

We had so much fun exploring the signs of autumn in October! I hope you had a chance to take your child for a walk to find "autumn treasures". If not, there's still time...the leaves are beautiful right now!

During the month of November we will be learning about Nutrition. We will talk about healthy foods and making good food choices. Some key words we will visit frequently this month are "Rainbow Foods" and "Sometimes Foods". See if your child can tell you what those are! We will end our unit with a week of cooking!