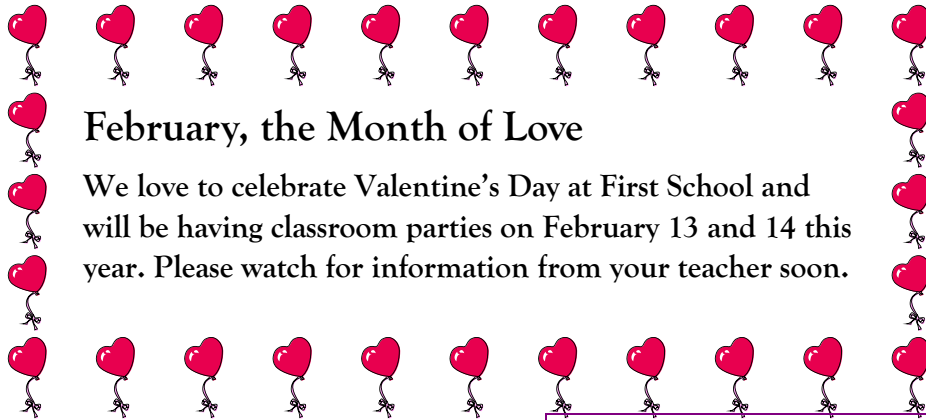


FIRST SCHOOL NEWS

February 2024



February, the Month of Love

We love to celebrate Valentine's Day at First School and will be having classroom parties on February 13 and 14 this year. Please watch for information from your teacher soon.

January Fun!

ARCTIC ANIMALS IN THE WINTER

The last 2 weeks of January all classes have learned about Arctic animals. We got to see a caribou pelt, measure how long a bowhead whale is, (60 feet) and we made snowy owls. We learned the narwhal is the unicorn of the arctic and polar bears have really big paws. We loved looking at walrus pictures with their tusks and pretending we were arctic hares with their big feet. We learned some brown bears have adapted and now live in the arctic. We have learned baby moose grow very quickly, much faster than we do. They are also great swimmers. We have played games, sung and danced and read many books about the arctic! It was a great two weeks of learning!



Great News! Starting April 10, we will be hosting Mrs. Dorie Phillips at First School for her Drums Alive Class. We have had wonderful classes here in past years and thought we could offer this class again this year. Watch for a flyer to come home in March and be sure to send in your reservation fast. This class is immensely popular.

Looking Ahead to March 2024

We will be having Parent/Teacher conferences on Wednesday and Thursday March 20 and 21. There will be NO school on Friday March 22nd as that is the start of our break. We hope you all can go someplace warm! School will resume on Monday April 1st. Look for information from your teacher to sign up for your private 15 minute conference soon.

- February 2: Happy Groundhog Day
- Feb. 5: Martial Arts Starts. Must be pre-registered.
- Feb 8 & 9: color of the Month, Wear red, pink, and purple
- Feb 13 & 14: Valentine's Day Parties. Look for info from teacher.
- Feb. 19: President's Day—No SCHOOL
- Feb 27 & 28: Spirit Day. Wear green or a First School shirt
- March 22–29 Spring Break



Pssst: Mr. Groundhog says Like us on Facebook! [Facebook.com/FirstSchoolDayton](https://www.facebook.com/FirstSchoolDayton).



SPIRIT DAYS

February 27 and 28!

Wear GREEN or a First School logo shirt.

YOUNG 5's CLASS for 2024-25

We are offering a young 5's class for the 2024-25 school year. This class is designed for children who turn 5 in May through December. They may be eligible for kindergarten but may benefit from extra time to strengthen social and academic skills. The class will be a combination of large group, small group and individualized instruction for the children. Basic kindergarten skills will be introduced and strengthened throughout the year. Children will be able to learn at their own pace and skill level. Many different opportunities for academic, social and gross motor skills will be provided throughout the year. After completing this class the students will have a great foundation to move onto kindergarten. This class will be offered M-F AM with an option to extend the day until 2:15 with the addition of the afternoon enrichment session on MWF. We are also offering an Afternoon session of this class if there's interest. Be sure to sign up early!



GET TO KNOW Mrs. ANGU BALRAJ

Mrs. Angu teaches MWF AM 3s and this is her first year with us at First School. She has been a teacher for more than 6 years. In her spare time she loves singing, shopping and gardening. She grew up in Bangalore, India and now lives in Washington Township with her husband and two children, Abhi, and BK. BK is a student in Mrs. Miller's Young 5s this year. Mrs. Angu loves Indian and Mexican foods and her favorite vacation spot is Switzerland. Before coming to First School, she volunteered in the Dayton Tamil Academy as a teacher and she also volunteers at the Dayton Metro Library. She loves the creativity that unfolds with her 3 year old class and she really enjoys learning along with the kids. We are so happy to have you in our First School family, Mrs. Angu! Welcome!

Nutrition News from Mrs. Thomas

February is National Heart Month. The path to a happy healthy heart begins as a child. Be the role model! Parents can lead by example to promote healthy behaviors early so children develop life-long habits. 1. Limit Sugar—Sugar promotes inflammation which leads to extra stress on the body. Try decreasing sugary beverages and eat real food for snack time rather than packaged products. 2. Increase Fiber—Fiber helps with digestion and decreases cardiovascular risk. Choose whole grains, beans, fruits, and vegetables. 3. Move—60 minutes of exercise a day is recommended. This doesn't have to be structured or all at the same time. Turn on music and dance or create an obstacle course around the house.

Noelle Thomas, RD, LD #FuelOurYouth

