

# Dear Parents,

This is just a reminder. I encourage students to bring a refillable water bottle to school to keep at their desks. Please make sure that it has a lid and will not leak if it tips over or is dropped on the floor! I also encourage students to keep healthy snacks in their backpacks that they are able to access during the day. Please remember, healthy snacks are not found in the "candy" aisle at the grocery! Some appropriate options include: dry cereal, goldfish or other crackers (**no** potato chips or cookies), fruit snacks (**not** gummy bears or similar candy), granola or cereal bars (chocolate chip is fine, **not** chocolate dipped), carrots or other fresh veggies, grapes or other fresh fruits or berries, nuts (if your child has no nut allergy issues), dried or dehydrated fruit and berries. If you have questions or would like other suggestions, please feel free to contact me.

## Brain Facts:

Brain cells consume oxygen and glucose (a form of sugar) for fuel. The more challenging the brain's task, the more fuel it consumes. Therefore, it is important to have adequate amounts of these substances in the brain for optimal functioning. Low amounts of oxygen and glucose in the blood can produce lethargy and sleepiness. Eating a moderate portion of food containing glucose (fruits are an excellent source) can boost the performance and



accuracy of working memory, attention, and motor function (Kumar, Wheaton, Snow, & Millard-Stafford, 2016; Scholey et al., 2013; Valentin & Mihaela, 2015) as well as improve long-term recognition memory (Sünram-Lea, Dewhurst, & Foster, 2008). Water, also essential for healthy brain activity, is required to move neuron signals through the brain. Low concentrations of water diminish the rate and efficiency of these signals. Moreover, water keeps the lungs sufficiently moist to allow for the efficient transfer of oxygen into the bloodstream.

References: Sousa, D. A. (2016). How the Brain Learns. Retrieved from

[http://www.gcumedia.com/digital-resources/sage/2016/how-the-brain-learns\\_ebook\\_5e.php](http://www.gcumedia.com/digital-resources/sage/2016/how-the-brain-learns_ebook_5e.php)

# Kindergarten Color Days:

Next week the Kindergarten classes will be focusing on learning their colors! We try to help them out by wearing those colors on special days. When students in my classroom participate they can earn an extra \$2 in mini-economy money each day. To receive credit for participating the clothing or shirt color or design should be predominantly the color stated below on the correct day. Participation is not mandatory; so please do not feel like you have to go out and buy new clothing just for this.

Monday, Aug. 27 Red Day  
Tuesday, Aug. 28 Blue Day  
Wednesday, Aug. 29 Yellow Day  
Thursday, Aug. 30 Green Day  
Friday, Aug. 31 Orange Day

**Monday, Sept. 3 Labor Day (NO SCHOOL!)**  
Tuesday, Sept. 4 Purple Day  
Wednesday, Sept. 5 Brown Day  
Thursday, Sept. 6 Black Day  
Friday, Sept. 7 Rainbow Day



Kindergarten Color Days