



January News

Ms. Courtney and Ms. Kaeli

This Month

Happy Holidays!

This month has gone by fast, it is hard to believe it is almost Christmas! We have been focusing on our Holidays Around the World and we made some fun activities that we hope you enjoyed at the event night. We also made some yummy hot chocolate and egg nog in the classroom. We have continued our letters, numbers, shapes, and patterning. We also focused on Problem Solving and learning ways to help solve different problems. Next month, we will start off with Winter. Everyone have a fun and safe holiday break!

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 focusing on problem solving by using our problem-solving kit and scenario cards to help find the problem and solve it. We also have a problem-solving board up. Every time we solve a problem, we put it on our board.

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.