



March

Dear Parents,

WOW, can you believe that Kidø Town is 1 year old! We have made a lot of new friends over this past year; many that we hope will become long lasting ones. If you think back to when you were in school, you might still be able to remember some of your teachers and peers; thus you can relate to all the wonderful memories and friendships that your child is making everyday at Kidø Town.

Itø very important in the development of young children that they experience and learn socialization techniques. Every day children learn how to share; communicate their thoughts and feelings; take turns and fit into groups. Even as adults some of these tasks can be difficult at times. Friendships are important to children as well as adults.

Our Open House last month was a success. We enrolled several new friends for the following school year as well as our Summer Camp. If you have not turned in your summer camp registration or your next school year registration please do so immediately, as we do have limited openings in several of our classes.

Policy updates:

Several of you have voiced your appreciation & concerns regarding the Kidø Town øclosingø policies. As you all know we are a new school, and being a new school we are still working out some of the glitches. Our intent is to provide you with the best possible service and in order to do so; we have made some last minute changes for your convenience.

Our purpose is to clear the air by saying that our original policy stated that we would follow the Virginia Beach Public School weather closing, however this policy has proven not to work. The goal is to make the change in a way to better serve you and your family; not to create a problem. We truly apologize for any misunderstanding.

We have been actively working on several different ways to better communicate with all our families. Some of the things that we have been working on are, contacting the local news channels, changing the answering system at school and a bulk e-mail posting. We would like to thank everyone that responded back to our bulk e-mail test message; however it was only a small percent of the parents who did so. If you did so thank you, if not please respond to Patti at ppirrone@ktlc.us.com so we can confirm your e-mail address and add you to our bulk e-mail list.

We are always open to your thoughts and concern. All the staff members at Kidø Town Learning Center are dedicated to providing you with the best possible service and care for your children. We like to think of everyone as family.

Thank you,
Vicki Crist
Patti Pirrone
Shona Morris



Room 1

We would like to welcome our new friend Luke to our classroom. We are very excited to get to know him.

This month will be all about Dr. Seuss! We will read *One Fish, Two Fish, Hop on Pop* and *ABC, 123*. We will also learn about St. Patrick's Day. We will be singing+I am Looking Over a Four Leaf Clover+and other fun songs and rhymes.

Remember to look on the classroom information board for our monthly books, songs, rhymes etc.

Sincerely,
Ms. Lori and Ms. Emily

Room 2

The infant room would like to welcome our new teacher assistant Ms. Janea. She has done an exceptional job assisting our infants this month. We are awaiting the return of Ms. Kiah and would like to congratulate her and her family on their new addition, baby Ashton.

Our curriculum this month will focus on the wonderful world of Dr. Seuss and review several of his exciting stories. We would also like to thank our exceptional parents for being so understanding last month for inviting some of our new changes. We love you parents and keep up the great work.

Happy March

Room 3

March Madness over Dr. Seuss

March is going to be a fun filled month. We are going to visit Seussville with Dr. Seuss and his wonderful friends.

Visit <http://www.seussville.com/> for some great ideas and fantastic fun.

Stay tuned to all the Wonderful Whooville fun in Room 3.

Have a Great March!

Ms. Becky
Bperez@ktlc.us.com
Ms. Nikie and Ms. Kaitlyn

Room 4

Happy Birthday Dr Seuss!!

Since Dr Seuss's birthday is March 2nd, we will be focusing on his literature for our curriculum and reading a few of our favorite Dr Seuss rhymes and his greatest books!

Reminder: It is chiiiiiiyyyy outside, but this does not stop us from going outside to play, so send your little ones in with hats and mittens for outside time!

All our love,
Ms. Kasie, Ms. Ashley, Ms. Amy

Room 5

Welcome March!!

Marching into spring in Room #5.

This month we will be enjoying the delightful and imaginative world of Dr. Seuss. We will be learning our ABCs, reading The Cat in the Hat, and making crazy mixed-up animals. What a silly and whacky March we will have. ☺

Remember to bundle your children up with hats, scarves, mittens and winter coats as we will still be going outside to play and run!

We would like to officially welcome Ms. Ryan to our room and we know that she will fit right in with all of our friends in Room #5.

Sincerely,
Ms. Frances, Ms. Daphne, Ms. Zamora, Ms. Ryan

Room 6

It is hard to believe March is already here!

We have lots in store for this exciting time! This month we will be studying the wonderful world of Dr. Seuss. In addition to Dr. Seuss we will be incorporating letters, shapes, and colors into our curriculum. We have a lovely group of children who are ready to learn and we want to embrace that while we can!

We have welcomed Ms. Tiffany as well as Ms. Andrea into our classroom. We have also welcomed two new friends, Sean and Tyson. The children seem to be adjusting well and all are a fabulous addition to Room 6.

Any questions or concerns please feel free to contact Miss. Sarah at anytime.

Sincerely,
Miss Sarah (suebelhoer@ktlc.us.com), Ms. Tiffany, Ms. Andrea, Ms. Marian

Room 7

The Thrilling Threes Newsletter

We all had a great time in February with our Valentines Day Party, dental hygiene activities and learning more about our community helpers. In March the fun will continue with Dr. Seuss. Our Thrilling Threes classroom will look like Seussville with all the fun activities we have planned. I look forward to sharing some great books with the students! Thanks again to all the parents that helped out with our Bike-A-Thon and Art Gallery last month. We were able to raise over \$200 dollars with our Bike-A-Thon. This is a great cause and I thank you again for your support. I look forward to all the great things we will learn in March!

Ms. Jenna

Jmastera@ktlc.us.com

Room 8

Pre-Kindergarteners have already proven how much they enjoy learning. Everyone has thrived on perfecting their letters and sounds. February themes of Our Community and Community Helpers was fun because we were counting cars, trucks, and buildings while learning how to put everything together (add) and to take away (minus). I have also started to introduce the penny and its value, why we use it and how we use money in our community, not to mention we now know who Abraham Lincoln is! As Pre-K begins to recognize other coins and learning about them, we will slowly identify our dollar bills and the numbers on them.

I must share how extra proud I am to say that we have been working on writing our whole names. Developing strong motor skills with our continuous practice really reflects how much we have improved on our penmanship. It is truly amazing how 4-year olds absorb every detail that we talk about in class and I know how this confirms how their growth has been in school.

Everyone was excited for our upcoming theme called, Insects and bugs Things that grow (and how), and how these growing things contribute to the change in the seasons, Spring has sprung March is also Dr. Seuss month and we can't wait!

Our new letters will be E and R so make sure you can name lots of things that begin with the SHORT E sound instead of the long E (Example: SHORT E = Egg, Elf, Elk and not long E like creepy, see, we, bee).

And to wrap up this update, I would also like to say thank you to our classroom parents who have been so diligent in reading and bringing their daily folders home. Even the children have gotten around to remembering to bring it with them as a routine. Everyone has been great with bringing their Show and Share on Fridays. Should you have comments, concerns, questions, do not hesitate to let me know.

Love much,

Ms. Kat

Pre-Kindergarten Teacher

Kindergarten News

Once again, our Kindergarteners have been doing a phenomenal performance with their letters, numbers and vocabulary words that we have been learning through every theme that we have. It's really amazing how a child can retain so much!

Last month, we had a wonderful Valentines Day celebration and another mini celebration for Abraham Lincoln's birthday (Feb. 12). Honest Abe's celebration has encouraged the class to learn more about money. We have started off trying to recognize coins by starting with the penny first. The class has then moved forward to familiarizing ourselves with the nickel, the dime and the quarter and their value.

For this month, as spring is nearing, some of our creepy crawlies might be back! Get ready for our March themes: Insects, Spring has Sprung and Things That Grow. This month is also Dr. Seuss month which adds to the excitement of learning.

This pretty much gives everyone an idea in a nutshell of what to look forward to. Details are always found in your daily report sheets found in your folders. So come on everyone! Let's march into spring! And as always, I am always here for your constructive comments and suggestions, they are always welcome.

Love,

Mrs. Maria
Kindergarten Teacher



Nurses Notes

Children and Sleep

Sleep is essential to a child's growth and health. Sleep promotes alert performance. Children who get enough sleep are more likely to function better and help with behavioral problems and moodiness. That is why it is important for parents to develop good sleep habits at an early age.

How much sleep should my child get?

Age	Hours of sleep
0-2 months	10.5-18
2-12 months	14-15
1-3 years	12-14
3-5 years	11-13
5-12 years	10-11

Tips

Children need and thrive on routines make bedtime the same time every night.

Keep bedtime environment the same all night (light, temperature, etc).

Hello everyone. I hope you and your families are all doing well. Here we go into the third month of the year already. It feels like Christmas was just last month. I wish you a great month to follow.

Did You Know about these special days in March?

1st is Share a Smile Day

2nd is Dr. Seuss's Birthday

3rd is National Anthem Day, Alexander Graham Bell's Birthday and the Star Spangled Banner was written

4th is Dentist's Day

8th is International Women's Day

9th is False Teeth Day

11th is Paper Day

13th Uranus was discovered

14th Albert Einstein's Birthday

17th St. Patrick's Day

18th Rubber Band Day

19th The Swallows Return to Capistrano

24th Harry Houdini's Birthday and Pecan Day (Pecans are the topic of the Fun Food Fact of the Month)

30th Doctor's Day

March is also host to the following monthly observances:

National Nutrition Month, Red Cross Month, Social Worker's Month, Women's History Month, Colorectal Cancer Awareness Month, Umbrella Month, Peanut Month, Noodle Month, Spring Month, Hoops Madness, Poetry Month, Umbrella Month, Red Cross Month, Youth Art Month, Academy Awards Month, Ethics Awareness Month, Help Someone See Month, Social Worker's Month, Women's History Month, National Nutrition Month, Honor Society Awareness Month, Humorists Are Artists Month, International Listening Awareness Month, Irish-American Heritage Month, Music in Our Schools Month, National Collision Awareness Month, National Craft Month, National Kite Month, National Nutrition Month, Optimism Month, Play the Recorder Month, and Poison Prevention Awareness Month

From the Chef's Kitchen

Pecans are the topic of the **Fun Food Fact of the Month**.

New research, published in the August 2006 issue of *Nutrition Research*, shows that adding just a handful of pecans to your diet each day may help inhibit unwanted oxidation of blood lipids, thus helping prevent coronary heart disease. In addition, landmark research published in the *Journal of Agriculture and Food Chemistry* (June 2004) found that pecans rank highest among all nuts and are among the top category of foods to contain the highest antioxidant capacity, meaning pecans may decrease the risk of cancer and neurological diseases such as Alzheimer's.

Pecans have more antioxidant capacity than walnuts, hazelnuts, pistachios, almonds, peanuts and cashews. Also, research conducted by Dr. Ronald Eitenmiller at the University of Georgia has confirmed that pecans contain plant sterols, which are known for their cholesterol-lowering ability. A one-ounce serving of pecans (approximately 20 halves) contains 196 calories, 20.4 grams total fat (1.8 saturated fat), 0 mg cholesterol, 0 grams sodium, 2.7 grams dietary fiber and over 19 vitamins and minerals including vitamin A, vitamin E, calcium, potassium and zinc. Pecans are also a good source of oleic acid, vitamin B1, thiamin, magnesium and protein.

Nearly 60 percent of the fats in pecans are monounsaturated and another 30 percent are polyunsaturated, leaving very little saturated fat in pecans. The unsaturated fat in pecans is heart-healthy fat meeting the new Dietary Guidelines that recommend Americans keep intake between 20 and 35 percent of calories, with most fats coming from heart-healthy sources like fish, nuts and vegetable oils. And last but not least, pecans contain no trans fat.

Chef April

aeberhart@ktlc.us.net

March Birthdays!

2nd- Dr. Seuss

6th- TaQuan

8th- Miss Sarah



12th- Ms. Janea

20th- Ethan H.