Believe it or not, this is the final newsletter of the school year! Although it has not been a typical year, the students have shown so much growth, both academically and socially/emotionally. We are all so proud of them and we know they are ready to take that next big step into kindergarten! Thank you for all of your support this year. We appreciate your patience and understanding with the uncertain circumstances. Please read through this newsletter for important information regarding the end of the year and some ideas for summer fun!

**News and Events**

» The UPK office sent out two surveys in May: the [Kindergarten Intention Survey](#) and the [UPK Parent Feedback](#) form. If you have not completed these two surveys, please do so by Friday, June 4. Thank you!

» Check out the final [Preschool Story Time](#) for this year! Take a few minutes to sit with your child and listen to a reading of “We Were Tired of Living in a House.” It is a beautiful, classic story that is very relevant to the world today!

» The “Early Years” for June is a special edition dedicated to nutrition and wellness. You’ll find valuable information and helpful tips that you can work on with your preschooler over the summer.

» Check out the [June Family Fun Calendar](#). One of the activities this month is to make a batch of homemade playdough. The recipe is below, enjoy!
Playdough - Make a batch with this easy homemade playdough recipe!

Equipment: Large pot, spoon, wax paper, gallon size bag
Ingredients: 2 cups flour
            ½ cup salt
            4 tsp cream of tartar
            2 cups lukewarm water
            2 Tbsp vegetable or coconut oil
            Food coloring, optional

Directions: Stir flour, salt, and cream of tartar in the pot. Next add the water, oil, and food color. Cook over medium heat, stirring constantly. Continue until the dough has thickened and begins to form a ball. Remove from heat and place on wax paper or in a bag. Allow to cool slightly and then knead until smooth. Store playdough inside the bag to keep soft. So easy and fun!!

Parent Discussion Group

🌻 Betsy has posted a new slideshow to her Parenting Site. This month, she discusses “Setting Limits and Addressing Behaviors.” She provides some wonderful reminders for parents on how to set limits, be consistent, and follow through when our children are being challenging. In addition, she has an infographic on Screen Time recommendations for young children. Find out if your family is following the latest guidelines.

Calendar

🌻 The last week of school is slightly different at each site. Please check with your child's teacher regarding the last day of in-person instruction and any special events that may be taking place. Enjoy the summer and stay safe and healthy!
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<td>Memorial Day</td>
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<td>Make a menu: Share with your child a list of foods you are serving for a meal. Have them draw these items to create a menu.</td>
<td>Write your child’s name and ask them to tell you words that start with each letter. “TOM: T-toy O- octopus M – mouse”</td>
<td>Count 10 items with your child. Take away 4. Ask, “Home many are left?” Repeat using new numbers.</td>
<td>Help your child think of rhyming pairs. Can they think of 3 words? Ex: cat-hat-mat can-man-pan frog-log-dog</td>
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<td>Read a story together in the morning. Read it again at bedtime and ask your child if they remember what happens next.</td>
<td>Describe an item in your home and see if your child can guess what it is. Ex: “It’s silver and has two slots where bread goes.” Repeat with multiple items.</td>
<td>Give your child a variety of items at snack time and allow them to create letters, pictures or patterns while they eat.</td>
<td>Have your child help you prepare a shopping list before you go to the store. At the store they can help you find and cross off the items from the list.</td>
<td>Play freeze dance: When music is on, dance or move. When the music is stopped, everyone must freeze. Take turns turning the music on &amp; off.</td>
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<td>Flag Day! Talk about the American Flag – the colors, the shapes, and what they represent.</td>
<td>Have your child clap the syllables they hear in: Summer, hot, swimming, beach, ice cream cone, vacation</td>
<td>Looks at pictures in a book or magazine. Talk about the colors you see and match them with items in your house.</td>
<td>Show a group of coins to your child. Discuss their characteristics (size, pictures, amounts) and have them sort the coins.</td>
<td>Practice counting every day! Count the steps from one room to another; the cars in a parking lot; flowers in a garden, etc.</td>
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<td>If the weather permits, have a picnic lunch or snack. Have your child think of the items needed for a picnic.</td>
<td>Make a batch of homemade playdough to use throughout the summer. Find a recipe in this month’s newsletter. (Parent supervision required!)</td>
<td>Does your child know his/her first name, last name, address and phone number? If not, continue to review over the summer!</td>
<td>Brainstorm family activities for summer. Make a list and have your child check off any completed activities!</td>
<td>We had a great time in UPK this year!!! Enjoy the summer!!</td>
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<td>Don’t forget to</td>
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Snack attack

Did you know that frequent snacking is tied to obesity? In fact, today's kids average three snacks a day and get about a quarter of their daily calories from between-meal eating. Try these strategies for keeping snacking under control in your family.

Stock the kitchen

Whatever is in the house is what your youngster will eat—so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (bell pepper, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She'll have a say in what she eats, but she'll be choosing only from healthy foods.

Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with bananas and cinnamon, or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little tomato sauce, shredded low-fat mozzarella cheese, and sliced mushrooms. Then, bake until the cheese melts.

Build your own

Let your youngster get creative in the kitchen, and she'll be likely to eat the results. She can make kebabs by threading strawberries, melon chunks, and cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread cream cheese on rice cakes or apple slices and decorate them with raisins or dried cranberries.

Add activity to chores

Help your youngster get fit while building responsibility. Try these suggestions the next time he does chores.

• **Listen to music.** Make an upbeat "chores playlist" together. Your child can dance while both of you wipe down kitchen counters, dust, or sweep. Tip: Bring in math by asking him to estimate how long chores will take and create a playlist to fit that time.

• **Turn it into a game.** To tidy up, each family member is responsible for one room—collecting shoes, toys, books, or papers and putting them where they belong. Set a timer and meet back in the living room when it goes off. Did everyone finish straightening up their room?
Kids in the kitchen

Cooking with your youngster will teach him valuable kitchen skills—and help him practice reading and math. Try these suggestions.

Read recipes. Ask your child to read a recipe aloud. Then, have him gather the ingredients and tools you’ll need. Can he find dried oregano and a whisk? Next, follow the steps together. Idea: Build his vocabulary by explaining unfamiliar cooking words. (“Zest means to scrape off tiny bits of the lemon peel.”)

How much juice?

Q: My child loves to drink juice. Should I try to limit how much of it he drinks?

A: The short answer is “yes.” While juice has nutrients, it also has a lot of sugar.

Believe it or not, a 12-ounce glass of apple juice can contain 10 tsp. of sugar—the same as in a can of cola—and a glass of grape juice can have 15 tsp. of sugar.

Encourage your son to eat fruit rather than drink juice. He will consume fiber along with more nutrients.

If your youngster does have juice, try to limit it to a glass a day. Choose varieties marked 100 percent juice, and stay away from those labeled “fruit drink” or “fruit cocktail.” The best bets are orange or grapefruit juice since they have more natural vitamin C and less sugar.

Use math. Put your youngster in charge of kitchen math. He can find the correct measuring spoons and cups, measure wet and dry ingredients, and read a food thermometer. He’ll also learn about conversions—for example, that 4 tbsp. = 1/4 cup.

Tip: Get your child in the habit of putting dishes in the dishwasher as he works. That way, there won’t be a big sticky mess to clean up at the end.

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Southwest slam: Cooked lean ground beef, chopped lettuce, shredded low-fat cheddar cheese, diced tomatoes, and a sprinkling of low-sodium taco seasoning.

Pasta mix-up: Cooked macaroni, black olives, chopped red pepper, grated Parmesan cheese, and Italian dressing.

Tip: Add something that makes a “shake sound,” such as nuts or baked pita chips, to put even more fun in the shaking.

Our purpose

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

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