



Miss Shannon, Miss Mary, and Miss Tiffany

January 2024

This Month

Happy New Year!!

We hope everyone has a safe and healthy Christmas and a Happy New Year! Can you believe it's 2024?!

When we return to school, we would love to do a Show & Tell Day so your child can bring ONE toy to school that they got for Christmas. We will send home a note later with more details once we return to school.

In January we will be learning about winter, winter animals, whoa and go foods, colors, and shapes. During our whoa and go food week, we will making some delicious, healthy snacks together.

A couple reminders... Please remember to have extra weather appropriate clothing at school for your child. Also, if your child is sent home in Head Start clothing, please remember to send the clothes back to school so they can be washed and reused for another child who may need them.



Important Date

12/22- 1/8 - Winter Break/No School

1/9 - School Resumes

1/15 - Martin Luther King Jr. Day/

No School

1/19 — Adrian's Birthday!

1/23 - Policy Council @ 5:30 p.m. at the Family Center

1/26 — Makaila's Birthday!



Pyramid Model News

One of the things that we focus on in our classroom is KINDNESS. Talk to your child about being KIND. What does being kind look like? (Are you helpful at home? Do you help your siblings?) How does it sound? (What words do you use when you are being kind? Do you say please, thank you, and I'm sorry?) Your child could be kind and draw a picture for a friend over Christmas break and give it to them when they return back to school.

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.