

# June 2019 Newsletter

It's Finally Summer!



Long days, warm sun, water play, gardening, and picnic lunches . . . the time we've all been waiting for is here! **Happy Summer!**

## June Themes

06/07: Ocean

06/10: Music

06/17: Water Play

06/24: Bugs



## Reminders

Summer picnic is Friday 06/07, 6:30 PM at Marshview Meadows Park.  
Sign up posted on our classroom door.

Donuts with Dad is Friday 06/14 from 7AM-9AM.

Ms Trinady's last day is Friday 06/14.

ISW will be closed from 07/01-07/05.



## Food for Thought: Eating Healthily

As parents you want to know that your child is eating healthily, getting the nutrients necessary for the healthy growth and development and the energy for exploration and learning. Guiding their eating habits is delicate work. You want to encourage them to make good choices. Here are some of the ways you can do that:

- Continue offering a variety of foods, even ones they have previously rejected
- Keep out the foods in the house and limit the ability of "junk food"
- Involve them in the meal preparation. Even if it is just setting the table. They like to feel involved.
- Create a structure for all daily meals and snacks so they aren't gained

grazing all day

- Have regular family meals
- Set a good example so they can see you eating healthy foods

Check out <http://www.foodnetwork.com/healthyeats/recipes/2013/07/20-kid-friendly-and-healthy-summer-recipes> for some healthy food ideas



## Goodbye from Ms Trinady...

Leaving for DC is bittersweet. I feel privileged to be able to go and learn how to become a political advocate for early childhood education but I also feel privileged to have been able to learn from everyone here. Thank you all for sharing a bit of your lives with me and for sharing your wonderful children with me. They have surely taught me as much or more than I could ever teach them - inquisitiveness, goofiness, patience, and how to use a really loud voice 😊 How to always approach a difficult situation with positivity, how to be solution-oriented, and definitely how to multitask. I feel so lucky to have been a part of ISW - I've worked with some amazing and passionate teachers and have been eternally grateful for Danielle's mentorship. Even though the kids may not all remember me, I will certainly remember them and the impact they had on me. Thank you all for letting me be your teacher. I'll be thinking of you from the East Coast!

***Some of my favorite memories from over the years...***



