

Dear Families,

For the weeks of _____ and _____ we will be studying

“Breakfast around the World.”

Some of the important things **for children** to know about breakfast are

- breakfast is our “fuel” that gives our brains and bodies energy
- there are lots of different healthy breakfast foods and
- we need breakfast every day.

Some of the important things **for you** to know about breakfast are that children who eat a healthy breakfast are more creative, are better able to concentrate and make fewer mistakes! They do better in school and feel better too!

There are many **ways to be involved!** Can you send in empty boxes or packages of healthy foods that you eat at home? Can you contribute to our “consensus board” by making a pledge to have healthy foods for breakfast every day? **Would you like to come to the classroom and show children how to cook a special breakfast?**

There will be some activities for you to do at home with your children over the next two weeks. Thank you ahead of time for doing this very valuable homework with your child.

This will be a fun two weeks! Let us know how you would like to be involved!

Message from PSESD Family Support:

Most families rely on schools, especially on teachers to prepare children to be lifelong learners. Teachers and school staff play a crucial role in a child's education; however parents are a child's first teachers and are the key to a child's educational success. A common barrier many families face is time to engage in a child's education. The Puget Sound Educational Service District's Early Learning Program recognizes the tireless effort our parents put forth to keep their children healthy, safe, strong and constantly learning. Here are some ways to help busy parents engage in their children's learning without taking away too much of their previous time.

1. Help your child with reading in your home language.
2. Help your child with homework.
3. Help your child with school projects.
4. Ask your child about school.
5. Learn the songs your child is singing in school.
6. Cook with your child and talk to him/her about shape, size, texture and taste.
7. Take your child shopping and ask child to identify the colors, patterns and numbers.
8. In the living room, ask your child the names of all the furniture in the room, such as the lamp, table, and couch.
9. Develop your child's muscles by turning on music in the house and have a dance party.
10. Invite older family members to tell stories.

This web site is a wonderful resource about Family Engagement and Health:

<https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health>