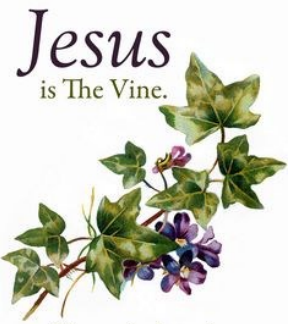




THE CLOVER LEAF

JANUARY 29, 2024

Connected to Jesus



We are the branches.

Bible Memory Verses for This Week

Pre-Kindergarten: For God so loved the world, that He gave His one and only Son, that whoever believes in Him shall not perish but have everlasting life. ~John 3:16

Kindergarten: Love the Lord your God with all you heart, with all your soul, with all your mind, and with all your strength. ~Mark 12:30

1st & 2nd: Teach me Your way, LORD, that I may rely on Your faithfulness; give me an undivided heart, that I may fear Your name. ~Psalm 86:11

3rd & 4th: The LORD has done it this very day; let us rejoice today and be glad! ~Psalm 118:24

Chapel This Week

Wednesday 8:40 am

I AM the Good Shepherd

Pastor Steve

Why Well-Child Visits Matter

If your child is healthy, it can be easy to let well visits fall by the wayside. While those annual checkups may seem like just another thing to fit into your family's hectic schedule, they play a crucial role in preventing future problems.

During an annual wellness visit, your child's pediatrician will:

- Determine if your child is meeting growth and [developmental milestones](https://www.chop.edu/primary-care/developmental-milestones) for their age. (See <https://www.chop.edu/primary-care/developmental-milestones> for a good list of 4 and 5-year old milestones.)
- Evaluate your child's vision and hearing for anything out of the ordinary. It's important to catch these issues early.
- Ask about sudden changes in your child's usual activities, mood and overall health.
- Assess your child's mental health, asking questions about how they are coping with school, friends, family and other outside influences.
- Get to know your child: their diet, sleeping patterns, nutrition, social interactions, behavior and stress levels
- Help your child establish healthy habits and provide tips for families to reinforce these at home.
- Check on how your family is doing and identify any supportive resources/advice related to navigating daily life.

If your child is having any issues in school, we would encourage you to schedule a visit with your pediatrician. Your child could have something physical going on that is coming out in undesirable behaviors. Ruling out physiological problems first can ensure that we teachers together with you, the parents, won't think it's your child's attitude or ability, when it's really something like a vision problem. Well-child visits can keep your child on the level path to learning!

Source: *Children's Hospital of Philadelphia*

Spelling and HFW Words

Kindergarten: High Frequency Words *I, like, the, and, see, we, a, to, come, me, with, my, you, what, now, are*

First Grade: chin, chop, much, chip, rich, chick

Second Grade: free, teach, teeth, please, beach, wheel, team, speak, sneeze, sheep, meaning, weave, eat, read

Third Grade: nurse, work, shirt, hurt, first, word, serve, curly, dirt, third, worry, turn, stir, firm, her, girl **Challenge:** perfect, hamburger

Fourth Grade: tiniest, hobbies, copied, countries, pitied, easier, laziest, families, spied, happiest, ladies, friendlier, studied, busier, breezier, prettiest, noisier, healthier, butterflies, funniest **Challenge:** heaviest, categories, communities, multiplied, qualities

Calendar

Wed Feb 14 - Ash Wednesday

Mon Feb 19 - NO SCHOOL - President's Day

Thurs Feb 22 - 100th Day of School for 1st through 4th grades - activities TBA

Thurs Feb 29 - Spirit Day - Can you dress like someone or something that *leaps*?

*lunch
menu*

Tuesday	01/30/2024	Chicken noodle casserole, fruits/veggies
Wednesday	01/31/2024	Hawaiian chicken, rice, fruits/veggies
Thursday	02/01/2024	Breakfast burrito, fruits/veggies
Friday	02/02/2024	Bring a sack lunch
Monday	02/05/2024	Chicken nuggets, French fries, fruits/veggies

Hot Lunch Note: Your hot lunch fee includes a glass of milk for your child. Milk is widely considered as a beneficial product for growing children because it is a complete source of energy and is the richest and the most inexpensive source of high nutritional quality protein, calcium, phosphorus, and vitamin A. ***Unless your child is allergic to milk or will vomit while drinking it, we expect them to drink at least one small glass of milk.*** We

have had problems several times this year when a child decides to "opt out" and refuses his/her glass of milk. Soon, the rest of the class thinks it's "cool" not to drink milk too. If you would discuss not only the benefits of milk with your child, but also the influence, positive or negative, he/she has on his/her peers, we would appreciate it. By the way, **all exceptions to drinking milk should be recorded on your child's health form in the office.** Thank you for partnering with us in your child's health and education!

