



St Patrick's Preschool

March 2025 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 in April.

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](#)

Registration is now open to the public!

We are still accepting registration for fall 2025 and summer camp. If you have not claimed your spot please follow the links below.

Summer Camp Registration:

[Summer Camp](#)

Fall 2025-2026 Registration:

[Fall 2025-2026](#)

Please help us spread the word!

Upcoming Events:

- March 9 - Daylight Savings Time Starts
- March 10 -14 Spring Break **NO SCHOOL**
- April 1 and 2 - Spring Photos
- April 18-22 - Easter Break **NO SCHOOL**
- April 22 - Parent-Teacher Conferences
- **SAVE THE DATE!** May 2nd will be our student art show - there will be no Lunch Bunch that day. More information to come!

