



3580 Mt Acadia Blvd.
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April 2026

Theme: Bees, Bugs, and Butterflies

Writing Skills: Letters: Bb, Ee, Zz **Color:** Orange

Shape: Oval **Numbers:** 17 & 18

Bee Basics, Bees & Wasps, Types of Butterflies,
Metamorphosis



Dear Families,
Good news! This month's Scholastic Reading Club online flyer is ready for you to explore with your child. Children read more when they choose their own books so I encourage you to look at the flyer together. Scholastic offers grade-specific, affordable titles and Storia® eBooks. Place your order online at scholastic.com/readingclub
Flyers are also available online.

Shop Online: scholastic.com/readingclub

Class Activation Code: GRVFZ

SUNBLOCK



Spring will bring a higher UV index. Please consider applying sunblock to your child each morning before arriving at school. If you are interested in having sunblock reapplied to your child in the afternoons, you will need to complete and return a Sunblock 2026 form. You can request this form at the front desk, or email diane@weecarepreschools.com.



April Birthdays

Weston C ~ Owen B ~ Brooke R

Aaron L ~ Ayla K ~ Tristan M

~ Ms. Elida ~ Ms. Nyssa ~

APRIL MENU 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast is served to children in attendance at 7:00am and is over at 7:15. Breakfast: Cold Cereal Fresh Fruit Milk</p>		<p>1 AM: Fig Bars & Milk</p> <p>L: Chicken noodle soup, carrot sticks, fresh fruit & milk</p> <p>PM: Fresh Fruit & Snack Mix</p>	<p>2 AM: Waffles & Bananas</p> <p>L: Turkey & Cheese slices, crackers, carrots, fresh fruit & milk</p> <p>PM: Graham Crackers & Fresh Fruit</p>	<p>3 AM: Cheerios & Milk</p> <p>L: Chicken Nuggets, mashed potatoes, mixed veggies & milk</p> <p>PM: String Cheese & Club Crackers</p>
<p>6 AM: Toasted Bagel & Cream Cheese</p> <p>L: Mac & Cheese, green beans, fresh fruit, & milk</p> <p>PM: Goldfish Crackers & Raisins</p>	<p>7 AM: Low-Fat Yogurt & Graham Crackers</p> <p>L: Pasta Alfredo, steamed broccoli, fresh fruit & milk</p> <p>PM: Snack Mix & Fresh Fruit</p>	<p>8 AM: Cereal Bars & Milk</p> <p>L: Fish sticks, rice, peas & carrots, fresh fruit, & milk</p> <p>PM: Graham Crackers & Fresh Fruit</p>	<p>9 AM: Pancakes & Fresh Fruit</p> <p>L: Tomato Soup w/grilled cheese dippers, fresh fruit & milk</p> <p>PM: Pretzels & Fresh Fruit</p>	<p>10 AM: French Toast Sticks & Milk</p> <p>L: Cheese pizza, green beans, fresh fruit & milk</p> <p>PM: Graham Crackers & Fresh Fruit</p>
<p>13 AM: Cinnamon Toast & Milk</p> <p>L: Cheese pizza, green beans, fresh fruit & milk</p> <p>Pm: Pita Triangles & Hummus</p>	<p>14 AM: Low-Fat Yogurt & Graham Crackers</p> <p>L: Chicken noodle soup, fresh fruit, carrot sticks & milk</p> <p>PM: Pretzels & Cheese sticks</p>	<p>15 AM: Cereal Bars & Milk</p> <p>L: Cheese quesadillas, vegetarian refried beans, fresh fruit & milk</p> <p>PM: Snack Mix & Fresh Fruit</p>	<p>16 AM: Waffles & Bananas</p> <p>L: Pasta w/marinara sauce, mixed veggies & milk</p> <p>PM: String Cheese & Club Crackers</p>	<p>17 AM: Cheerios & Milk</p> <p>L: Bean & cheese burrito, fresh fruit, & milk</p> <p>PM: Saltine Crackers & Fresh Fruit</p>
<p>20 AM: Toasted Bagel & Cream Cheese</p> <p>L: Turkey hot dog, tater tots, fresh fruit, & milk</p> <p>PM: String Cheese & Pretzels</p>	<p>21 AM: Pancakes & Fresh Fruit</p> <p>L: Fish sticks, tater tots, fresh fruit, & milk</p> <p>PM: Graham Crackers & Fresh Fruit</p>	<p>22 AM: Cheerios & Milk</p> <p>L: Chicken Taquitos, carrots, fresh fruit, & milk</p> <p>PM: Crackers & Sliced Cheese</p>	<p>23 AM: Fig Bars & Milk</p> <p>L: Pasta w/marinara sauce, steamed broccoli, fresh fruit & milk</p> <p>PM: Club Crackers & String Cheese</p>	<p>24 AM: French Toast Sticks & Milk</p> <p>L: Cheese quesadillas, carrot sticks, fresh fruit & milk</p> <p>PM: Graham Crackers & Fresh Fruit</p>
<p>27 AM: Cinnamon Toast & Milk</p> <p>L: Cheese pizza, green beans, fresh fruit & milk</p> <p>PM: Pita Triangles & Hummus</p>	<p>28 AM: Low-Fat Yogurt & Graham Crackers</p> <p>L: Bean & cheese burrito, fresh fruit, & milk</p> <p>PM: Goldfish Crackers & Raisins</p>	<p>29 AM: Fig Bars & Milk</p> <p>L: Chicken Nuggets, mashed potatoes, mixed veggies & milk</p> <p>PM: Graham Crackers & Fresh Fruit</p>	<p>30 AM: Waffles & Bananas</p> <p>L: Pasta Alfredo, steamed broccoli, fresh fruit & milk</p> <p>PM: Club Crackers & String Cheese</p>	

10 Things Every Parent Should Know About Play



By: Laurel Bongiorno

1. Children learn through their play.

Don't underestimate the value of play. Children learn and develop:

cognitive skills – like math and problem solving in a pretend grocery store

physical abilities – like balancing blocks and running on the playground

new vocabulary – like the words they need to play with toy dinosaurs

social skills – like playing together in a pretend car wash

literacy skills – like creating a menu for a pretend restaurant

2. Play is healthy.

Play helps children grow strong and healthy. It also counteracts obesity issues facing many children today.

3. Play reduces stress.

Play helps your children grow emotionally. It is joyful and provides an outlet for anxiety and stress.

4. Play is more than meets the eye.

Play is simple and complex. There are many types of play: symbolic, sociodramatic, functional, and games with rules--to name just a few. Researchers study play's many

aspects: how children learn through play, how outdoor play impacts children's health, the effects of screen time on play, to the need for recess in the school day.

5. Make time for play.

As parents, you are the biggest supporters of your children's learning. You can make sure they have as much time to play as possible during the day to promote cognitive, language, physical, social, and emotional development.

6. Play and learning go hand-in-hand.

They are not separate activities. They are intertwined. Think about them as a science lecture with a lab. Play is the child's lab.

7. Play outside.

Remember your own outdoor experiences of building forts, playing on the beach, sledding in the winter, or playing with other children in the neighborhood. Make sure your children create outdoor memories too.

8. There's a lot to learn about play.

There's a lot written on children and play. Here are some [NAEYC articles and books about play](#). David Elkind's *The Power of Play* (Da Capo, 2007 reprint) is also a great resource.

9. Trust your own playful instincts.

Remember as a child how play just came naturally? Give your children time for play and see all that they are capable of when given the opportunity.

10. Play is a child's context for learning.

Children practice and reinforce their learning in multiple areas during play. It gives them a place and a time for learning that cannot be achieved through completing a worksheet. For example, in playing restaurant, children write and draw menus, set prices, take orders, and make out checks. Play provides rich learning opportunities and leads to children's success and self-esteem.

Laurel Bongiorno, PhD, is the director of Champlain College's graduate program in early childhood education, with specializations in teaching and administration, in Burlington, Vermont. She has taught preschool, directed early childhood programs, and studied parents' perceptions of preschoolers' learning through play.

Audience: [Family](#)

Age: [Infant/Toddler](#), [Kindergarten](#), [Preschool](#)