



Dear Families,

Our exploration of the arctic was a success! The students learned how arctic animals survive and stay warm in cold temperatures. Our theme for February is Health and Wellness. We will learn about different ways to take care of ourselves, parts of the body, and healthy foods. In addition, we will focus on letters Q, R, & S, as well as cutting skills. We will celebrate Valentine's Day on zoom during our "Wear Red Day" on February 11th. We look forward to seeing you on zoom!

-Ms. H & Mrs. Lynch



### Important Dates

2 /3 & 2/4 - Box Pick Up  
2 /8 - Virtual Open House  
2 /11 - Wear Red Day

### Health & Wellness

Week 1: Safety, Q & R

Week 2: Healthy Foods, Valentines  
Day

Week 3: Dental Health, S, Star

Week 4: Wellness

If you have any questions, please contact me at  
[missh.neffspreschool@gmail.com](mailto:missh.neffspreschool@gmail.com)