



## January News

### Miss Kristi & Miss Alexis & Miss Cat

#### This Month

Happy New Year Head Start Families!

We hope you all enjoy your Holiday/Winter break with family & children. We are so excited to welcome a new friend to our class this year.

We are sending home a piece of construction paper and will ask you to make a new family picture of you and everyone in the family for our new Family Corner. I know that some already did this at the beginning of the year, but we would love to have new pictures to laminate and put up in our class. Be creative and get fun photos we will be able to talk about and share in class. These will be treasured for years to come!

We will begin talking about our weather daily. We will begin a unit on all things winter. Beginning with Snow.

We have been working on different areas of our curriculum with the kiddos since our last parent teacher conference. Our Spring conferences will be on February 29<sup>th</sup> & March 1<sup>st</sup> please mark your calendar's now. We can't wait to share your child's growth with you.

Happy Winter 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

This month we will be working with our children and families to reinforce positive and nurturing relationships at Home & at School with family & friends. We will work together to come up with positive and safe rules for our classroom as well as sharing in our classroom like we do at home.

#### 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.