



# Classroom Newsletter

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## A Message From Ms. Trish

Greetings families, welcome to another exciting month at Cordova STEAM Preschool. The month of November brings all the excitement of the fall season. This month we will be learning about healthy bodies including "growing foods" and "sometimes foods". We will learn about the five senses and touch on some of the functions of our organs such as how our brain needs good food to help us think and learn, a healthy heart needs exercise to work hard pumping our blood and how some foods have calcium to keep our bones growing strong. We will also talk about ways to keep our bodies safe like wearing our seatbelts, wearing life jackets, bike helmets and other personal protective equipment. We will also be covering some hygiene and self-care topics such as hand washing and teeth brushing.

This month our dramatic play area is undergoing a transformation, we are creating a pretend grocery store. This will provide opportunities for children to practice things like organizing shelves, using money, taking turns, playing various roles and building language and communication skills. I want to thank all our families who brought in so many wonderful things to stock our shelves. I think this is the most grocery store items we have ever collected. Your support means the world to us, and I am so excited to watch the kids enjoy this new activity.

Because November is a shorter month at preschool there will be not be a field trip this month. I have however arranged for a special visitor, my good friend Mr. Steve Albertson. Mr. Albertson is a third degree blackbelt and instructor of the preschool age program at Fair Oaks Family Taekwondo. Mr. Albertson will be coming to do a "Tiny Tigers" introductory taekwondo experience with our preschoolers in support of our healthy bodies/exercise topic. This experience has been a big hit at preschool in the past, and I anticipate the kiddos having lots of fun. To support social distancing this activity will take place in the open space of building one and all parties will need to wear a face mask. Please be sure your student wears comfortable clothes and shoes to exercise in for this experience.

This month we will be learning the letters E,H,R and M. There will be no school on Veteran's Day and the entire week of Thanksgiving this month. If you have any questions, please don't hesitate to ask. Once again, I would like to thank you for being a part of the Cordova STEAM Preschool family.

Sincerely,  
Ms. Trish

