



January Monthly News

This Month

We will be welcoming Miss Jackie back to our room when we return from Christmas break. Miss Cyndi will be leaving us, and the kids are so sad. We are hoping she can still come to visit from time to time. We are really going to miss her.

We will go over our expectations when we return from break. I am sure they will all need a refresher by then! We will be talking about winter animals and snow in January.



Just a reminder if it is above 32 degrees outside we will be going out. So, please send in gloves and a hat with your child.

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 p.m.



Pyramid Model News

The holidays can be a stressful time for everyone. Here is a website that might be helpful

<https://challengingbehavior.org/pyramid-model/overview/basics/>

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