

K-PREP NEWS

Dec 2022



K-Prep will be closing at 12pm on Friday, December 23rd. We will remain closed through January 2nd, returning to regular operating hours on Tuesday, January 3rd.

Groups will be exploring a variety of themes this month, including *Winter*. For more information on what your child is learning, make sure to check their Tadpoles report daily!

Form Resigning

During the week of December 12th-16th, please see an administrator to resign Emergency Contact and Agreement Forms. If anything has changed, please have updated information with you at the time of resigning. **Admin will be located in the Staff Lounge between Nursery and Junior.**



Spirit Week

Dec 19-23

Monday– Hoodie Day
Tuesday – Red & Green Day
Wednesday – Fancy Dress/Dress Up Day
Thursday – Holiday/Winter Sweater Day
Friday – PJ Day



Cold & Flu Season

As we move into the prime months for colds, flu, and other illnesses, please help us keep each other healthy.

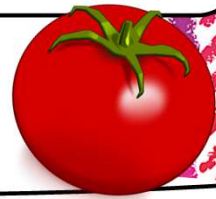
- Wash hands frequently
- Cover your mouth/nose when you cough/sneeze
- Wear a mask if necessary
- Stay home if you're feeling ill

Together we can get through the winter and stay healthy, happy, and able to learn!
Thank you!

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What to do with Picky Eaters?



- Share mealtimes together and let them see everyone enjoying the same foods.
- **Try, try again! It can take up to than 10 times (if not more) of trying a food before they may like it. So, keep offering that broccoli!**
- Add different flavors through seasonings or dips!
- **Get your kiddo(s) involved! Let them help make dinner and they may be more inclined to try it! Now it's what *they* made for dinner!**
- Pair flavors (sweet and salty) or preferred and non preferred foods (broccoli and chicken nuggets)
- **Offer milk or other supplemental meals (such as Pediasure) after they are finished eating. Milk is very filling.**
- Make food fun -
 - Try some sensory exploration outside of mealtimes. Put a variety of textures, such as yogurt, noodles, etc. on their tray and just allow them to explore!
 - Make that pancake smiley face! Silly food is yummy food! 😊



More Information

- <https://kidshealth.org/en/parents/habits.html>
- <https://www.myplate.gov/tip-sheet/healthy-eating-kids>
- <https://www.k-prep.com/outdoor-classroom-initiative>