



All Day Preschool at Lilley Gulch - Lilley Pad Room
303-409-2517
6147 S. Holland Way
Littleton, Colorado 80123
Cindy Barela- Site Director

Class News

What is Provocation?

Provocations allow and encourage children to experience the world for themselves through open-ended activities without being overtly guided by a teacher or parent. The idea behind provocations is to encourage children to think independently by encouraging their interests and the exploration of those interests.

<https://www.thecompassschool.com/blog/what-is-provocation/>

Program Information

- November 8th – Butter Braid forms due.
- November 16th - 19th –Parent/Teacher Conferences.
- November 17th- Butter Braid delivery @ 5:30p.m. in the kitchen area.
- November 22nd - Classroom Thanksgiving Feast.
- November 25th & 26th - CLOSED



Fun Fact

Scientists have recently determined that it takes approximately 400 repetitions to create a new synapse in the brain-unless it is done with PLAY, in which case, it takes between 10-20 repetitions.

Foothills Children's

Programs

Lilley Gulch All Day

Preschool

NOVEMBER 2021

Family Connections

Thanksgiving Feast

We usually have a Thanksgiving feast for our families' in program. This year we will be having a feast on Monday, November 22nd, for just our children. We would still like families to be included in some of the preparation for the feast. We will be sending home an activity and list of donations needed to make our feast successful.

Nutrition

Eating a healthy diet to ensure good nutrition is very important for children's physical and mental development. The amount of food eaten is less important than the variety of food that is offered. Please make sure to include the following food groups in your child's lunch each day. Examples are included.

- Grain group – servings include 1 slice of bread ½ cup of cooked rice, ¼ cup of cereal.
- Vegetable group – servings include ¼ cup chopped or raw vegetables, or 1 cup of raw leafy vegetables.
- Fruit group – servings include 1 piece of fruit or melon wedge, ¾ cup of 100% fruit juice, ¼ cup canned fruit, or ¼ cup of dried fruit.
- Milk group – servings include one 6oz cup of milk or yogurt or 2 oz. or cheese.
- Protein group – Servings include ½ oz. of lean meat, poultry or fish or ½ cup of cooked dry beans. Three tablespoons of sun butter or 1 egg can be substituted for 1 oz. of meat.

Keepkidshealthy.com