



February 2017

Theme: Emotions & Self-Esteem

This month we are also focusing our learning on the following:

COLOR: **Pink** NUMBERS: **#1** (green), **#6** (blue), **Counting by 2s** (red)

SHAPE: **Heart** LETTERS: **Ss, Tt, Uu**

Su	M	T	W	Th	F	Sa
			1	2	3	4
5 Mason W.'s 5 th Bday	6	7	8	9	10 <u>Bring a "S" object</u>	11
12 Ms. Errianna's Bday	13	14 VALENTINE'S DAY Griffin's 4 th Bday Ms. Brianna's Bday	15	16 <u>Bring a "T" object</u>	17	18
19	20 CLOSED Presidents' Day	21	22 <u>Bring a "U" object</u>	23	24 Ms. Anna's Bday	25
26	27	28 <u>Bring a picture of yourself feeling happy, angry, sad or scared</u> Ms. Courtney's Bday	March 1	March 2	March 3	March 4

Announcements:

- We will be celebrating **Valentine's Day** with a party and exchanging valentine cards in our classrooms. Each classroom has information posted on their classroom door.
 - ♥ Green Room 2/10 4-5pm
 - ♥ Blue Room 2/14 afternoon
 - ♥ Red Room 2/13 3:15-4:15

Bright Star will be CLOSED

- Monday, Feb. 20 (Presidents' Day)

What does "I feel angry" mean?

All preschool-aged children are learning to understand the meaning of words. At Bright Star, we work on giving words to how we are feeling all the time. This can be quite an abstract concept to children. Ways you can help your child understand the meaning of the words angry, sad, happy, frustrated, excited, jealous, disappointed, scared, anxious/worried, and calm:

- Notice what your child is feeling.** Say, "You seem disappointed that it is bed time.", "You seem angry that you aren't allowed to throw food."
- Verbalize your feelings.** Say, "I feel calm when I snuggle with you.", "I feel happy that I get to read to you.", "I feel frustrated that we are running late today."



New Teachers

- Hannah Eddins** is the new Associate Lead teacher in the Green Room.

Please read their information letters posted outside their classroom and in the entry way, to get to know them better.

