

GROWING TOGETHER

GNP NEWSLETTER

September 16, 2022

OUR THEMES THIS WEEK

Introduction to Meadows
Introduction to Insects/especially Ants
Connections

WELCOME! and NOTIFICATIONS

We would like to extend a warm welcome to our new family and our new classroom friend, Louis. And we would like to thank Louis' mother Mrs. Cerasi for substituting on Thursday. What a wonderful asset she is to our community.

In our daily comments home we have mentioned some of the many activities we did this week. This newsletter is to share some insights into the "**why**" and "**how**" we engage in our experiences. We include research-based best practices from renowned educational institutions.

ALL ABOUT ME & OUR COMMUNITY

This week we focused on:

Making connections with new friends.

Mindfulness Activities including our feelings and sensations and learning how to express them symbolically through words, colors and actions.

Why? We continue to build on being a member of a community and self-regulation skills which are foundational to democratic living.

How? We are learning about our self, focusing on physical and emotional selves, and in relation to one another, within our community and within the natural environment. Circle time, having snacks together at our community table, reading stories and exploring together all build a sense of belonging. As we develop a secure sense of self and belonging, we