



January News

Miss Sarah and Miss Kira

This Month

It's hard to believe we will already be starting a new year! We hope everyone enjoys a wonderful holiday with their family and friends. This month, we will continue to learn about winter, such as snow, ice, and what animals we may find outside. We'll also start on our Zoo-phonics letter friends and continue working on social-emotional skills.

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 focus on problem solving skills. We'll learn what a problem is, how to approach the problem, how we feel about it, and how to work together to find the solution.

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.