



Litchfield Park Preschool Newsletter

March, 2021 Issue

News

Open Houses

Do you have a friend or family member interested in our preschool programs? We'd love to meet them! Visit our classroom, meet the teacher and learn about our preschool. Litchfield Park Preschool is hosting three Open Houses:

By Appointment ONLY

- Saturday, March 6 from 9am -12pm

Explorers' Summer Camp

Enrollment is open for the 2021 Explorers' Summer Camp. We're offering June and July AM and PM sessions.

Session I: Monday, June 7 - Thursday, June 24

Session II: Tuesday, July 6* - Thursday, July 22

Days: Classes meet Monday - Thursday for three weeks
*July 6-9 ONLY classes will be held Tuesday-Friday

AM Session: 8:00am - 11:00am

PM Session: 11:45am - 2:45pm

Fees: \$213 Litchfield Park residents, \$262 non-residents

Teacher's Corner

What and How Much Should My Preschooler Be Eating?

Foods Young Children Need

Most 2- to 3-year-old children need to consume about 1,000 to 1,400 calories per day. Here's how to distribute those calories in a healthy eating plan:

- Grain Group: About 3 to 5 ounces of grains per day, preferably half of them whole grains. For example, that is one or two slices of bread plus one ounce ready-to-eat cereal and 1 cup cooked rice or pasta.
- Vegetable Group: 1 to 1½ cups raw or cooked vegetables per day. Like adults, young kids need a variety of vegetables and include dark green, red and orange ones: mashed sweet potatoes, broccoli with low-fat dip or tomato sauce for pasta.
- Fruit Group: 1 to 1½ cups fresh, frozen, canned, or dried fruits per day. Limit 100% fruit juice to 4 to 6 ounces per day. Emphasize whole fruits rather than juice. Kids love melon balls, mandarin oranges (fresh or canned in juice) and frozen berries.
- Milk Group: 2 to 2½ cups per day. Whole milk is recommended for children younger than 2. Older children can have lower-fat, calcium-rich choices such as fat-free or low-fat milk and soy milk, yogurt and cheese.
- Protein Group: 2 to 4 ounces total per day. Mix up protein foods with lean meats, poultry, seafood, eggs, soy products, cooked beans (black, pinto, kidney), unsalted nuts and nut butters.

For more information go to: [MyPlate.gov](https://www.MyPlate.gov).

Important Dates

Monday, March 8-Friday, March 12
No school - Spring Break

Monday, March 15
April Tuition is Due

Friday, March 26
Picture Day

Weekly Themes

March 1-5
Happy Birthday Dr. Seuss
Letter of the week: N, n

March 8-12
No School - Spring Break
Letter of the week: O, o

March 15-19
Welcome Spring
Letter of the week: P, p

March 22-26
Yummy for my Tummy
Letter of the week: Q, q

March 29-April 2
"Swirls of Color"
Letter of the week: R, r

Spirit / Show & Tell

March 3 and 4
Student's choice

March 10 and 11
No school-Spring Break

March 17 and 18
Wear your silly spring socks!

March 24 and 25
Bring in your favorite treat to share with friends.

March 31 and April 1
Bring in something with your favorite color.

Contact Information

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