



Courtney, Rachel, Aubree

January Monthly News

This Month

This month we have been learning about Canada for Christmas around the world. We had fun doing projects and learning about our country. We have been practicing writing letters of the alphabet on white boards and also writing our names. We are starting to practice writing numbers on white board. We did a couple science projects, one with milk and food coloring to make swirls. We also did a candy cane erosion with baking soda. The kids had fun making ugly sweaters, gingerbread men, and candy canes. We also did a fun math game where the kids will put marshmallows on numbered hot chocolate pictures. We also made a gingerbread house and some fun Christmas activities. We hope everyone has a great Winter break!

Upcoming Events

1/5 - Classes Resume

1/16 - No School - Martin Luther King Jr. Day

1/19 - Policy Council at the Family Center 5:30 p.m.



Pyramid Model News

We have really focused on Social-Emotional learning and will continue that in January. We will continue practicing friendship skills like asking a friend to play, taking turns, sharing, and working together with a partner.

Health or Nutrition News

Healthy Habits for Preschoolers

- **Eat meals together often. Model healthy eating habits by serving fruits, vegetables, whole grains and other healthy foods for meals and snacks**
- **Limit the amount of sugar, solid fats and salt in your child's food and drinks**
 - **Limit screen time. ...**
 - **Encourage your preschooler to play and move throughout the day**