



Kremmling Preschool Newsletter



November 6, 2024



MISS BRITTANY'S MESSAGE - "Preschool is such a time of wonder, curiosity and creativity! As we end a very exciting festive week and begin another, it is wonderful starting our new theme about imagination! Preschoolers enjoyed using their imagination and creativity to create a pretend machine. They are using their imaginations for simple questions and exercises during circle time and they are amazing individuals! I love their pure imaginations. The kids are so excited to play in the snow and it has been wonderful watching their enjoyment."



HUGE THANK YOU! - A huge thank you to all that came and helped us trick-or-treat, brought snacks, and helped in the classroom for Halloween! It was so wonderful to have you with us, helping with the kids, and being a part of what we do here. Thank you!



THEME - With the new month comes a new theme in preschool. This week we are working on "My Imagination" and the following two weeks will be "Helpful Habits". You may have already seen their "imagination" at work with the machines they built. The kids will also learn about being helpful and habits. They will also learn the letters G, H, I, the numbers 7, 8, color brown, and the shape rectangle. Don't forget to continue working on your Coat Homework!



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!



CRAFT FAIR FUNDRAISER - The preschool's Annual Craft Fair will be Saturday, December 7th. This is a fundraiser for the preschool and a great way to get involved! **Signup sheets will be out NEXT WEEK for you to signup to meet your fundraising hour requirements. Please signup 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 - Old man winter is showing his face around these parts and our friends are cold at recess! Now would be a great time to dig out all those snow clothes and begin sending them with your preschooler to school. Snow pants, snow boots, coat, snow gloves or mittens, and a hat. We go outside everyday and want all our friends to be warm! Thank you!



THANKSGIVING BREAK - The preschool will be closed November 25-28 so that our staff may enjoy the Thanksgiving holiday with their families. Happy Thanksgiving!



CALENDAR of EVENTS

Nov. 25-28	Thanksgiving Break, Preschool closed
Dec. 7	Preschool Craft Fair
Dec. 12	Christmas Program, 630p
Dec. 20-Jan 5	Winter Break, Preschool closed
ANY questions/concerns, please contact Michele 970-724-9483.	

OVER====>



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](#).