



THE SIMPLE, OVERLOOKED REASON WHY KIDS CAN'T CONCENTRATE

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Main Article	1
Caterpillars/ Buttercup Butterflies	2
Pixie Butterflies	2
Elf Butterflies	2
Julia Butterflies	2
Events	3
Paper Bag Love Bugs	4

When I take my kids to school each morning I tell them the usual mom things...
 Have a good day.
 Follow the rules.
 Be a good friend.

Lately I've had to add a new morning phrase to that routine: Drink your water.
 See, my son drinks water constantly. He always brings the bottle that sits on his desk during the day home empty. I don't usually have to worry about his water intake because he always just makes sure to drink.

My daughter, however, is never thirsty. I'm always having to convince her to drink more; not just water but any other liquid. Some days she comes home from school with what looks like the exact amount of water I sent her with.

But there is a problem with that habit of hers. **Not drinking enough water can be one of the most overlooked reason kids can't concentrate.**

- Dehydration can cause:
- Tiredness
 - Headache
 - Reduced mental performance
 - Lack of concentration

Since the brain is made up of 75% water, that isn't too surprising. And because kids aren't able to recognize the signs of dehydration, it's usually overlooked.
 When our kids (and us grown-ups, too) don't get enough water they can often become irritable and moody.

In this study, Dr. Caroline Edmonds from The University of East London, found that drinking water can improve children's visual attention and fine motor skills.
 In fact, once they get to school, 71% of students do not drink enough water to maintain the hydration level they had when they arrived. And 60% show up dehydrated to begin with.

Continued on page 3

Please check your child's parent folder every day. There is important information there! Also, make sure your child always has a change of clothes and diapers/pull-ups, if necessary. Thank You!

Caterpillars/Buttercup Butterflies



Cupid is in the air and baby love bugs are everywhere. This month we will be exploring being gentle, kind, and loving towards our family and friends. We will also be learning about colors while reading "Brown Bear, Brown Bear".

-Ms. Stephanie, Ms. Megan & Ms. Milena

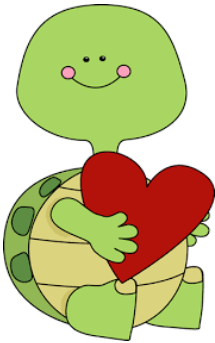
Pixie Butterflies

February is a very exciting & fun month. We will be helping students recognize & identify simple shapes. Students will have the opportunity to find shapes around the classroom. As the students play, they are going to be able to explore how shapes can be found everywhere in our world. Also, since we celebrate Valentine's Day this month, we're going to teach them how to be a super-friend; help them express their emotions and the be kind and helpful.

- Ms. Maria & Ms. Vanessa



Elf Butterflies



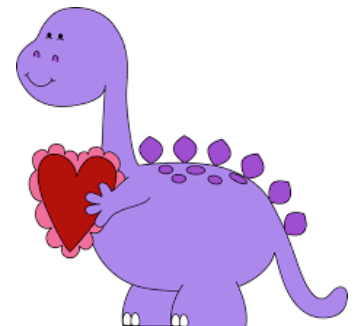
We have been doing various sensory activities that the children have enjoyed such as decorating the starfish with shiny sequins, stickers, stars and sand. Please remember to label any of your child's extra clothing with his/her name and to check your child's folder and cubby daily. We send much love to your family this Valentine's month.

-Ms. Jessica & Ms. Beryl

Julia Butterflies

This month we are excited to celebrate Valentine's Day! We will learn about friendship and being kind. We are also working on writing and recognizing the letters in our names. Please be sure to work on this at home as well.

-Ms. Paige & Ms. Vicky





Groundhog Day- February 2nd
Ms. Jinger's Birthday- February 10th
Ms. Jessica's 2 Year Work Anniversary- February 13th
Valentine's Day- February 14th
Presidents' Day- February 18th-School Closed
Ms. Megan's Birthday- February 19th
Ms. Jessica's Birthday- February 24th
Ms. Beryl's Birthday- February 26th

THE SIMPLE, OVERLOOKED REASON WHY KIDS CAN'T CONCENTRATE
continued...

How much water should kids be drinking?

It depends on the child's age and their activity level. According to the Institute of Medicine of the National Academies, the recommendation is:

Boys & Girls Age 4-8 = 5 cups a day

Girls age 9-13 = 7 cups a day

Boys age 9-13 = 8 cups a day

Girls age 14-18 = 8 cups a day

Boys age 14-18 = 11 cups a day

How do we get kids to drink more water while they're at school?

For starters, each school should offer parents to send their kids with a water bottle that will sit on their desk during the day. Having the water right next to you and not having to ask for it or get up from their desk will encourage them to drink more.

Second, teachers should remind kids to take water breaks. Even maybe make a class activity to decorate water bottles.

Last, give them lunch box options that will encourage them to drink like a 100% juice box. Also add fruits and veggies that are high in water content like oranges, cucumbers, watermelons and strawberries. However you get your child to drink the correct amount of water each day, make sure they get it. You never know how it can be effecting them.

Paper Bag Love Bugs

I'm very excited to share these paper bag love bug puppets. They are super simple to create and they make a perfect Valentine's Day craft for kids. My favorite part is how kids can play with their love bug after making it!

Here's what you'll need:

- ◆ Paper lunch bag
- ◆ Paint & Paintbrush
- ◆ 4 Pipe Cleaners
- ◆ Heart Washi Tape
- ◆ Googly Eyes
- ◆ Black Marker
- ◆ Tape & Tacky Glue



1. Cut off about 1.5 inches off the top of bag (so it fits your child's arm). Turn bag upside down so that the flap is at the top.
2. Cut all pipe cleaners in half. Make a heart antennae by folding one of the pipe cleaners in half again and twisting the ends together, leaving a loop at the top. Bend the top of the loop down to make a heart shape.
3. When your paint is dry, put stripes of your heart washi tape down your paper bag. Tape the antennae's to the back of the bag and the six pipe cleaner legs onto the side flaps.
4. Finish your paper bag love bug puppet by gluing on the googly eyes, pom-pom nose and then draw on a mouth with your black marker.

hello
february

WPDN will be closed
Monday, February
18th in observance of
Presidents' Day.

Super Supper

Baked Ziti w/ Ground
Beef and a Side
Salad.

Payment is due
Tuesday, February
5th and pick-up is
Wednesday,
February 6th.

Chicken Enchilada
Casserole with a Side
of Fruit.

Payment is due
Tuesday, February
26th and pick-up is
Wednesday,
February 27th.

Feeds 1 adult and 2
children.
\$5.00 each
Sign-up at the
front desk.

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EXCELLENCE IN EARLY EDUCATION

****We are checking to see how many of our parents are reading the newsletter. So if you've read this, please stop by the front desk and mention, "unicorn sandwiches" to receive a raffle ticket for a small prize. ****

Mission:

The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

Vision:

The Winter Park Day Nursery will build a stronger community by providing high-quality, affordable early childhood education that will prepare our children to succeed in school and life.