ParentActivity

Letter

**Today, we recommend** you read the focus book,“*Eating”,* by Gwenyth Swain.We talked about the food people eat all over the world. The children learned about healthy food to eat while playing the board game, “My Plate”.

**At home,**you couldlook though the refrigerator, look at the circulars, and talk about healthy foods and how it’s good for our bodies. An apple a day, keeps the doctor away. It is great way to expand language. As an extension have your child describe healthy foods.

***\*\*\*Please remember to read aloud to your child daily. We recommend reading a minimum of 3 hours a week with your child.![C:\Users\BCCAP- Head Start\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VAOL3GO4\MC900437791[1].wmf]()***

**The PAL letters are developed to support your child’s academic/social emotional progress and related to the program’s School Readiness goals.**

 Friday**:** Return by Wednesday:

Child’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rate this activity from 1-5, circle your rating (5= highest rating): **12 3 4 5**

Comments about the activity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I agree that completing the at home activity and reading aloud to my child is equivalent to four hours volunteer time for the week.

**Parent’s Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Room: