



PreK4



Newsletter

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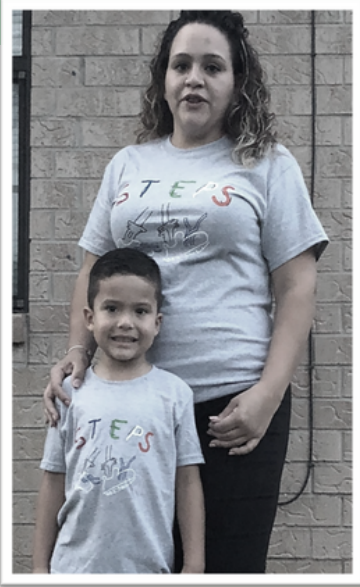
PARENTAL ENGAGEMENT IN SCHOOLS.

Studies have shown that programs focused on increasing parental involvement in education have positive impacts on children, families, and school communities.

The 2022-2023 school year is coming to an end. The UTRGV STEPS team wants to take this opportunity to say THANK YOU parents for your involvement in your child's school activities. Here is a recollection of the project activities your child was involved in during their prekindergarte school year.



Students' Participation.



From 1472 prekindergarten students, age 4, enrolled in 28 elementary schools in PSJA and La Joya ISD, 1103 were consented by their parents to participate in the UTRGV STEPS project.

School Year 2022-2023

STEPS project activities Prekindergarten students participated in:

Health classes



Growing Healthy:
height and weight



Fitness



Eating Fruits & Vegetables



Consented students will be followed from prekindergarten until they are in 1st grade. Parents will receive a UTRGV STEPS Student Report of their child's activities performance.

Ramiro and the Bienestar School Health Program.

Hi, My Name is **RAMIRO!** thank you for joining me this PK year on ALL my Adventures in the Bienestar Health Program. See YOU next year!!!



ISD: PSJA ISD
School: Amanda Garza-Peña El
Teacher: Aida Garza
Chapter 1/Lesson 2: Ramiro's Adventure

"Students want to keep watching more videos with Ramiro and absolutely enjoyed all the chapters. In the end they were able to get all the post questions correct and got more familiarized with MyPlate!"

ISD: La Joya ISD
School: Diaz-Villarreal El.
Teacher: Yasmin Alvarado
Chapter 8: Grocery Shopping

"Students learned about the importance of shopping for healthy foods. Students had a variety of fruits, vegetables, and food, but they had to select what items to add to their shopping carts. Students discussed in groups what items they had chosen and discovered that not everybody had the same items as them."



COOKING WITH MOM!



Smoothie Bowl for summer

- Frozen mixed berries (Strawberries, Blueberries, Raspberries)
- Frozen Banana
- Greek yogurt
- Spinach or Kale
- Almond milk
- Toppings: sliced Banana, fresh berries, Granola, Chia seeds, Honey

EatingWell. (2022, September 28). Healthy recipes, Healthy Eating, EatingWell. Retrieved April 25, 2023, from <https://www.eatingwell.com/>

Veggie-Packed Omelette

Ingredients:

- 2-3 eggs
- Salt and Pepper
- 1/4 cup chopped Bell Peppers
- 1/4 cup chopped Tomato
- 1/4 cup chopped onions
- 1/4 cup chopped Spinach
- Shredded cheese (optional)
- Olive oil or cooking spray



Workman, K., says, S., says, S. E., says, A., & says, L. (2023, March 1). Spinach feta omelet. The Mom 100. Retrieved April 25, 2023, from <https://themom100.com/recipe/spinach-feta-omelet/>



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