

# Family Newsletter



## THIS MONTH'S THEME Treasure Island

Your child will take a fun, sunny adventure to Treasure Island this month! He will make his own ABC coconut tree, hunt for treasure, make a scope to spy around the island and pretend to surf, dance and sing his way around the beach. This month is full of reviews, including the alphabet, numbers 1-20, shapes and colors.



## Get Moving!

Fitness is an important part of a healthy lifestyle for all ages, but especially for children. Moving and being physically active is just as much about growth and development as it is a matter of fitness. Here are some simple tips for encouraging fun and exercise:

- **Play simple running games with your child.** This includes varieties of tag, hide and seek, relay races and simple games of chase.
- **Play “catch” with your child.** If you don't have a ball to toss, try using two socks rolled together or a small pillow.
- **Practice balancing skills** on chalk lines, ropes, curbs, logs and more. The more balance your child has, the more control he will have with the small muscles used for reading and writing.
- **Adapt your favorite games** (football, soccer, baseball, etc.) to teach your child the fundamentals and basics of sports.
- **Walk, hike, climb and run** on nature's playground or in a neighborhood play area.

As long as you are involved and the activity is entertaining, you can pretty much bet your child will try it. The more children move, the more physically fit they will be, and the greater control they will have over their own bodies.

Look for the daily notes about your child's art projects!

### Today I made a coconut tree wand.

Coconut trees are special because you can eat and drink what's inside the shell! I made a coconut tree wand using a cardboard tube and festoon. I used my fine motor skills to cut, draw and shake my coconut tree wand.



ASK ME: What did you use to make your coconut tree wand? Would you like to eat a coconut? Why or why not?

### Today I created a lei.

A lei is a wreath of flowers to wear around your neck. I designed my own lei using paper flowers and straw pieces. I could make a pattern with the materials or thread them any way I want. Now I can wear my lei or I can give it to a friend to wear.



ASK ME: What did you do with your lei? What would you do differently next time?

preschool



**RECOMMENDED READS**

**Cuddle Up WITH A GOOD BOOK**

**Where Is Baby's Beach Ball?**

by Karen Katz

**Sea, Sand, Me!**

by Patricia Hubbell

**At the Beach**

by Mandy Stanley

**Shiver Me Letters: A Pirate ABC**

by June Sobel

**The Boat Alphabet Book**

by Jerry Pallotta

**Row, Row, Row Your Boat**

by Annie Kubler



**Family Activities**

**Nature Treasure Hunt**

Take a trip to the beach or park and spend the day hunting for nature's wonders. Make a map and hide a treasure then go on a treasure quest together. Observe the animals, trees, flowers and landscape. Discuss observations with your child. Enjoy the nature that surrounds you as you use your imagination to go on a fun island adventure!



Build a castle together with empty boxes, blocks, sand or other items. Take turns knocking it down as you sing the song below.

**Falling Sand Castles**

*(Sing to the tune of "London Bridge Is Falling Down.")*

**Sand castles are falling down,  
Falling down, falling down.  
Sand castles are falling down.  
Let's build them back up!**

