

One World Children's Academy

April 2014 Newsletter

Happy Birthday to....

Daphne – 4/1

Gemma – 4/2

Benjamin – 4/5

Aiden – 4/6

Rylee – 4/27

Edisyn – 4/30



Spring has sprung at One World and we are so excited about the month ahead! With the lovely weather coming and plants and flowers blooming, our students will be celebrating the spring season with many exciting and engaging projects to learn about growing things in the garden, baby animals, Earth day and recycling and of course Easter. Our teachers have created wonderful curriculums and they look forward to the children sharing the beautiful art and projects they have created with you!


Book Orders

Miss Andrea sent home book orders to all of our families for the month of April. **They are due by Friday, April 26th.** However, when you order online you can place orders anytime and can order from other catalogs. Please order online at: www.scholastic.com/bookclubs using our code **DZHGW**. When you order online you get a \$5 free book pick on your next order. Also, when you place an order online, One World gets \$3 towards books for our school!

Spring Break Fun!

April 14th through April 18th

During Spring Break we like to have a week where all the children and teachers can participate in school spirit and have LOTS of fun!

Monday	Tuesday	Wednesday	Thursday	Friday
Crazy Hair Day	Inside Out Clothes Day	Crazy Sock Day	Crazy Hat Day	Bike Day
				

Dates to Remember:



Friday, April 11th – Hawaiian Day
Friday, April 18th – Class Easter Egg Hunts!
Tuesday, April 22nd - Earth Day!



Announcements and Reminders

Extracurricular Activity Schedule



Just a reminder, One World has many fun extracurricular activities every afternoon each week that our students can participate in!

*Separate fees apply

Mondays – Kid Bright Gymnastics with Miss Jessica

Thursdays – Dance Class with Miss Louise

2:45-3:15 4 years old and up

3:20-3:50 2 to 3years old



Sun Screen

With the warmer weather coming and lots of beautiful sunshine, we would like to remind parents to apply sunscreen before bringing children to school. If you forget we always have Baby Blanket SPF 50 Sunscreen at the front desk that parents can apply. Baby Blanket works very well and offers great protection for your little one from the sun.



Why Vitamin D is Critical for Your Health

By [JoAnn Ridout, MPH, RD, LD](#) March 11, 2014

Do I need to supplement with vitamin D?

There are several signs of vitamin D deficiency. Ask yourself:

- Do I have low moods?
- Do I have carbohydrate cravings?
- Am I low on energy?
- Do I have muscle or bone pain?
- Am I frequently sick with a cold or flu?
- Do I show risk factors for heart disease or an autoimmune condition?

If you answered yes to any of these questions you may be deficient. However, it's best to have your vitamin D level checked by your physician before taking a supplement. You want to have a level of 50-70 ng/mL. So if you're below 50, you could probably benefit from a [vitamin D supplement](#).

Another option would be to get at least 20 minutes of unprotected sunlight (no sunscreen) daily on 70 percent of your skin. That can be difficult to do, especially in the northern latitudes. However, if you are able to do this, I'd actually recommend this over a supplement since it's the best way for your body to get the vitamin D it needs.

As you can see, vitamin D is so important for optimal health. To make sure your body gets the amount it needs, follow these steps:

- Have your vitamin D level checked yearly.
- Get some sunlight for about 20 minutes daily.
- Supplement with the right amount of [vitamin D3](#) daily, if needed.

Read the entire article at www.weightandwellness.com/blog/why-vitamin-d-is-critical-for-your-health/

Classroom Updates



Cubs

During the month of April we will be learning about ducks, chicks, eggs and Eric Carle. We will be focusing on developing fine motor skills, language, good table manners, using our words and showing gentle touches to our friends.

~~Ms. Hannalie~~

Tigers

We are welcoming in the new warm weather with exciting projects and activities. In April our themes are: Eric Carle (*The Hungry Caterpillar*), Easter, eggs, chicks and ducks. The kids will be learning by exploring new things in the sensory table, like what items sink and what items float. We are so excited to teach the kids about spring.

~~Ms. Tiffany & Ms. Roxan~~

Pandas

Spring is here!!! We are headed into a warmer season. Our class will study new themes: weather & rainbows, spring time, Easter, Earth Day and George Seurat. The letters for the month are: Uu, Kk, Ee, and Rr. Science will also be a big part of our curriculum this month. We will play with earth worms and learn about where water comes from. Of course we will be having an Easter Egg Hunt the Friday before Easter. The month will be ending with watching the movie Frozen!

~~Ms. Candy & Ms. Aislyn~~

Koalas/Lions

April is here and we are ready to learn about spring. Our themes this month are weather, rainbows, planting seeds, Easter and springtime. We will also be learning about the artist George-Pierre Seurat. This month our sight words are: at, be, this, & have. We will also be working on the numbers 30 to 33 and continue with our letter review. The month will be full of fantastic fun. We cannot wait to get started.

~~Ms. Amparo &
Ms. Kristina~~

