



Kremmling Preschool Newsletter



November 8, 2023



MISS BRITTANY'S MESSAGE - "Over the past couple of weeks we have been learning about the rainforest. We have now introduced two projects a day which they are flourishing at. We are all enjoying the new transition from one table to the other where we can move and be silly. The kids have been having fun pretending to be rainforest animals, measuring coffee beans, excavating fossils, and examining coconuts. We are looking forward to the rest of the rainforest unit as the kids are eager to participate."



CRAFT FAIR FUNDRAISER - The preschool's Annual Craft Fair will be Saturday, December 2nd. This is a fundraiser for the preschool and a great way to get involved! **Signup sheets will be out at the end of the week on ParentSquare for you to sign up to meet your fundraising hour requirements. Please sign up early.** Also, if you are interested in being a vendor please see Michele for a form or want to make a donation, please contact Tori at 970-986-2547.



WINTER CLOTHING - Please send your children with their cold weather gear. Outside time is vital to a child's physical and mental development. We go outside everyday for 30 mins at a time and they need the extra padding to keep warm. Thank you for sending your children with their winter gear!



FAMILY TREE - If you haven't done so already, don't forget to send us a picture of your family. You may send in a copy or email them to us at michele@kremmlingpreschool.org. Thank you and we are looking forward to learning all about our families!



THANKSGIVING BREAK - The preschool will be closed November 17-26 so that our staff may enjoy the Thanksgiving holiday with their families. Happy Thanksgiving!



CALENDAR of EVENTS:

Nov. 17-26	Thanksgiving Break, Preschool closed
Dec. 2	Preschool Craft Fair
Dec. 14	Christmas Program, 630p, TENTATIVE
Dec. 21	Cookies, Movie, & PJ Day!
Dec. 22-Jan 7	Winter Break, Preschool closed

Please do not hesitate to call or stop by with any questions or concerns! (970) 724-9483 Michele DeSanti, Director



Wellness Wednesday

Weekly health & wellness tips for Grand County.

Back Away from the Pumpkin



While we're all in Halloween candy comas, it's a good time for a reminder about the effects of processed sugar on your body.

Americans average about 270 calories of sugar each day, that's about 17 teaspoons a day, compared to the recommended limits of about 12 teaspoon per day or 200 calories. Sugary drinks, candy, baked goods, and sweetened dairy are the main sources of added sugar. But even savory foods, like breads, tomato sauce, and protein bars, can have sugar, making it all too easy to end up with a surplus of the sweet stuff.

Eating sugar gives your brain a surge of dopamine...which is why we'd rather rummage through our kids' plastic pumpkins for a mini Snickers than the vegetable drawer for a carrot. Studies have also linked high sugar intake to a greater risk of depression in adults. Excess sugar consumption can also affect your teeth, joints, skin, liver, heart, pancreas and kidneys.

Today's a good day to reach for water instead of soda, load up on protein and complex carbs, and hide the plastic pumpkin. ([More sugar detox tips.](#))



Illustration courtesy [Axios](#).