



Hello,

June

TrueFit Newsletter

☀ Hello Truefit Families - Summer is Here! ☀

We would like to congratulate all of our graduates and those moving on to the next grade level!! Continue to work with your child to help retain the information over the summer they've worked hard to learn.

*If you need any additional information or help, please see your director.

FIELD TRIPS ARE BEGINNING!!

Please be sure to pay attention to the posted schedule in the reception area, or grab a copy of the Calander. June has arrived, and with it comes sunshine, laughter, and lots of outdoor fun! As we head into the summer season, we're excited to keep the learning going while making the most of longer days, water play, and hands-on adventures.

From creative crafts to cool summer activities, we're ready to make this a season full of memories. Thank you for letting us be a part of your child's growth—we can't wait to soak up every sunny moment with them!

As you read through this month's newsletter, think of ways that You may be involved in your childs learning ...Remember, We always have an Open Door Policy!!

IMPORTANT DATES for JUNE

June 15th – Fathers Day

June 9th – Field Trip Schedule *TBA



Please Note:

All food items that are brought intended to share with the classroom MUST have a label accompanying it with all of its ingredients posted so there is no confusion about allergy products. This is for the health and safety of all children. Thank you for your cooperation with this!

Please Note:

The success of children begins at home. We are excited that you've chosen us to help enhance your child education. For your child's retention of information be sure to ask them question about what they're learning that week. They'll be glad to tell.

Any suggestions??

Please see your director



Activity of the Month!



Father's Day Yummy Cup

Materials:

- Plastic Cup
- Markers
- Candy
- Small Note Pad
- Tissue Paper

Instructions:

Take a regular plastic cup (tumbler), bright colors are cute! Let the kids decorate outside w/ marker. Help them write the occasion: Happy Father's Day! Love you! etc... We used medium blue cups w/ light blue tissue paper stuffed inside cup. Then let the kids fill w/ goodies for their Dad! We used a baggie of gummy bears, some gum, a small note-pad (on the first page we made a coupon for Dad to take the whole day OFF!).

Ending the Year on a Playful Note

As the school year winds down, engagement in early childhood classrooms often drops as young children begin to anticipate the excitement of summer break. Maintaining focus and enthusiasm can be challenging when routines are disrupted by end-of-year busy school schedules. It can become increasingly difficult to keep little learners focused and settled. But with the right strategies, including hands-on activities, movement-rich learning, and child-led exploration, educators can cultivate an environment where curiosity and joy continue all the way to the final day of school.

WHY ENGAGEMENT DROPS AT THE END OF THE YEAR

As the school year winds down, it's not uncommon to see a dip in student engagement. After months of structured learning, students (and teachers!) can experience cognitive and emotional fatigue. Daily routines start to feel stale, and the promise of summer break looms large, making it harder to stay present.

Developmentally, young children are highly attuned to transitions. Anticipating change, like the end of a school year, can shift children's focus and impact their ability to stay engaged in day-to-day activities. This often results in decreased retention of end-of-year content, especially if lessons aren't tied to students' lived experiences or personal interests. Socially, children may begin to distance themselves from peers as they prepare (consciously or not) for the goodbyes ahead, which can sometimes show up as tricky behavior in the classroom.

As early childhood educators, we can shift our teaching to prevent some of these outcomes. Creating a positive classroom culture through joyful activities can strengthen connections and provide emotional support during this transitional time. End-of-year traditions like "Classroom Oscars," where students receive personalized awards based on their unique qualities or contributions, help foster a sense of pride and belonging.

MAKE LEARNING ACTIVE AND PLAYFUL

Incorporating movement into the learning environment can help reenergize young learners and rekindle their enthusiasm for learning. Physical activity has been shown to improve engagement, boost mood, and enhance memory retention among young children. Children who engage in regular movement-based learning activities show improved attention and academic outcomes, especially in early childhood settings where development is deeply tied to sensory and motor experiences. Young children are naturally wired to move, so educators can harness that energy by weaving movement into academic content through the following activities.

Alphabet hopscotch. Create a hopscotch grid with letters or sight words. Children hop from one square to the next while calling out the letter sounds or words, reinforcing phonemic awareness while building coordination.

Freeze dance vocabulary. Play music and have children dance around the room. When the music stops, call out a vocabulary word or concept, and students freeze in a pose that shows its

meaning. For example, the word tall might prompt students to stretch their arms overhead like a tree.

GIVE STUDENTS OWNERSHIP OVER THEIR LEARNING

Giving students ownership over their learning can spark greater engagement. When children have genuine autonomy, their focus, creativity, and enthusiasm for projects increase significantly. As students feel like active participants rather than passive recipients, learning becomes more meaningful.

One way to offer this in an early childhood setting is through choice boards, visual menus that give students the opportunity to select how they want to engage with a particular topic or skill.

END THE YEAR ON A HIGH NOTE

The final days of school provide an excellent opportunity for reflection and celebration. Reflection on activities can help students process their learning and transition smoothly into the next phase. Simple prompts like “What was something you couldn’t do in September that you can do now?” can encourage students to articulate their growth and celebrate their accomplishments. Educators can position students as “experts” through activities like writing a “future letter” to next year’s class, fostering excitement for the next grade level and leaving students feeling positive about their future learning experiences.

By incorporating active learning, giving students ownership, fostering joy, and connecting lessons to real-world experiences, educators can make the final weeks of the year just as engaging and memorable as the beginning.

