



# April

## NEWSLETTER

### April's Themes

**Eating the Rainbow:** Fruits and veggies are some of the healthiest foods you can eat, and they come in a rainbow of colors! The children will explore color, taste, and texture in this deliciously healthy theme.

**Sand and Sea:** Dive into the deep blue sea and explore the creatures that call it home. Information about whales, dolphins, starfish, sharks, and crabs make this theme a big splash!

### Activities for Home

- As you shop for groceries, allow your child to look, touch, and smell the different kinds of fruits and vegetables. Talk about what each produce item is called and what it may taste like. Consider purchasing a fruit or veggie your child hasn't tasted before. Keep fruits handy on the counter and keep cut up veggies in zip-top bags in the lower refrigerator shelves for your child to grab. Freeze grapes, melon balls, and berries for a quick, cool treat right out of the freezer.
- Visit a local aquarium, zoo, the seashore, or pet store with your child. Point out the various fish and sealife. At a pet store, they may have salt water fish which will be much more colorful than fresh water fish. If you don't have these local resources, read books about the ocean or do a search for "sealife" on [images.google.com](http://images.google.com). Ask your child to name some of the colors he sees.
- Cut out pages in the shape of fish and see what kind of fish story your child comes up with. Offer crayons for her to create drawings to go along with the story. For variety, cut paper into the shape of starfish, whales, or sharks, and you'll soon have an ocean full of sea-creature stories!

### Help Me Review

Vv

blue

Ww



17

Xx

rhombus

18

### Books, Books, Books

The best way to learn which books your child enjoys is to read children's books—lots of them! Check out [funshineexpress.com](http://funshineexpress.com) for Book Lists corresponding to each month's themes. Get to know your local librarians and ask for their recommendations as well.

#### *Big Blue Whale*

by Nicola Davies

#### *Out of the Ocean*

by Debra Frasier

#### *Smiley Shark*

by Ruth Galloway

#### *Hello Ocean*

by Pam Munoz Ryan

#### *The Very Hungry Caterpillar*

by Eric Carle

#### *Food Play*

by Joost Elffers

#### *Eating the Alphabet*

by Lois Ehlert

#### *Oliver's Fruit Salad*

by Vivian French

### Nursery Rhymes



#### Little Drops of Water

Little drops of water,  
Little grains of sand,  
Make the mighty ocean  
And the pleasant land.



# Sing Along with Me!

Find these songs on our 2017-2018 Music and Movement CD available at [funshineexpress.com](http://funshineexpress.com).



## Rainbow on My Plate

Sung to "Pop Goes the Weasel!"

On my plate I like to see  
The colors of the rainbow.  
Orange carrots, purple grapes,  
Corn that is yellow.



Blueberries are good for me.  
And I like red tomatoes.  
Let's have broccoli that's green  
And white potatoes.

## Down in the Ocean

Sung to "Up on the Housetop"

Down in the ocean, look and see.  
A lazy giant manatee!  
Jellyfish wiggling here and there,  
Shiny fish darting everywhere.  
Way down deep, starfish creep.  
In the waves, dolphins play,  
Down in the ocean, all around,  
Millions of creatures can be found.



## Reminders...


## Connect with Us


You could win one of our monthly giveaways!



Like us on Facebook for fun contests, giveaways, and customer pictures!

Follow our blog for great ideas, informational articles, and monthly giveaways!

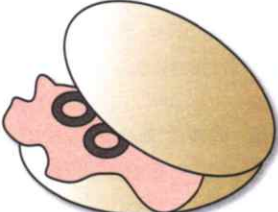




## Clamwiches

**Ingredients:** small, whole wheat buns  
chopped or ground ham  
(or tuna)  
mayonnaise  
sliced olives

Mix chopped ham or tuna with mayonnaise or salad dressing to taste. Slice each bun in half and fill it with the meat mixture, arranging it so one side of the sandwich is propped open to look like a clam. Add small slices of olives on top of the meat and peeking out of the sandwich to look like eyes.



## Everyday Spanish



**eat**  
**comer**



**drink**  
**beber**



**speak**  
**hablar**



**sleep**  
**dormir**