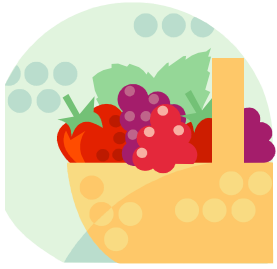


KM News

Week of March 30-April 3



This week we began our "A Heathy Me" unit. We concluded our Spring Unit with the story The Carrot Seed, and then compared the things that plants and people need to grow. We spent time talking about how food gives us energy and helps us to grow, learn and play. The kids helped sort food picture cards into two groups: "**Energy-**

Go foods" and "**Sometimes- Slow foods**" and then they wrote their own healthy shopping lists (they may insist on taking these when you go shopping!). This week we also began learning about some of the basic organs, beginning with the heart. We read a non-fiction book about the heart and sang a song about our "pump." The kids learned how to feel their pulse and then tried to raise their heart rate by dancing☺. They shared ideas for aerobic activities, and then wrote & illustrated their favorite "heart smart" activity. We also incorporated many movement activities, while practicing counting by fives!

Special Events: The hospital tour leader came in on Wednesday to tell us about our field trip. The kids enjoyed watching a video about what happens when you have to stay at the hospital. Our trip to Newton Wellesley Hospital on Thursday was great. The kids enjoyed creating a pretend cast, trying out crutches and wheelchairs, visiting the cast room, seeing the pediatric emergency room, exploring the huge kitchen, and seeing the babies in the nursery!



Stay Days: During Stay Days this week, the kids learned how to form a lowercase j and practiced forming many of the lowercase letters we have already done in our handwriting books. We read Bread and Jam For Frances, which is about a little girl who would only eat bread and jam for breakfast, lunch and dinner. We talked about the importance of eating a variety of good foods to help your body grow. We began a big body-tracing project this week. The kids worked with partners to outline their bodies onto large mural paper. Each child colored in their body with clothing, facial features and hair. Later in the week, we learned about bones and then the kids drew bones onto their paper bodies. The kids will also learn about the heart, lungs and brain.

During Math time this week, the kids helped me solve a field trip problem. I told them that the hospital wanted us to split up into 3 groups for the tour. I asked the kids to use counters to figure out how many kids and adults should go

into each group. They worked with partners on this problem and then recorded their answers with pictures and numbers. This was a very interesting learning experience!

We also practiced counting by 5s and created surveys for our fourth grade buddies!



- What did you see in the huge kitchen at the hospital?
- What is the pediatric emergency room like?
- What is the tickle machine in the cast room?
- What does a cast feel like on the inside and outside?
- What happens to your heart when you run, dance or move fast?
- What is a "band-aid" word? (words that have ou, like house..)
- Can you practice counting by fives with me?
- What is a Healthy-Go food? How about a Sometimes- Slow food?
- What 3 letters make "ing" sound, like in sing, thing...?
- What survey question did you write? What were the results?