

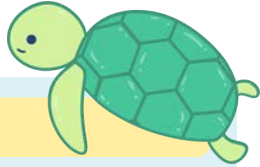


A Children's Kastle Early Learning Center's Inc. at Winthrop



THE DRAWBRIDGE

June 2026



June's Theme

Theme: *Ocean/ Summer*

Character Builder: *Respect*

Bible Story: *Jonah and the Whale*

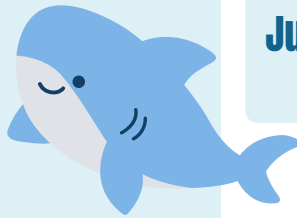
Scripture: *Jonah 1*

Letter: *Review*

Shape: *Sphere*

Color: *Blue*

Numbers: *Review*



Dates to Remember:

June 8: Water Days Begin

June 12th: Parent's Night Out

June 21st: Father's Day

June 18th: Blue Day

July 3rd: School Closed

July 13-17: VACATION BIBLE SCHOOL!

July 23rd: VPK ROUND UP



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**Children's
KASTLE**





THE DRAWBRIDGE

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A Note From Mrs. Jackie

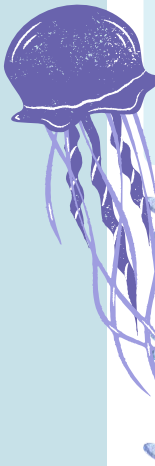
It's very common for young children to go through phases of being "picky eaters." As children grow and develop, their appetites, preferences, and willingness to try new foods can change frequently. While this can sometimes feel frustrating, it is a normal part of early childhood development.

At school, we approach mealtimes as a positive and low-pressure experience. We encourage children to explore their food, try new things, and develop healthy habits, without forcing or pressuring them. Sometimes it takes multiple exposures (even 10-15 times!) before a child feels comfortable trying a new food.

Here are a few simple tips you can try at home:

- Keep offering a variety of foods, even if your child has refused them before
- Model healthy eating habits, children learn by watching you
- Stick to a routine for meals and snacks
- Offer small portions to avoid overwhelming them
- Stay neutral, avoid turning mealtime into a power struggle

Remember, our goal is to build a healthy relationship with food that will last a lifetime. With patience, consistency, and encouragement, most picky eating phases will pass.



CONGRATS GRADS!!!!



Happy Birthday:

- Ms. Rae- 20th
- Ms. Robin- 24th
- Miles N.- 2nd
- Erika M. - 5th
- Paige L.- 6th
- Bryce B.- 9th
- Soemi P.- 14th
- Jeremiah M.- 16th
- Adalyn B- 21st
- Jared G.- 25th

