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# Legacy Lines

*A Newsletter for Families*  
February 2023



Happy February! Groundhog Day is Thursday, February 2<sup>nd</sup>. Will the Groundhog see its shadow or not? We are all hoping that spring is just around the corner!

February is very busy month for our friends. February is the month of **"LOVE"**. Love is patient! Love is kind! Beyond Valentine's Day, it is International Month of Friendship! Each of the classrooms will be focusing on developing relationships and ways to show kindness to our friends and family.

Friday, February 3<sup>rd</sup> is National Wear Red Day for American Heart Month. We are encouraging our students and staff to **wear red** that day to spread awareness of cardiovascular disease.

Our Enhanced Learning this month entails a great deal of FUN! We will make discoveries in Science of self-care and understand the importance of dental hygiene with the proper ways of brushing and flossing teeth daily. In math, we will focus on geometrical shapes, recognizing numbers and quantity. In Social Studies, we will explore different famous African American as we honor Black History Month, such as W.E.B. Du Bois, Mae Jemison, Dr. Martin Luther King Jr., Barack Obama, and more and the different achievements they all accomplished for our country. We will also discuss our past and current Presidents, from George Washington to Abraham Lincoln to George Bush to Joe Biden and more!

In closing, we want you to know we consider it a joy as well as a privilege to be a part of your child's life during these early years. We love to see them learn, explore, and grow. Thank you for entrusting them to us! We hope everyone has a fantastic February filled with lots of love and laughter!

## Take a Peek Inside ....

- From the Desk of...
- Framework for Their Future® ~ February
- Enhanced Learning ~ February
- Family Time: Activities that Build Motor Skills
- Family Time: Activities that Build Motor Skills Cont.
- Family Time

## Let's Celebrate

- |   |   |   |
|---|---|---|
| 1 | Liam Brutosky-2 <sup>nd</sup><br>Mrs. Sara-2 <sup>nd</sup>            | Lucas Fischman-15 <sup>th</sup><br>Emily Esco-17 <sup>th</sup>          |
| 2 | Charlie Odom-3 <sup>rd</sup><br>Brooks Dennison-6 <sup>th</sup>       | Nora McClelland-19 <sup>th</sup><br>Maisyn-Kate Paxton-20 <sup>th</sup> |
| 3 | Peyton Eckenbrecht-10 <sup>th</sup><br>Keira Safford-10 <sup>th</sup> | Lauren Sinclair-21 <sup>st</sup><br>Owens Pickell-21 <sup>st</sup>      |
| 4 | Liam Ochoa-Quintero-12 <sup>th</sup>                                  | Mrs. Alicia-27 <sup>th</sup>  |



## February Class Themes of the Month



### **Dreamers ~ Theme: Lullabies, Love, and La! La! La!**

We'll bring peace and calm, through beautiful, enduring lullabies. The babies continue to master a sense of self through problem solving, exploration and play. Our routines allow babies to anticipate familiar events and notice the beginning and the end of a time interval!



### **Travelers ~ Theme: Guess How Much I Love You**

Continued experiences include activities that involve puzzles, finger plays, music and song where Valentine's Day will take shape. The heart will be viewed as a symbol of love; and what better way to carry out activities in our loving classroom during the month of February? Colored water in tubs, a Valentine collage, Valentine Tube Rhymes and open-ended easel options round out this month!



### **Adventurers ~ Theme: Hearts and Rhymes and Valentines**

Dental health, rhyme time books, poetry and winter activities will delight your child. Language skills, communication, space, and time, all support the key experiences. Ground Hog Day will also make its entrance as the children learn about this special day that comes in February.



### **Discoverers ~ Theme: Circles, Lines, and Valentines**

Classification to describe the attributes of the color red will help children retain a better understanding of concepts of the color red – light and dark. Hearts of many sizes will help them seriate from small to large. What better way to learn than through "love." A heart hunt will add to their familiarity with this shape to round out experiences related to the holiday.



### **Voyagers ~ Theme: Shapes, Signs, and Valentines**

A wide range of activities will leave room for creativity and interests of the children. A simple geometry lesson and great sink and float activities will combine the holiday with science and sensory fun. Continued use of fingerplays, poems, rhymes and song will provide the balance of early learning that you have come to expect in your child's classroom.



### **Explorers ~ Theme: Community Partnerships**

Friendship pins, Chinese Dragon, Heart Blots, Mosaic Hearts, Community Service Awards – these are but a few exciting activities in which your child will participate this month. With continued efforts to promote literacy, drama, creativity, and brain entertainment, like a rebus Valentine, your child will delight in what they experience and bring home. We are so glad you share your child with us! We are confident that your child feels just as we do and are happy to complete their school day the Legacy Academy way. Welcome to February!

## February

### Dreamers



**Math-** Dreamers will work on their color and shape recognition skills as they learn all about the color blue and hearts!

**Science-** January is all about discovery as infants learn all about their legs and where their heart is. They will participate in sensory exploration and have a chance to discover what their legs can do as they move their bodies.

**Social Studies-** February's Social Studies Enhanced Learning lessons will focus on love and positive self-identification.

### Travelers



**Math-** Travelers will work on their shape recognition skills as they go on a hunt for hearts! They will learn all about triangles this month and practice their differentiation skills.

**Science-** Toddlers will learn about the body this month. They will learn what their body can do and why it's important to keep it healthy. They will participate in sensory exploration and work on their body part recognition skills.

**Social Studies-** Travelers will work on positive self-identification as we learn about playing nicely with our friends and how important family is.

### Adventurers



**Math-** Adventurers will work on the mathematical concept of more and strengthen their differentiation skills with multiple characteristics.

**Science-** Adventurers will learn about what it takes to make things sink in water as they conduct several experiments. They will also learn all about Groundhog's Day and what happens if the Groundhog sees their shadow and what that means for winter.

**Social Studies-** Adventurers will learn all about libraries and police officers this month. They will get a library card and a chance to "check out" books from their classroom library.

### Discoverers



**Math-** Discoverers will be introduced to 3-D shapes as they learn all about spheres. They will also learn about different types of lines and create their own.

**Science-** 3-year old's will explore the human body as they learn all about heartbeats and veins and what their functions are. They will learn why it's important to keep their hearts healthy and what veins look like in their body.

**Social Studies-** This month, Discoverers will learn about President's Day and who we are celebrating. They will also learn all about rivers and where the longest river in the world is!

### Voyagers



**Math-** Voyagers will work on their pattern recognition and creation skills as they work with valentine patterns. They will also be exposed to several 3-D shapes this month.

**Science-** 4-year old's will experiment with melting hearts, and they will learn about what a pulse is and what it means inside their bodies.

**Social Studies-** This month, Voyagers will learn all about our 1<sup>st</sup> President, George Washington and the 16<sup>th</sup> President, Abraham Lincoln and the impact they had on the country.

## Developing large and small motor skills in children



The term developing the “whole child” encompasses many aspects of a child’s development. This includes gross and fine motor skills, cognitive, social-emotional, and language-literacy development. As children grow, it’s imperative that each area of development is strengthened and fine-tuned to the age of the child. This month we are going to be looking at gross and fine motor skills and the importance of their

development in young children. Many physical activities benefit young children in different ways. Balance, muscle coordination, endurance, and cardiovascular health to name a few.

### Gross Motor Skills

Gross or large motor skills are defined as whole-body movements that involve the large muscles of the arms, legs, and torso. These movements also introduce children to a lifestyle that encourages exercise and healthy choices. Some examples of activities that engage our gross motor skills are:

- Hula- Hoops
- Jump Ropes
- Swings
- Objects for heavy lifting
- Balance Beams
- Ladders
- Tunnels

Did you know that some research suggests that there is an important relationship between how well a young child can perform a task and how well they think they are performing it. Feelings of success can drive a child's motivation to continue working on the skill. Providing children with early wins goes a long way in motivating them to continue trying (Stodden et al. 2012).

Many of the above activities can be utilized both indoors and outdoors. Introducing these activities both at home and at school will continue to foster strong gross motor skills that will ultimately lay the foundation for each child’s development. For those yucky days outside, try creating a simple obstacle course for young children aligned with their specific developmental levels. Infants can participate in crawling through tunnels, while our preschool children can hula-hoop, and walk on balance beams. Think of materials you have at home already. How can you utilize these to create activities to strengthen your child’s gross motor skills?

Here’s an example of a simple activity you can do at home to focus on gross motor skills. This activity encompasses balance, concentration, and coordination. As children’s strength progresses, encourage children to move more quickly each time they complete the course. The activity can also be done by allowing children to roll a car on the “track!”



## Developing large and small motor skills in children (continued)



### Fine Motor Skills

Our hands work every day to help us with tasks that require holding and manipulating objects, eating and opening containers and turning book pages. Like any other muscle in the body, small muscles control these movements and need to be exercised. Having a firm foundation of fine motor skills allows young children to do many activities such as caring for their personal needs, like buttoning or zipping their coats, and participating in literacy activities, such as drawing and writing. Perhaps one of the most overlooked fine motor activities for children is drawing and coloring. Have you ever gone to pick up your child and there were five pieces of

#### Examples of gross motor activities:

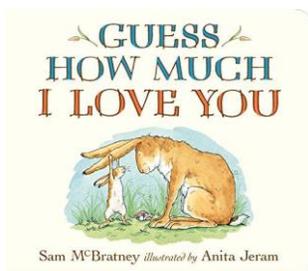
- Hinged boxes to open and close
- Padlock and keys
- Knob Puzzles
- Playdough and clay
- Beads and string
- Lacing Cards
- Stencils and pencils

paper waiting to be taken home in their cubby? While it may seem like it's just something for the garbage, think about this: Each time your child picked up a colored pencil to draw lines, shapes, or write their name on that piece of paper they were developing and strengthening their fine motor skills as well as hand-eye coordination. WOW! Who knew all that was being learned while drawing simple lines and shapes?

Since fine motor development has been linked to school readiness it's important to provide various play materials that support a broad range of abilities and stages of muscle development. To set children up for success, we must provide activities that are age and skill appropriate. As children's gross and fine motor skills increase over time, continue to challenge them by adding play materials that are more complex or require more refined precision and strength for the child to succeed. These experiences have significant benefits that are far beyond increasing muscle strength and improving coordination. Skills like verbal communication, creative problem-solving, and perseverance are all embedded in the learning of the child. Encourage, support, and inspire children with simple motor activities they can do at home.

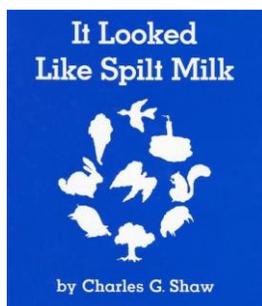
Mufson Bresson, L., & King, M. (2022). Play Materials That Build My Gross Motor Skills. In *Preschoolers at Play: Choosing the Right Stuff for Learning and Development* (pp. 99–107). essay, National Association for the Education of Young Children. Photos from NAEYC.org.

## February Books



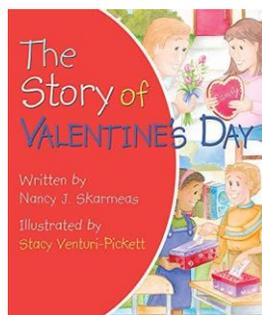
### **Guess How Much I Love You**

By: Sam McBratney



### **It Looked Like Spilt Milk**

By: Charles G. Shaw



### **The Story of Valentine's Day**

By: Nancy J. Skarneas

## Color Scavenger Hunt



*Let's go on a scavenger hunt!*

Grab a sheet of paper and scribble small squares of different colors on it. Have children find items that match each color as they explore. This is a great way to enhance color recognition in young children while connecting them to the world around them! Too wet to go outside? Try doing the scavenger hunt inside and see what your children matches with each color.

Image and activity from [iheartcraftythings.com](http://iheartcraftythings.com)