

March 2, 2026



# St Patrick's Preschool

## March 2026 News

### You Are What You Eat!

Meal time with preschool age children can be stressful. Some days they can't get enough, and other days they won't eat at all. As long as your child is not dropping weight, instead of worrying about how much they eat each day, look at a **three day span**. Are they eating a few solid meals? Are they getting some healthy snacks? Are they drinking water several times a day? Kids know when they are hungry and they will eat! Forcing kids to eat only sets up a power struggle, and ultimately teaches them not to listen to their body. Offering a variety of healthy foods and limiting processed foods and sugar, will set your child up for healthy eating in the future.

General food tips for growing children include:

- Offer a variety of foods every day.
- Encourage healthy eating for everyone in the family.
- Let your child decide if they are full or hungry.
- Offer healthy snacks between meals.
- Involve children in meal preparation.
- Encourage water rather than sweet drinks.
- Enjoy family mealtimes together.

[More info here](#)

## Assessments

We will be completing assessments again starting after spring break. Just like in the fall, teachers will pull children individually to assess their progress. We will provide a copy of our written assessments during parent-teacher conferences on April 7th.

Conferences will be scheduled through a sign-up link that we will send on Brightwheel. Keep an eye out for this at the end of March.

All children develop differently and at their own pace. If you are interested in more information about developmental milestones please take a look at this e-booklet.

[Developmental Milestones](#)

## Upcoming Events:

- March 8 - Daylight Savings Time Starts

- March 9 - 13 Spring Break **NO SCHOOL**

No Lunch Bunch March 6

- April 1 and 2 - Spring Photos

- April 3 - 7 - Easter Break **NO SCHOOL**

No Lunch Bunch April 2

- April 7 - Parent-Teacher Conferences

- **SAVE THE DATE!** May 1st will be our student art show - there will be no Lunch Bunch that day. More information to come!

## How Much is Too Much?

Screen time is a hot issue with children today and many parents are asking themselves, "How much is too much?"

Today when we drive, eat at a restaurant, shop, or just wait in line, the go-to distraction for children is a screen, but too much of a good thing can cause behavior, vision, and attention issues. Below are some guidelines, but never hesitate to consult your pediatrician.

The [American Academy of Pediatrics \(AAP\)](#) recommends the following screen time guidelines by age for recreational use:

- Under 2 years: Avoid screen time, except for video chats with family or friends, to encourage active play and direct interactions.
- Ages 2 – 5: Limit screen time to one hour per day and focus on high-quality content that encourages learning and engagement. Co-viewing with a caregiver is recommended.
- Ages 6+: No more than 2 hours each day, except for homework, to prevent interference with sleep, physical activity and face-to-face social interaction.

More information can be found here:

[Screen Time Article](#)

