



St Patrick's Preschool

March 2024 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 and activities together.

[More info here](#)

Assessments

We will be completing assessments again the two weeks before spring break. Just like in the fall, teachers will pull children individually to assess their progress. We will send home our written assessments at the end of the month. If you have any questions or concerns feel free to request a conference with your child's teacher.

Conferences for children enrolling in kindergarten next year will be scheduled through a sign-up that we will send on Brightwheel. If your child is kindergarten bound please keep your eye out for the link in early April.

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](#)

Registration is now open to the public!

We are still accepting registration for fall 2024 and summer camp. If you have not claimed your spot please follow the links below.

Summer Camp Registration:

[Summer Camp](#)

Fall 2024-25 Registration:

[Fall 2024-2025](#)

Please help us spread the word!

Upcoming Events:

- March 4th - Teacher Work Day **NO SCHOOL**
- March 10th - Daylight Savings Starts
- March 25th - 26th - Spring Photos
- March 29th - April 5th - Spring Break
NO SCHOOL
- **SAVE THE DATE!** April 25th will be our student art show - there will be no Lunch Bunch that day. Each room will be assigned a time to walk through the gallery with their child.

