



Miss Amy, Miss Dawn, and Miss Janel

January 2023

This Month

Happy January!

This month, we have a variety of topics that we will be learning about. We will start with the topic of Snowmen, which will include science experiments and art projects. We will move onto Arctic animals, hibernation, and more!

The children will continue to build Kindergarten Readiness skills by playing math games, patterning, songs, and reading books.

Please remember to send a spare outfit in your child's bookbag in case a change of clothes is needed.

Important Date

12/22- 1/8- Winter Break/ No School

1/9- School Resumes

1/15- Martin Luther King Jr. Day/ No School

1/23- Policy Council @ 5:30 p.m. at the Family Center



Pyramid Model News

We have been modeling to the children. The children are working on using their words to express what they would like. We will continue to work on how we can ask to play with a friend or enter a small group. There are times when children are unsure of how to join in on something they would like to do. For example, we model by using the words, "Can we share this?" This helps us learn how to connect with our classmates.

Nutrition Healthy Eating for Kids

Offer variety- Include choices from each food group – fruits, vegetables, grains, protein foods, and dairy and fortified soy alternatives in meals and snacks during each day.

Connect at mealtime- Eat meals together whenever possible. Turn off the TV and put away phones and tablets so you can "unplug" and focus on healthy foods and each other.

Think about their drinks- Make water and low-fat or fat-free dairy milk and fortified soy alternatives easy options to grab in your home. Have ready-to-go containers filled and in the fridge to take on outings.

Get kids involved- Depending on their age, kids can peel fruits, assemble salads, measure, scoop, and slice. Let them create and name their own side dish.