



January News

Miss Debbie & Miss Alexis

This Month

We hope everyone enjoyed their winter break. For the month of January, we will be learning more about snow and winter animals.

If your child has a favorite book, they would like to share about winter animals or a snowy day, you may put it in their folder for them to read to the class.

With the colder weather here, there is an article attached for information on children in cold weather.

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

Over winter break, try to work with your child on our three Head Start expectations with at home scenerios. This could include ways to be safe, kind, and work as a team with family and friends.

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.

Playing Outside in Winter: Tips to Keep Kids Warm & Safe

Heading [outside](#) for some wintertime fun like sledding, throwing snowballs or ice skating can be a sure-fire cure for cabin fever. It's also a great way for kids to get the [60 minutes of daily exercise](#) they need. Just be sure your child is dressed right—and know when it's time to come in and warm up.

Children exposed to extreme cold for too long and without warm, dry, breathable clothing can get [frostbite](#) or even life-threatening [hypothermia](#).

Little bodies, big chill

Children are more at [risk](#) from the cold than adults. Because their bodies are smaller, they lose heat more quickly. Especially if they're having fun, they may be less likely to come inside when they're getting too cold.

Frostbite

Frostbite happens when the skin, and sometimes the tissue below it, freezes. Fingers, toes, ears, and noses are most likely to get frostbite. Frostbitten skin may start to hurt or feel like it's burning, then quickly go numb. It may turn white or pale gray and form blisters.

What to do:

- If you suspect frostbite, bring your child indoors to gently warm up. Don't rub the affected area, and don't pop any blisters.
- Avoid placing anything hot directly on the skin. Soak frostbitten areas of the body in warm (not hot) water for 20 to 30 minutes. Warm washcloths can be applied to frostbitten noses, ears and lips.
- After a few minutes, dry and cover your child with blankets. Give them something warm to drink.
- If the pain or numbness continues for more than a few minutes, call your pediatrician.

Hypothermia

When the body's temperature drops below normal from the cold, dangerous hypothermia begins to set in. A child may start shivering, a sign the body is trying to warm itself up, but then become sluggish, clumsy, or slur his words.

What to do:

Hypothermia is a medical emergency, so call 911 right away.

- Until help arrives, bring your child indoors. Remove any wet clothing, which draws heat away from the body.
- Wrap your child in blankets or warm clothes, and give her something warm to drink. Be sure to cover core body areas like the chest and abdomen.
- If your child stops breathing or loses a pulse, give mouth-to-mouth resuscitation or CPR.

Preventing frostbite and hypothermia

Frostbite and hypothermia are different conditions, but some wintertime [planning and safety](#) steps can help protect your child from both:

Check the wind chill

In general, playing outside in temperatures or wind chills below -15° Fahrenheit should be avoided. At these temperatures, exposed skin begins to freeze within minutes.

What to wear

Several thin layers will help keep kids warm and dry. Insulated boots, mittens or gloves, and a hat are essential. Make sure children change out of any wet clothes right away.

Take breaks

Set reasonable limits on the amount of time spent playing outside to prevent hypothermia and frostbite. Make sure kids have a place to go for regular indoor breaks to warm up.

Tips to stay safe during winter sports & activities

Ice skating

- Allow children to skate only on approved surfaces. Check for signs posted by local police or recreation departments or call your local police department to find out which areas have been approved.
- Advise your child to:
 - Skate in the same direction as the crowd
 - Avoid darting across the ice
 - Never skate alone
 - Not chew gum or eat candy while skating
 - Consider having your child wear a [helmet](#), knee pads and elbow pads, especially while learning to [skate](#) to keep them safe.

Sledding

- Keep sledders away from motor vehicles.
- Children should be supervised while sledding.
- Keep young children separated from older children.
- Sledding feet first or sitting up, instead of lying down head-first, may prevent head injuries.
- Consider having your child wear a [helmet](#) while sledding.
- Use steerable sleds, not snow disks or inner tubes.
- Sleds should be structurally sound and free of sharp edges and splinters, and the steering mechanism should be well lubricated.
- Sled slopes should be free of obstructions like trees or fences, be covered in snow (not ice), not be too steep (slope of less than 30°), and end with a flat runoff.

- Avoid sledding in crowded areas.

<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Winter-Safety.aspx>