



Miss Shannon, Miss Britney, & Miss Kaeli

January Monthly News

This Month

We have been practicing writing our first names on name tracer pages and recognizing the letters and letter sounds in our names. We had a pajama/movie day today, our last school day before break. Break begins tomorrow, December 21st, and we return to school on January 5th. In January we will be learning more about winter, snow, Christmas, winter animals, and hibernation.

Upcoming Events

- 1/5 - Classes Resume**
- 1/16 - No School - Martin Luther King Jr. Day**
- 1/18 – Ryan’s Birthday!**
- 1/19 - Policy Council at the Family Center 5:30 p.m.**
- 1/30 – Kashton’s Birthday!**



Pyramid Model News

Every day, we talk about our Head Start Hero Expectations: We are Safe, We are Kind, We are a Team. What kind of expectations do you have for your family? Some ideas might be to help with household chores, clean up after yourself, use kind words, etc. Talk about your Family Expectations with your child.

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**