



## January News

**Miss Dee, Miss Michele & Miss Melissa**

### **This Month**

**We hope everyone has a great holiday and Winter Break!**

**We will begin January by reviewing our class schedule and rules. Then, we will begin learning about snow, the winter season and winter animals. We will also be concentrating on beginning letter sounds and rhyming words.**

**Just a reminder to watch for activities on Learning Genie. We will be posting new ones weekly.**

### **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**

**As we return from break, we will be reviewing our expectations, classroom schedule and rules. Having schedules and letting children know expectations help them to feel safe and secure.**

### **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.