dramatic play time.

I would like to welcome Ava to the class. She has inspiring will and strength. She loves being reunited with her old friends.

Ms. Erica truly enjoys each day she gets to spend with your prides and joys.

Be sure to stay updated with monthly calendars in the office and weekly and yearly lesson plans in our classroom. We can't wait to fill 2011 with learning and experiences to last a lifetime.



The Zoo Crew class has been very busy this school year. We are working hard to master our Zoo Phonics, handwriting and Pre-K concepts. We are currently practicing a lot with our sight words as well as breaking down words into their sounds. It is so important to carry these new skills on at home. Your child can help write grocery lists, track special events with a calendar, help set the table, cut out coupons, write letters to family members or search for site words and rhyming patterns in books. The most important activity to incorporate would be to read, read, read everyday!

Fall was a blast! We especially liked our trip to the pumpkin patch and the LFU Halloween Carnival. This winter we will be learning about arctic animals and their habitats, hibernation, snow, ice, Martin Luther King Jr., postal carriers and the importance of dental health. We are even going to have a visit from Magic Smiles Dentistry for a fun presentation about how to keep our teeth healthy.

We would like to welcome our new friend Maddox. He is enjoying class a lot and making new friends. He loves going to school! We would also like to welcome back Sophia! She is so happy to be back with her friends.

"No two
snowflakes
are alike."

All About the Zoo Crew.....

This year, we asked the children what Valentine's Day is:

Jessica - giving hearts to everyone.

Alena - you get candy and your teeth hurt. I can't eat candy.

Jake - giving candy to my mom because I like her.

Lilyanna - you give cookies and treats to your cousins.

Maya - it's a time when you go to people and spend time with your family and have people you love come over.

Zachary B. - It's about Thanksgiving and singing a song.

Andrew - we put out candies and goodies and we eat them.

Katelyn - people love you and they come to see you.

Dannika - when you make Valentine's cards and give them to people and you eat cake.

Brandon - birthday cake.

Jared - there's rainbows and you give hugs to people (Katelyn and Sean and Jessica and Jacob and Zach M. and Dana) and kiss them.

Charlotte - you give hearts to people.

Zachary M. - giving Valentines to Garrett and Reece, my cousins.

Najwa - giving people chocolate.

Emma - eat chicken.

Anthony - give people little cars and puppies and go to somebody's house and play with them.

Dana - we decorate my room and my mom's room and get chocolates and color and give it to someone we love, Reece, Ryan, Grace, and Annie.



Snow much fun!





Beach Bunch

Ms. Heather, Ms. Tiffani,
Ms. Amber and Ms. Alysa

Happy New Year! December was a great month for us in School Age. We were so excited to do our play and to sing for all of you at the Christmas program. Wasn't it awesome? During our two weeks of Winter Break we had so much fun! Bowling, laser tag, ice skating and flashback to our summer camp. We worked hard at our bake sale. The children enjoyed selling the items they helped make. Thank you to everyone who enjoyed our yummy treats and helped us. The kids were able to purchase more Wii controllers! Yay! Also, thank you to the

everyone who helped with the donations and treats, thank you! It is greatly appreciated and your children had a great time.

January shaped up to be a wintry blast! We got artsy making surfing penguins, snazzy snowmen and sparkling snow scenes. We enjoyed exploring the wonders of the world, such as the Grand Canyon, when we tried out fossil making...and the Great Barrier Reef...when worked together to make our own Great Barrier Reef shadow box....stop by and check it out! We also had lots of group games and sports, such as becoming a human tangle, team Pictionary challenge, circuit training relays and bucketball! We'll had some messy fun exploring frozen bubbles and lots more.

February is going to be a very exciting month in Beach Bunch. We are going to start off the month by decorating our classroom with our fun Valentine's Day art projects. We will end our Valentine's Day fun on Monday February 14th with our class Valentine's Day party. Please look for sign-ups on the classroom door.

We also have a school holiday, President's week, in February. Do not forget we are closed on Monday the 21st, but the rest of the week will be filled with fun. We will be going roller skating on Wednesday the 23rd, please look for the permission slip on your sign in and out page. Permission slips are due by Tuesday the 22nd. We will be leaving the school at 9:15 a.m. so please come early that day. We will have another yummy bake sale on Thursday and Friday so please bring money to help us buy supplies and games for our classroom. We promise the treats for sale will be delicious!

Ms. Heather will be doing a Valentine's Parent's Night Out on Friday, February 11th from 6-10 p.m., so let your kids spend an exciting night with one of their favorite teachers while mom and dad go out for a romantic night. Look for the sign-up on the front counter in the office. Miss Amber will be joining her if we have a lot of parents sign up their kids, so come join us.

Have a wonderful Spring!



Holiday family for making our Wii dreams come true by giving us lots of new games. We ended the year with a bang, an awesome pizza party! To

“Life isn't about waiting for the storm to pass, it is learning to dance in the rain.”