

# Health, Wellness, & Tower Garden Class Newsletter (class #3 & 4)

*Hello Montessori Preschool families! Mrs. Stapley here!*

I'm a Health Coach & I teach your kiddos the **Health & Wellness & Tower Garden classes on Tuesdays.**

(Some of your kiddos may have had me last year)



What a joy that is to see them loving & learning to take care of their bodies!

## **For our 3<sup>rd</sup> class we introduced the concept of "Eating the Rainbow"!**

The foods with colors

from nature; not fake or synthetic colors & foods.

And how each of the colors especially helps with certain parts of our bodies!

For example: Fruits & Veggies that are **Purple & Blue** help with Brain health & Function.

Yellow helps with your Vision.

Red, with your heart health.

White, with your bone health.

And we listed as many fruits & veggies in each category that we could think of.

Mrs. Stapley brought in her kid sized shopping cart & grocery bag full of play produce & encouraged them to pick out & try a new fruit or veggie at the grocery store

When they go with their family to get fresh food.

