



# PRIDE ACADEMY

February Newsletter

Week 2

## This Week's Agenda

**Literacy & Phonics:** We are reading "I Like Myself," "The Day It Rained Hearts," and "I Can Eat a Rainbow" while practicing the letter H sound. Children will explore healthy choices and self-care through books, songs, and engaging discussions.

**Mathematics:** Children will count to 5 using heart shapes, sort by size, and create patterns using hearts. Preschoolers will practice counting by 5s, while toddlers and infants will engage in touch-based number play.

**Science:** We are exploring healthy foods vs. junk foods with sorting activities, sensory play, and food-themed experiments. Children will also listen to their heartbeats and learn why movement keeps our bodies strong.

**Social Studies:** We are learning about self-care, kindness, and community helpers like doctors, dentists, and teachers who help us stay healthy. Preschoolers will create a "Kindness Chain," while toddlers and infants explore self-care through play-based activities.

**Creative Arts & Music:** We'll engage in Valentine's Day-themed crafts, heart stamping, and open-ended free art. Infants will enjoy sensory-based finger painting, while toddlers and preschoolers create Valentine's keepsake crafts for loved ones.

**Wellbeing & Movement:** Children will practice yoga, stretch, dance, and play movement games like "Move Like a Happy Heart" and "Follow the Heart." These activities help promote gross motor development and encourage healthy habits.

### How You Can Support at Home:

📖 Read books about feelings, self-care, and kindness. Talk about healthy foods and why they help our bodies grow!

✏️ Encourage creativity by letting your child paint, stamp, and explore colors.

🧼 Practice healthy habits together - handwashing, brushing teeth, and getting plenty of sleep!

We look forward to another wonderful week of learning, kindness, and fun!

## Hello February

Dear Families,

Welcome to Week 2 at Pride Academy! This week we focus on self-care, healthy habits, and kindness with our theme "Happy, Healthy Me." Children will learn how to take care of their bodies, express their emotions, and build strong friendships. Activities will encourage movement, sensory exploration, and creativity, helping young learners understand healthy habits in a fun and engaging way!

Theme: Happy, Healthy Me

Color: Pink

Shape: Heart

Number: 5

Letter: H

## February Events

Black History Month  
Valentine's Day Celebration  
President's Day  
Food Pantry (Every Saturday)

## Contact Info

Pride West 1  
5615 W. 22nd Street  
Indianapolis, IN 46224  
(317)247-1553

Pride North 1  
5711 Michigan Road  
Indianapolis, IN 46228  
(317)672-9200

Pride West 2  
5570 Crawfordsville Road  
Indianapolis, IN 46224  
(317)390-4951

Pride North 2  
7601 Michigan Road  
Indianapolis, IN 46268  
(463)221-2902

Website: [www.judahministriesinc.org](http://www.judahministriesinc.org)

