

Dear Cub Parents,

We welcomed 2023 with a lot of positivity. A new year, a better, happier, and healthier life for all of us! We're very happy to see all our friends and teachers back after a long holiday. Two new friends joined our class too! Welcome to Cubs Yatika and Otoha! We gladly talked about our winter vacation experiences during the morning circle. Some of us visited our grandparents in the countryside; some went skiing; and a few went back to India to be with their families. Undoubtedly, we enjoyed every single moment we spent with our loved ones.

Our theme in January was "Food and Nutrition." Truly, our health is our wealth! We learned the importance of eating healthy and nutritious food. We all wanted to grow strong, healthy, and smart. During snacks and lunch, we checked on each other's food boxes, and most of us were having fruits and vegetables in our meals. Thank you, mom and dad, for preparing nutritious food for us every day!

In literacy, we have mastered all the letters and sounds of the alphabet. We can write them as well. We are excited to learn how to read three-letter words soon. In numeracy, we learned how to measure objects using non-standard units. We used blocks, clips, markers, and other things to find out how long, short, big, or small the objects were, then we compared them as well. We had lots of fun-filled activities throughout the month. We loved the milk tasting activity, and surprisingly, most of us liked the strawberry-flavored milk! We made several crafts, we learned about the food pyramid, and we sorted foods into categories such as fruits and vegetables and healthy and unhealthy. We also learned where our food comes from. Moreover, we enjoyed the restaurant's dramatic play and teeth brushing activities. We learned that aside from eating healthy food, we should always keep our bodies clean by taking a bath everyday and we should also brush our teeth. Personal hygiene is also very important for having a healthy life.

In PE, we did various activities such as pineapple tossing, fishing, balancing on stilts, and the food on the plate racing game. It was so fun! Our gross motor skills have improved a lot as well!

Our Japanese class has always been exciting and fun too. We made "Daruma san" crafts, read the "Okina Kabu" story, and played games.

And of course! Our theme party was loaded with happiness; we sang, danced, and played, and we made fruit kebabs in our cooking class.

Last but not least, Aisha and Ayush celebrated their 4th birthday! Happy birthday, friends! Come and join us on our next adventure in February; let's travel around the world!

The Cubs Team

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