

January News

Miss Lynel & Miss Becky

This Month

We hope everyone had a wonderful Christmas and a Happy New Year!

We will start out the month with a unit on animals in the winter. We will continue to do activities about winter throughout the month. We will also begin re-accessing the children to prepare for parent teacher conferences coming up at the end of February and the first of March.



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 talking about friendships and how we are all friends at school. We have been intentionally pairing students up to work with each other on specific activities to help them understand cooperation and team work.

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.