



Miss Julie and Miss Michele

January Monthly News

This Month

Wow; December flew by and now we are approaching 2023!! I wanted to take a moment and let you all know how much I have enjoyed working with you and your children. I will truly miss everyone, and will be counting down the days until I can come for a visit!! Thank you for sharing your children with me and for helping this school year go so smoothly so far this year!!

♥ Miss Julie

I'm sure January will be full of fun things like snow, winter, and winter animals. Your children have been working hard on kindergarten readiness skills. They have all grown so much in writing their names!! Some are ready to start working on their last names now! Have a great holiday!!

Upcoming Events

1/6 Classes Resume

1/16 No School Martin Luther King Jr. Day

1/19 Policy Council at the Family Center 5:30 pm

****There will be no Parent Committee this month****



Pyramid Model News

Know the Rules



We go over our classroom rules daily and make a promise to be safe by following those rules. The children are so good at telling the rules, there is no need for teacher prompting anymore!! If you get a chance, ask your child what our rules are!!

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**