



# Ashley's Angel Gram

## Welcome March

### Get Moving—Exercise

Like adults, kids need exercise. Most children need at least an hour of physical activity every day. Regular exercise helps children

- Feel less stressed
- Feel better about themselves
- Feel more ready to learn in school
- Keep a healthy weight
- Build and keep healthy bones, muscles and joints
- Sleep better at night

As kids spend more time watching TV, they spend less time running and playing. Parents should limit TV, video game and computer time.

### Tips to get them moving!

- Parents can set a good example by being active themselves.
- Exercising together can be fun for everyone.
- Competitive sports can help kids stay fit.
- Walking or biking to school, dancing, bowling and yoga are some other ways for kids to get exercise.
- Make exercise fun!
- Put it in your daily schedule, so children ask to exercise. Spending time together can also be rewarding.

## Things We Can Learn From A Child

- You can be *anything* you want to be when you grow up.
- Nobody can pedal the bike for you.
- If you wait until you're *really* sure, you'll never take off your training wheels.
- Before you trade sandwiches, look between the bread.
- You have to eat a lot of cereal before you find the free toy.
- You don't have to own a swing to enjoy it.
- It doesn't matter how fast your running with the ball if your going in the wrong direction.
- A little kiss can make a big difference.



## Our New Website—[www.ashleyslilangels.com](http://www.ashleyslilangels.com)

I am so excited to announce our new website. I hope you have get a chance to view it.  
<http://www.ashleyslilangels.com>

I will be sending home a media permission form for you to fill out and sign then return to me. This will allow me to set up a family webpage for you. Please choose a user/password that will be easy for you to remember. Once this is set up will need to use it to access your page. I hope you enjoy this new feature to your childcare. Please feel free to pass the web address (URL) on to other's you know who may be looking for childcare.

Thank you, Ashley

### I'm an Irish Leprechaun

by Maureen Gutyan

I'm an  
Irish  
leprechaun,  
  
Tiny and wee,



I hide in the  
forest,  
  
Behind a  
tree.

If you ever catch me, you will see  
A wish I will grant as quick as can be!

### Partnership with Home

- March 4—Celebrating Dr. Seuss Day. Please share a Dr. Seuss Book
- March 13—Ashley's Birthday Celebration.
- March 28—Show & Tell
- March 31—Pajama Day—Wear your favorite Jammies

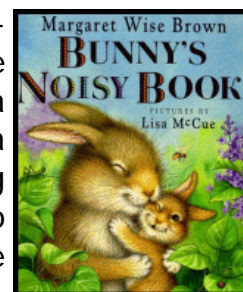
## Library: Book Reviews > Bunny's Noisy Book

### Bunny's Noisy Book

By Margaret Wise Brown Pictures by Lisa McCue

Bunny's Noisy Book is a delightful book filled with pictures of an adorable fuzzy bunny and pleasant, calming meadows while describing all of the sounds that little bunny hears throughout his day.

The story begins as little bunny wakes up and hears all of "little quiet noises starting the morning around him" and the noises continue to follow him on his "expeditions" through the meadow. Little bunny hears a bird's fluttering wings, a rooster's "Cock Cock Cock - a doodle Doo, bees buzzing and the sounds of a stretch, a yawn and a snack! At the end of little bunny's day, he hears a fox breaking branches and the familiar thump of his mother's foot - his signal to head home. The story closes as little bunny snuggles into his home with his family; warm, safe and happy.



Bunny's Noisy Book is a great quiet interactive story. While reading, I will encourage the children to answer the question "and what kind of noise was that" and when invite the children to make the noises that little bunny heard (quiet noises of a yawn or stretch). To add a little more difficulty, the illustrator has hidden her last name, McCue, thirteen times in her pictures. We will have fun searching - This is a great book for us to read before naptime and is perfect for all ages. We will certainly enjoy this one!