



Miss Sarah, Miss Kira, Miss Desina

January Monthly News

This Month

Welcome back! We hope you all had a relaxing break with your family and friends! This month we will be learning about wintertime!

We'll learn about snow, ice, and what we wear in the winter! With the chilly weather upon us, please

be sure to dress your child appropriately for the weather by having them wear a coat, hat, gloves, and boots when needed. If

you have any questions or concerns, please give us a call at

309-699-6843 ☺

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

We have continued to talk about being a Bucket Filler. This month we will be focusing on emotions and talking about how we can become problem solvers to solve conflict with others. We will also be talking about how to regulate our emotions and how we can help others!

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