



January News

Miss Jackie, Miss Britney

This Month

We already voted on a variety of topics to learn about this month! We are going to learn about Dinosaurs, Snow and Magnets!

We have 5 birthdays this month, so we are so excited to celebrate them!

Friday January 19th is national Popcorn Day! We are going to have a popcorn party and taste test different varieties of popcorn!

Our class pet Bingo is still making his rounds to spend the weekend with every child, names are drawn randomly!

Important Date

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

1/6- J'siah's Birthday

1/8- CJ's Birthday

1/9- School Resumes

1/15- Martin Luther King Jr. Day/ No School

1/16- Layla's Birthday

1/23- Brinkley's Birthday

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

1/30 Kashton's Birthday



Pyramid Model News

We have been focusing on friendship and listening to each other. We try to use descriptive words like "put your eyes on the person talking so we know you are being a good listener." Every child made a cape and when we catch someone being kind they can move their cape over. After we get the whole class to move their cape over we will have a hot chocolate party!

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.