

# Hello, Family!

Over the next month, our class will learn what we can do to be healthy. We will read about eating the right foods, staying fit, and getting enough sleep. We'll also find out that we can eat a rainbow (and it's delicious)!

As we read about good health habits, we will research to find out about different ways to exercise and the reasons why we need sleep. As a class, we will collaborate to write a "Happy, Healthy Blog" so that we can teach others all we have learned.

## Bring It Home

Here are some ideas for practicing the skills we are learning at school.

<p><b>EXPRESSING NEEDS AND WANTS</b></p>	<p><b>BIG IDEA WORDS</b></p>																
<p>Show your child how to politely tell others what he or she needs or wants. Encourage your child to make eye contact and use this language:</p> <ul style="list-style-type: none"> <li>• <i>Excuse me. May I go to ____?</i></li> <li>• <i>Could you please pass me the ____?</i></li> <li>• <i>Thank you. You're welcome.</i></li> </ul>	<p>Reinforce these important topic words when you are reading or talking with your child:</p> <p>energy exercise healthy</p>																
<p><b>WORD PLAY</b></p>	<p><b>WORDS TO KNOW</b></p>																
<p>Play with sounds, letters, and words to help develop skills that are important for reading:</p> <ul style="list-style-type: none"> <li>• Say three-letter words, such as <i>pan</i>, <i>fit</i>, and <i>hop</i>. Ask your child to tell you the beginning, middle, and end sounds for each word.</li> <li>• Help your child think of sentences with mostly words that start with the same letter sound. For example: <i>Sara sang a silly song.</i></li> </ul>	<p>Practice reading and spelling these words that children will see a lot in books they read:</p> <table border="0"> <tbody> <tr> <td>are</td> <td>be</td> <td>big</td> <td>do</td> </tr> <tr> <td>good</td> <td>got</td> <td>had</td> <td>here</td> </tr> <tr> <td>his</td> <td>lot</td> <td>not</td> <td>of</td> </tr> <tr> <td>on</td> <td>ten</td> <td>very</td> <td>was</td> </tr> </tbody> </table>	are	be	big	do	good	got	had	here	his	lot	not	of	on	ten	very	was
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good	got	had	here														
his	lot	not	of														
on	ten	very	was														
<p><b>LET'S READ TOGETHER</b></p>	<p><b>RESEARCH WRITING</b></p>																
<p>Make a special time and place to read with your child every day. Point out how to use the different features in nonfiction books:</p> <ul style="list-style-type: none"> <li>• Have your child pick a topic from the table of contents. Then find it in the book together.</li> <li>• Read diagram labels and photo captions.</li> <li>• Look up unfamiliar words in the glossary.</li> <li>• Show children how to use the index to find information in the book.</li> </ul>	<p>Support your child to find facts and answer questions about a favorite topic:</p> <ul style="list-style-type: none"> <li>• Take your child to the local library to check out books about the topic.</li> <li>• Show your child how to go online to answer questions about the topic and learn more.</li> <li>• Seek out family members, friends, or people in the community who are experts, and encourage your child to ask questions.</li> </ul>																