

# *Rainbow School Kaneohe*

## *Newsletter*

### *November 2005*

#### **November Theme**

November's theme is "I am a person who wants to be healthy." I eat good foods. I exercise and I get enough rest (10 hours of sleep per night).

\***The Loveable Ladybugs** are still learning that "hands are for holding, helping and hugging.

\***The Cool Penguins** will learn about keeping Heart Healthy.

\***The Dancing Dolphins** will start on their ABC's and being healthy.

\***The Mighty Manini** plan to make healthy collages and a family fruit salad.

\***The Shooting Stars** will put their emphasis on fruits and vegetables. They'll make a fruit caterpillar.

\***The Gentle Walrus** class will study about foods that come from animal farms or plant farms.

#### **Jump for Heart**

Wednesday, November 23, is Jump for Heart day. Taking care of your heart by eating healthy foods, exercising and getting enough rest is a very important lesson for all of us. The children will have fun jumping at various stations – jump over the river, jump with an animal, etc. This is a fundraiser to benefit the American Heart Association. All children will jump regardless if you make a donation or not. Miss Connie and Uncle Bill have graciously coordinated this program. Look for notices in the classrooms.

#### **Calendar of Events**

November 11	Veteran's Day – Holiday
November 18	Concert – Uncle Wayne at 10:30
November 23	Jump for Heart
November 24-25	Thanksgiving Recess

### **Teaching Children to Eat New Foods**

Most children under the age of six experience food jags, periods of time when they will eat only a handful of foods like bananas, peanut butter or apple juice. It is easy for parents to become concerned about such limited menus. But experts suggest a calm and patient approach – the more a parent pushes other foods, the less likely a child is to eat them. Most of us already know this from experience. However, did you know that children possess an innate curiosity about foods? And that it takes then trials before a child actually eats a food that is new. Children are more likely to eat foods that are familiar. In general, children respond best to the shape, color, texture and arrangement of foods since their sense of smell is not fully developed.

Try these tips to introduce your child to new foods:

- Do not pressure children or reward them if they take just one bite of a new foods.
- Set an example by serving the new food to the entire family.
- Present new foods along with at least one family item.
- Serve small portions
- Have dinner when your child is the hungriest. (Usually before 6:30 pm).

It is never too early to begin building a foundation of good nutrition. This month, as the children learn about food, there are ways you can support this at home. As you buy various fruits and vegetables, compare the colors with your child. Discuss the different tastes. Which kind is sweetest? Juiciest? What about textures? Crunchy or mushy? What do the seeds look like? Try planting some of them. Children should learn that all foods can fit into a healthy diet. Eating, one of life's simple pleasures, should be fun.

### **Mahalo**

- We the staff at Rainbow School are thankful to Jade Yost and her parents for the Education Works gift certificate from Toyota on the purchase of their new car.
- Sean Ross, father of Kahi, Kamoana and Keaouli, for mowing our lawn and refilling our sandbox.
- For all your help on excursions, helping with the classes and cutting materials for us.

Kamalei is thankful for hugs; Lono is thankful for Rainbow School; Toru is thankful for treats; Riley is thankful for God; Jacob. M. is thankful for daddy; and Kaleimakali'I is thankful for his family.

***Have a Safe and Wonderful  
Thanksgiving***