



ENRICHMENT FUN !!!

Fall Newsletter 2018-19



Hello Colonial Preschool Families!

During the months of September, October, November and December we are Learning French words and short phrases. We say the following:

Bonjour Class

Assayez vous sur une lettre.

Assayez vous sur un numero.

Au Revoire.

Oui

Non

Merci

De Rien

Je'ne sais pas

Head

Eyes

Ears

Nose

Mouth

Neck

Arm

Elbow

Main

Doights

Poignet

Pouce

Derrière

Jambe

Genou

Cheville

Pieds

Ortielles

Door

Window

Floor

En haut

Ver la bas

Table

Close

Open

Soleil

Jouet

Pantalon

Chaussures

Chemise

Aller

Arretez

Peutetre

Good morning class.

Sit down on a letter.

Sit down on a number

Goodbye.

Yes

no

Thank You

You're welcome.

I don't Know.

Tete

Les Yeux

orielles

nez

bouche

cou

Bras

coude

hand

fingers

wrist

thumb

bottom

leg

knee

ankle

feet

toes

Porte

fenetre

Sol

up

down

Table

Fermer

Ouvrir

Sun

Toys

pants

Shoes

Shirt

go

stop

maybe

We also are singing: Sur Le Pont D'Avignon (On the Bridge at Avignon)

Sur Le Pont D'Avignon
L'on y danse l'on y danse
Sur Le Pont D'Avignon
L'on y danse tous en rend

Les Beau messieurs font comme ci
Est puis encore comme ca

Sur Le Pont D'Avignon
L'on y danse l'on y danse
Sur Le Pont D'Avignon
L'on y danse tous en rend

La Belles Dames Font comme ci
Est puis encore comme ca

Sur Le Pont D'Avignon
L'on y danse l'on y danse
Sur Le Pont D'Avignon
L'on y danse tous en rend

In **Movement is Fun** we concentrate on different body focus each week

Week one of each week we focus on Core Exercises and games.
Some examples are Buddy Leg Lifts. Log Rolls, lots of bending games.

Week Two we focus on arm and Hand Gross motor activities.
Some examples are parachute play, ball activities, using scooters with arms, relays where we hand things off.

Week Three we focus on Leg Gross Motor Activities.
Some examples are Hopping, Relays using balls for kicking, using scooters with our legs, jumping distances.

Week Four we focus on Cardio.
This will almost always be our Obstacle course.

Please try to send your Children in clothing appropriate for movement. Tight jeans are a problem with stretching. If they wear a dress please wear shorts or leggings under. Sneakers are the best choice for shoes. Please no flip flops or backless shoes. I know there is some times a struggle with clothing choices. I don't want to cause undue stress in the morning routines. But I also want them to be safe in movement class. I will try to reinforce the importance of proper footwear for safety. Wednesday and Thursday on music days is a time for our little fashionistas.

Blessings!
Jay Coombes

