



MISS TANYA'S WOODLAND SCHOOL

# FEBRUARY



Happy February! We LOVE learning, playing, getting messy, and having fun every day together!

## REMINDERS

- Please fill out our parent survey if you have not yet had a chance. We really appreciate your feedback!  
<https://forms.gle/NbiP2XUWmPgheDyG9>
- Please make sure to label all of your snow gear!

## UPCOMING DATES

- The 7th installment of our tuition payment plan is due February 1st.
- February 12th & 15th: Miss Pam from Mass Wildlife will be visiting the school and teaching us about animal tracks!
- Feb 13th and 14th: Yoga with Miss Jen
- February 16th: Discovery Museum Visit on Liquids and solids
- February 19-23 February Vacation

## Woodland Wishes

This month we are looking for donations of silver & gold beads, as well as winter gloves and mittens.

Thank you for your donations!

## Our Best Slime Recipe:

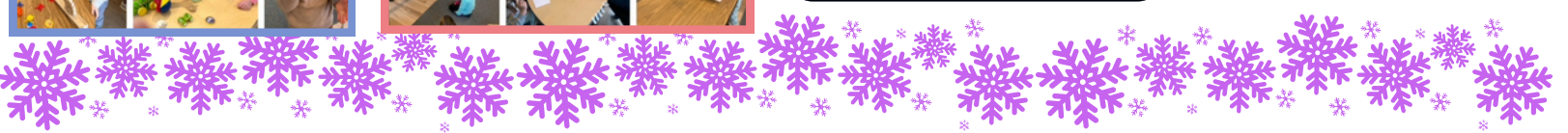
1/2 cup clear glue  
1/4 cup water  
Mix in food coloring/glitter/etc.  
Add 1/2 cup liquid starch

## January Discovery Museum Visit: Force & Motion



## Kindness Corner

We LOVE watching the kids play in the snow together. The big kids are always such good examples and helpers! There have been lots of snowmen built, and trips with sleds up and down our little hill!



## February Focuses:

Color: Pink, Purple  
Shape: Heart  
Letters: P,Q,R  
Numbers: 1-9



# At Home Connections

## The Benefits of Outdoor Play

### Exercise

Children should have at least one hour of exercise per day.

### Engagement

Playing outside promotes curiosity, creativity and critical thinking. Studies have found that children who spend more time in nature exploration have improved learning outcomes.

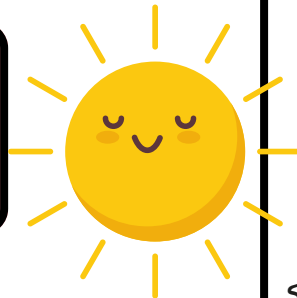
### Appreciation of Environment

Kids who spend more time in nature express more appreciation for wildlife, and more support for conservation

### Improve Sensory Skills

An optometry and vision science study showed children who play outside regularly have better distance vision than children who are always indoors. Preschoolers, in particular, learn new things through their senses.

See- animals  
Smell- flowers  
Taste- Berries  
Touch- jumping in puddles  
Hear- rain



### Sunshine

We need sun exposure to make vitamin D, a vitamin that plays a crucial role in many body processes, from bone development to our immune system. Sun exposure also plays a role our immune system in other ways, as well as in healthy sleep — and in our mood. Our bodies work best when they get some sunshine every day!

### Outdoor Activities in the cold

Make snow prints with different figurines and match who made which ones.

Paint the snow with squirt bottles filled with water and food coloring

Blow bubbles (and watch them freeze!)

Let ice freeze in your water table and let them dig and smash

Make a snow volcano using a cup, baking soda, dishwasher soap, and vinegar

Create a target to throw snowballs at

Build snow castles with snow, water coloring, and sandbuckets





## LOCAL HIGHLIGHTS

## BEATING THE WINTER BLUES

Discovery Museum

Acton, MA

Tuesday-Sunday 9:00-4:30

First Fridays of month are free after 4:30pm

Teachers are free

Reservations required\*

There is an outdoor exploration area for when it is warmer! Lots to explore and playground items to play on! Indoors they have lots of exhibits. My kids have always LOVED the water and air galleries! There are also various areas to build with different items. Perfect for kids even as young as just walking! If your child has done our workshops, there is a link where you can receive a free ticket to the museum:

<https://bit.ly/tswforcemotion>



Where is your favorite sledding site? Share with us!

Places we love:

Westborough Golf Course

Hopkinton Golf Course

Ellsworth-McAfee Park

Grafton: North Street School



Public Skating  
at Worcester  
Common Oval

Admission: \$6.00

Rentals: \$6.00

Children 5 and

Under Skate

Free

Fridays-Sundays

Story Walk:  
Twinkle Twinkle  
Winter Night

Lake Street Park, 430

Lake Street,

Shrewsbury, MA

Want to walk through a story?! Head on over to Lake Street Park. This month's story is Twinkle Twinkle Winter Night by Megan Litwin.

Some of our friends at Woodland have been doing a program at Westboro Swim & Tennis called Gym & Swim we have heard great things!

Tuesdays- 9:30-11:00, Thursdays- 12:30-2:00,  
or Fridays 9:30-11:00

Aged 2.9-5 years.

Includes 40 min of structured games followed  
by multi-level swim lessons

Contact Betsy Johnson at [bjohnsen@wtsc.com](mailto:bjohnsen@wtsc.com)



Music Together® runs classes for children and their families. They have created a coupon code just for our families: "TANYA"

This will give you \$15 off their upcoming WINTER semesters, starting in January!

Register at [AppleCountry.net](http://AppleCountry.net)