



January

Monthly News

Miss Tammy, Miss Alexis, and Mr. Stephen



This Month

We hope you all have a great winter break celebrating the holidays with your families. Thank you to all who made it to the Christmas Around the World event after the class learned and recreated "Christmas in Poland!" January will end winter break as we regain focus on our program-wide expectations to be safe, kind, and a team! We will continue to build kindergarten readiness skills with play-based activities as the end of the year is halfway here. In January, we will have a visitor from the Hult Center come to discuss tooth brushing and the consequences of not tooth brushing! Stay tuned on Learning Genie for engaging pictures and reminders of upcoming events.

Upcoming Events



1/5- Back to school!

1/16- No School – MLK Day

1/19- Policy Council @ 5:30PM

RSVP for meals & Babysitting



We are Safe. We are Kind. We are a Team.

Pyramid Model News

We will revisit our Head Start expectations as the new year begins! Daily we work to be **SAFE, KIND, and A TEAM!** Our expectations come from the Pyramid Model, used throughout the program to help teach problem-solving and social-emotional skills.

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**

