

NEWS YOU CAN USE

Week of
May 13, 2023

North Kent
(616)696-3990

What's Happening?

Classroom 2 went on their Field Trip to John Ball Zoo last week. Stay tuned for pictures!

Classroom 3 is going on a Field Trip to John Ball Zoo on Thursday May 16th. If you are planning to attend with your child, please meet us at the zoo

Calendar of Events

End of Year Carnival
May 21st

Field Trip – Room 3
May 16th

No School – Memorial Day
May 27th

Last Day of School
May 30th

Dress for the Weather

Wow, what a great stretch of weather we've been having! Please remember to pack your child a light jacket or sweatshirt for outside play as mornings can sometimes be a bit chilly. Also, please send your child to school in tennis shoes to help keep your child's feet safe. Sandals and open-toed shoes can cause children to trip and fall, causing injury. Woodchips can also get stuck, causing discomfort, scrapes or slivers.



Prescription Medication Assistance

If you are without health insurance or prescription medication coverage, there are several free or low cost options in Michigan to help you.

Michigan's Prescription Drug Discount Card: The MiRx Card is a prescription drug discount program for Michigan residents who do not have any prescription drug coverage.

For information, go to: www.mihealth.org/mirx or call 1-800-259-8016

RxAssist Patient Assistance Program Center: RxAssist has information on free or low cost medication.

For information, go to: www.rxassist.org

NeedyMeds.org: The NeedyMeds Drug Discount Card is a free prescription savings card available to people without insurance and to those who decide not to use their insurance.

For information, go to: www.needymeds.org

Help Your Child Succeed in Preschool and Kindergarten

Build the Habit of Good Attendance

DID YOU KNOW...

Missing 10% of school (1 or 2 days every few weeks) can make it harder to build relationships.

WHAT YOU CAN DO

Keep your child healthy and make sure your child has the required shots.

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!

Playing outside with your children isn't just about encouraging more physical activity. A 2019 study found that kids who spend less time in green spaces are more likely to develop psychiatric issues, such as anxiety and mood disorders. So, time spent outside may improve your child's mental health.

With summer approaching soon, here are a few fun activities you can do with your kids to encourage getting outside and use their brain!

- Build paper airplane and see who can make theirs fly the farthest!
- Find a shady tree and read!
- Find shapes in the clouds.
- Go for a walk, set a timer to see how far you can walk in 5 minutes, 10, 20, or 30!
- Have a picnic at a local park, beach, or in your own backyard.
- Host a dance party.
- Host a nature scavenger hunt. Look for pinecones, acorns, and other common outdoor items and tally who found the most.
- Paint rocks.
- Search for bugs!
- Take a nap on a blanket in the grass.
- Wash the car.
- Walk barefoot in the grass. Then try the cement (make sure it isn't too hot first). Ask your kids to compare what they feel like. What other surfaces can you make your feet touch?

50 Fun Things to Do Outside With Kids as a Family (verywellfamily.com)