



DIRECTORS CORNER

As we all get into our new school groove, family dinners at home are hopefully becoming routine as well. When we speak of the benefits of family dinnertime, we don't just mean the eating part. The same reasons we do cooking in the classroom are exactly why you should involve them at home.

Why should we cook with kids?

I know, I know, sometimes kids make a mess in the kitchen and sometimes cooking with kids slows us down, but the benefits really do compensate for this!

The number one reason for cooking with your children; they will be less likely to complain about what they are eating and far more likely to try new foods.

Other great reasons to involve kids in the kitchen:

- Following a recipe teaches them to follow directions
- Math skills! Depending on their age, discuss terms such as more and less, bigger and smaller, first, second and third, counting skills and all the way up to fractions and measuring
- Sensory experiences; let children smell, taste and touch all the ingredients
- Enrich their vocabulary; talk about the tools and ingredients and even where they come from
- Cooperation skills; children learn how to work as a team to accomplish a task

What can my child do in the kitchen?

There are ways for all ages of children to be involved in preparing snacks and meals.

Toddlers:

- Give them play foods or pots, pans, bowls and spoons to help cook
- Have them wash produce, stir basic ingredients and set the table

Preschool:

- Have them measure, combine, stir and pour ingredients
- Let them help you wash the dishes and load the dishwasher

Elementary School:

- Make simple, no-bake recipes to share with the family
- Let them help plan a menu for the week
- They can create the grocery list and help you purchase the ingredients



OUR FAVORITE BOOKS THIS WEEK:

Ten Apples Up on Top by Dr. Seuss

SkippyJon Jones: Shape Up By Judy Schachner

The Wheels on the Bus by Paul O. Zelinsky

There’s an Alligator Under my Bed by Mercer Mayer

IMPORTANT INFORMATION

Thank you so much to all of you who were able to join us for the first PTO meeting! What a great turn out! Congrats to Julie Recob for winning the door prize. Remember, even if you couldn’t make it to the first meeting, you can always join us for the next one! Hope to see you **Tuesday, October 8th** at 8:15am!

Upcoming Dates:

September 25-26, Picture Day

October 3-4, 4K Block Party

October 8, PTO Meeting 8:15

October 11. Busy Barns Field Trip

Birthdays:

9/15 Felicity K. and Talon Z.

9/16 Addison P.

9/23 Sullivan B.

9/24 Blake N. and Zoe S.

9/25 Ava P.

9/29 Aubrey K.

Happy Birthday from your family at PCP!

Picture Day is coming up! **September 25 and 26th**. Watch for more information to be sent home in your child’s mailbox at school. All children will be photographed, then it will be up to you to decide if you order any pictures for your family. You will not need to send money before picture day. Orders will be done after pictures have been taken. We will then ask for picture orders to be in with payment by **Thursday, October 3rd**.

A special thank you to the Thompson family for your special donations to the 3-year-old room. Your generosity is much appreciated!



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