

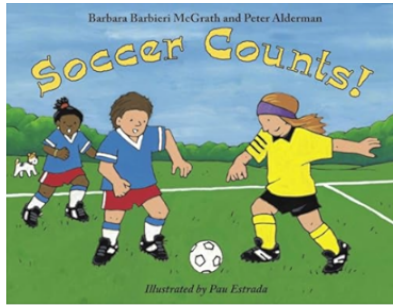


**Pre-K Classroom Newsletter**  
**January 15th - January 19th**

**Classroom News**

This week we will conclude our study on Exercise. We will focus on the different types of equipment people use to exercise.

We will be reading various books. Some of these include:



**Vocabulary**

We will be learning new vocabulary each week. Our words of the week are: **balance, balance beam, challenging, equipment, hand weights, helmet, injured, mat, scale, and yoga**

**Weekly Experiences**

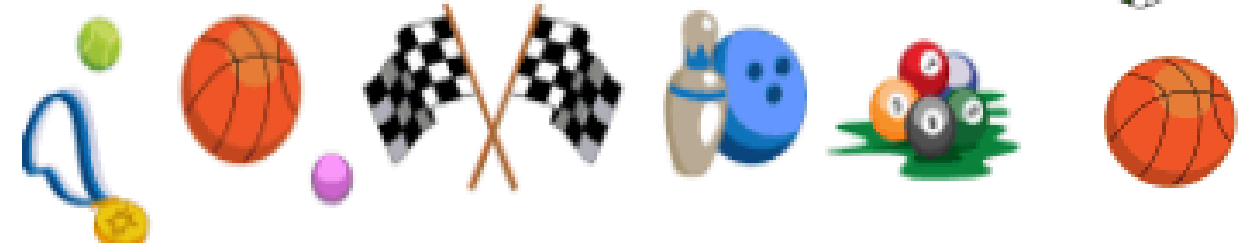
This week the children:

- will draw different types of equipment they use to exercise.
- will create equipment to add to the dramatic play area (weights, treadmill, etc.)
- will discuss how to safely work out using different equipment (helmet, knee pads, etc.)

**Home Extensions**

Look around your home for different exercise equipment you may have such as running shoes, yoga mats, and hand weights. Discuss how they are used.

(Over)





**Have a nice weekend!**

Mrs. McNaughton, Miss Biscaglia, Mrs. Silva,  
Mrs. Chiarelli, Mrs. Fermin, Mrs. Cunningham & Mrs. Uργο

**Reminders**

- Please remember to fill out the lunch form.
- On Monday, January 15th there is no school.
- There is a Cake Sale on Tuesday, January 16th. Please put the money in their folder, not their lunchbox.

