



# Butterfly Gazette

March 2025

Inglewood Avenue Preschool Academy/ 310-674-5011

## Parent Corner:

### Why is breakfast important for kids?

Eating breakfast is important for everyone, but especially for children. After going without eating for 8 to 10 hours during sleep, breakfast gives our body the fuel it needs for the day. Eating breakfast helps kick-start your metabolism for the day. Children who skip breakfast tend to feel a mid-morning energy drain. Children who skip breakfast will feel tired, restless, and irritable. Eating a healthy breakfast has been shown to help attention span, concentration, and memory, all of which are important for learning. Please feed your child a nutritious breakfast in the morning. Cookies and candy are not acceptable breakfast options. What kids eat for breakfast is important. Choose breakfast foods that: \* include fiber and protein (peanut butter, whole wheat or corn tortillas, baked eggs)\* contain low-fat dairy products (milk, Greek yogurt, and smoothies)\* are high in carbohydrates (fresh or frozen fruit)\* are low in added sugar (fortified whole grains and waffles).

### Reminder!!!

Remember to bring a crib sheet and blanket for nap time every Monday. It's a state requirement that the cots are covered by a fitted sheet.

### Dr. Seuss Week, March 3-7

We will be celebrating Dr. Seuss wonderful books of Dr. Seuss. Each class will have its own special activities!

### Monday, March 17

St. Patrick's Day Celebration: Wear Green!

### Monday, March 31<sup>st</sup>

School closed Cesar Chavez Day



### MARCH THEME: ANIMAL MONTH



I'm a little clover  
looking at my  
leaves.

Count my three  
petals, please.

If you give me  
water and lots of  
sunshine

I'll bring you good  
luck and lots of  
fun.

### MARCH

Dr. Suess Week

3rd to 7th

17th St. Patrick's

Day Celebration

31<sup>st</sup> Cesar Chavez

Day School closed

### April

18<sup>th</sup> Good Friday

School will close at

1:00pm