



Miss Beka, Miss Amber & Miss Tabbi

January News

This Month

We will be exploring all things winter. We will talk about the different ways snow changes when it is hot and cold. We will get to use our 5 senses. Also get to learn artic animals and the animals that hibernate during the winter.

We will continue to work on our friendship skills!



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 working on building our friendship skills, one of those skills is sharing. We have been practicing sharing in the classroom. Here is a great way to talk about sharing at home; Read books about sharing with your child. Talk about how the characters might feel as the story unfolds. All feelings are healthy and normal. A character might be feeling a variety of emotions—from frustrated and sad to happy and joyful. A good example is the CSEFEL Book Nook based upon the book I Can Share by Karen Katz.

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.