



## January News

**Miss Tammy, Miss Morgan, Miss Diamond**

### This Month

This month, the children will be learning about water. The children will do a sink or float activity and they will investigate what makes ice melt the fastest.

The children will also be learning about arctic animals. They will be learning some fun facts about arctic animals and drawing the animals they learn about.

The children will continue to work on Kindergarten Readiness skills using math games, patterning, journaling, building, songs, feelings, and reading books with rhyming words.

**Reminder:** Please send a spare outfit in your child's bookbag incase they need to be changed

### 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 the children will be practicing Tucker Turtle's calm down strategy

- 1. Recognize your feeling**
- 2. Stop your body**
- 3. Tuck inside your shell and take three deep breaths**
- 4. Come out when you are calm and think of a 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.