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# Legacy Lines

*A Newsletter for Families*  
February 2019



## Thoughts from your Legacy Team...

This month is filled with such great things; LOVE, LOVE, LOVE! It is so important for all children (everyone!) to feel loved and appreciated. Don't you think??

We always strive to meet each child's needs and make them feel a part of our family. Each child is an individual and needs to be loved in their own special way, whether it's a thumbs up, pat on the back or hugs and snuggles.

Even though February is the shortest month of the year we have much going on! It is the International Month of Friendship which we will honor with discussions, stories, and encouragement on how to show love to friends. It is National Children's Dental Health month, so we will begin introducing our students to health and nutrition which will play a greater role in the upcoming months. And who could forget National Heart Month as we talk about being heart healthy.

Make sure to let everyone you know how much you love them, not just throughout February, but every day!!

"They invented hugs to let people know you love them without saying a word."  
Bill Keane

## Take a Peek Inside ....

From the Desk of...  
Framework for Their Future® ~ February  
Enhanced Learning ~ February  
Family Time: Valentine's Day: Self-Love  
Family Time

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## Let's Celebrate



**Valentine's Day**  
Thursday, February 14<sup>th</sup>

**President's Day**  
Monday, February 18<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 routine allows baby 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, 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**

Listening is a way of loving as the children are taught this important concept. Classification to describe the attributes will help the children better understand 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 relative 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.



### **Navigators ~ Theme: Community Project**

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 and whether seeing their shadow really means anything 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> and 16<sup>th</sup> President and why they have their own holiday.

## Valentine's Day: Self-Love

February is full of valentine's crafts, chocolate, and candies. This Valentine's day let's focus on the love we have for ourselves and the love we can share with each other.

Children's beliefs about themselves shape their beliefs about the world and others around them. Valentine's day is the perfect time to help your child love themselves and build their self-esteem. Children with higher self-esteem are more resilient, healthier, and more likely to succeed later in life. Children's confidence needs to be sourced from inside themselves to provide the positive, long-term benefits of strong self-esteem.



Start by helping your child make a valentine for themselves! Encourage them to think about what they love about themselves and what they're proud of themselves for.

At the back of this newsletter, you will find a template for a **self-love die**. Cut these shapes out and paste them on a tissue box. Have your child roll the die; have them read or read them the number and the prompt. Then, talk about their response!

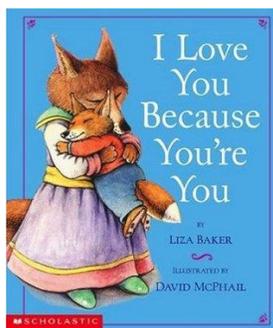
**Here are some tips to continue building your child's confidence throughout the year:**

1. Give choices and age-appropriate responsibilities
2. Give sincere praises (ex. You worked really hard, you're getting better at this, etc.)
3. Use failure as an opportunity. Let your children challenge themselves, and when they fail or make mistakes, ask them what we can do better next time and assure them that mistakes or failures do not define us or our abilities.
4. Avoid harsh criticisms or criticizing your children in front of others. Ensure your criticisms are constructive and assure them that although sometimes you dislike their actions, you never dislike *them*.
5. Consider incorporating self-affirmations into your family's daily routine

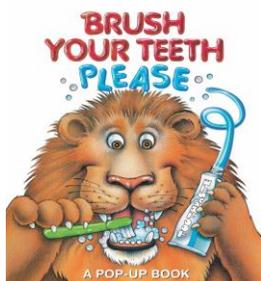
**The goal of these activities is to help your children feel confident, loved, and have a strong sense of self-worth. This will help them gain independence and resiliency which are indicators for success and increased mental health later in life.**

**Remember, it's never too early to start building your child's self-worth and self-esteem!**

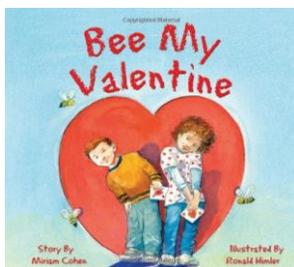
## February Books



**I Love You Because You're You**  
By: Liza Baker



**Brush Your Teeth Please**  
By: Leslie McGuire



**Bee My Valentine**  
By: Miriam Cohen

## Fizzy Heart Eruptions



### Directions

1. **Cut out Heart Shapes.** Encourage your child to assist in tracing shapes and cutting. Use watercolor paper for the best results.
2. **Place Hearts on a Foil-lined Baking Sheet.** Pour baking soda in a bowl and have your child use a spoon to spread the baking soda over the hearts.
3. **Make the colors.** Mix vinegar with food coloring. Encourage your child to experiment with mixing colors or different amounts of food coloring.
4. **Paint!** Use a pipette, clean medicine dropper, or a spoon to transfer the vinegar solution to the baking soda hearts. Watch what happens!
5. **Let them dry and display them proudly!**

Make predictions and record them before you use the colored vinegar. Afterwards, discuss if your predictions line up with the outcome ★ Ask questions like “Why do you think it’s fizzing like that?” ★ Extend the activity by making another batch of hearts and using shaving cream and food coloring. See what happens!

Activity from: <https://thepinterestedparent.com/2016/12/fizzing-heart-art/>