

Ms. Trina and Miss. Lindsey

January News

This Month

For the month of January, we will focus on the season winter. Our activities will explore what happens to nature in the winter, things we like to do in the winter, and what we should wear in the winter. We will also explore winter animals and learn how they survive in the winter. Our activities will focus on arctic animals, woodland animals and introduce Hibernation and learn which animals hibernate.



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 are working on building friendship skills. We will practice these skills by working as a team during activities. Discuss and model ways to be a friend. During centers we use fair ways to play like taking turns, trading, and using a peer buddy system for the children that have difficulties entering play.

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.