



Viera Children's  
Academy

# Infant Newsletter

September 2025

3395 Viera Blvd. Viera, FL 32940/321-433-2330

## Monthly Theme:

Theme of the Month: 5 Senses

Concept of the Month: Routines  
and Finger Play

Color of the Month: White- Blanco

Shape of the Month: Rectangle

Letter of the Month: E, H, I

Numbers of the Month: 2

## Infant News:

### WHAT'S HAPPENING THIS MONTH!

September is such an exciting month for both students and teachers. This month the toddler team has planned lessons that involve our monthly theme of the Five Senses. Each week the children will learn a different sense including touch, sight, taste, smell, and hearing. Using hands-on activities, the toddlers will get a better understanding of their five senses and how to use them. The infant team cannot wait to teach all the students about their senses and how to use them every day. We are so excited to continue to learn about all our students and look forward to the year ahead.

### The Importance of Reading

Reading is such an essential part of a child's learning. Reading for just 20 minutes a day can help improve your child's vocabulary and listening skills as well as setting the foundation of what a reader looks like. Not only is your child learning as you read, but it also is a chance to spend quality time with your child. Below is a link to a YouTube video called, "The importance of reading aloud: Tips for reading to children", which shares how important reading to your child is in 60 seconds. I hope that you find this video clip informative.

<https://www.youtube.com/watch?v=2HThtiOKD2k>

"You have brains in your head.  
You have feet in your shoes.  
You can steer yourself in any  
direction you choose."

- Dr. Seuss



COURTESY: 1993, 1997 ERIC CARLE, PHILIPPE BOUQUET/PIRELLA

# WHAT'S FOR LUNCH?

Packing lunches everyday can sometimes become repetitive or start getting difficult when your toddler decides they don't want that ham and cheese sandwich today. I have listed some alternative choices for lunches below that would be pleasing to any child's palette.

- Cherry tomatoes, grapes, blueberries, hummus, pita bread, turkey and cheese pinwheels.
- Cucumbers, carrots, crackers, cheese and strawberries
- Pasta salad (pasta, olive oil, parmesan cheese, peas, carrots), granola bites, raspberries, hardboiled egg, tomatoes
- Apple slices, pretzels, carrots and cucumbers with ranch, granola bar and dried cherries.

All recipes can be found at: [celebratingsweets.com/healthy-lunch-ideas-for-adults-and-kids/](http://celebratingsweets.com/healthy-lunch-ideas-for-adults-and-kids/)

## Upcoming Events

September 1<sup>st</sup>. Labor Day (VCA Closed)

September 5th: Grandparent's Day

September 11th: Patriot's Day

## Teacher Communication

If there is ever anything you would like to discuss with your child's teacher, please feel free to contact them at your convenience. Your child's teacher can be reached through your ProCare app.

## Just a reminder

- We are a PEANUT-FREE school.
- Label ALL your child's belongings. This includes but is not limited to diapers, bottles, cups, clothing, sheets, etc.
- If you wish for your child to have diaper rash ointment or sunscreen applied to your child while at school, please have an authorization form filled out and returned to administration.

