



NEWSLETTER - JANUARY

From the Director's Desk:

Welcome Back! I hope everyone had a very Merry Christmas and a Happy New Year, and enjoyed your time with your little ones. Thank you to everyone who sent delicious Christmas treats for us to enjoy and gifts as well. Your thoughtfulness is very much appreciated. Welcome to 2020 where we have many exciting and interesting activities on the horizon.

January is going to be a very busy month. We are off to a "Winter Wonderland" discussing the clothing we wear and all the fun of wintertime activities. We will talk about the change in temperature and how snow forms. We will learn about some winter birds, and how they survive and get their food. We will also learn about hibernation. We have many art projects planned in conjunction with our themes.....snow people, mitten patterns, snowflakes, and snow painting. We will talk about Martin Luther King Jr. and how he taught people to solve problems and get along without fighting. It's great to watch the progress your children have made since the first day of school. They are bright, inquisitive, and funny. They love learning and playing with their classmates. Please continue to review with your child/children the content we are covering in school.

Reminders:

- Children must have a heavy coat/jacket, mittens, and hat. We try to get outside as much as possible.
- Please make sure your child has an extra change of clothing in their cubbie.....underwear, socks, pants, and a warm top for the cold weather.

Important Dates:

- January 2: School Resumes
- January 7: Staff Meeting 8 a.m. PTA Meeting 9 a.m.
- January 10: Early Dismissal for all Classes - Christmas Party for Teachers
- January 20: Martin Luther King Day No School
- January 14: Picture Retakes by Dante Studio
- January 27th - January 31st :
 - Scholastic Book Fair and Mystery Reader Week for Grandparents
- January 28: Pajamarama Day
- January 29: Grandparent's/VIP Day Threes 9:30 a.m. 3's
- January 30: Grandparent's/VIP Day Fours 9:30 a.m. 4's

Winter Family Fun:

When you look back on your childhood, a few favorite memories probably stand out. Consider one of these ideas for making new memories with your child.

Family Journal:

Learn about family members by keeping a shared journal. Once or twice a week after dinner, pass around a note-book, and have each person write a sentence or two about something funny or interesting that happened recently. (If your youngster isn't writing yet, let him/her tell you what to write on his/her turn.) On the last day of each month, relive memories by reading the journal together.

Old-Fashioned Games:

Introduce your child to traditional games like marbles, jacks, etc. You might ask older relatives to teach you their favorites, or get a book like *The Games Book: How to Play the Games of Yesterday* (Scholastic).



New Places:

Look for places your family has never been before. You could try a hobby shop, fire station, or different playground. Let your youngster keep a list of the places you like so you can visit them again.

"Weekend "Campouts:"

One weekend a month, hold a family campout. You can camp indoors when it's cold out and in your backyard during warmer weather. Set up a tent, or drape a sheet over some chairs for a makeshift fort. Then, put sleeping bags and pillows inside, and snuggle up to tell stories.

"Safe" Strangers:

If your youngster gets separated from you in public, does he/she know what to do? When you're out together, talk about "safe" strangers he/she can ask for help. Point out security guards and police officers or people working behind counters in stores and offices. **Tip! Help her/him memorize your cell phone number so she/he can reach you.**

Worth Quoting:

"Kind words can be short and easy to speak, but their echoes are truly endless."

Mother Teresa

Parenting Q & A: How Much Television is Ok for my Preschooler?

The American Pediatric Association recommends that "Children under 2 should not be exposed to a screen at all." (That includes TV, computers, video games, videos}. For children older than 2 screen time should be closely monitored. TV viewing should never happen at mealtime, and only after outdoor playtime, time for coloring, and time for reading have been included in the child's schedule. Learning happens best when children interact with the real world.



A-B-C's

Promote an early love of language and interest in words and books by:

- Reading to your child and letting them help turn the pages
- Pointing to some of the words in the story so they associate what you are saying with the words on the page
- Reading signs when you are walking or driving around town
- Identifying things by their names - and make a game out of labeling common household items
- Ask your child questions that will encourage description and explanation
- Going to a story time at your local library

1-2-3's

Early math skills are learned through all kinds of play and activities such as:

- Sorting crayons or blocks by color, size, shape
- Putting puzzles together
- Matching socks while sorting the laundry
- Counting out snack items, like raisins
- Building with blocks and/or legos
- Playing with measuring cups in the bath

Helping Boys and Girls Learn

Parents are children's first and most important teachers. The things a child learns in the years before he or she starts preschool or kindergarten are the foundation of all learning that comes after. One of the most important lessons we can pass on to our children is that learning is fun. Enjoying learning new skills in the home and in the neighborhood before ever entering a classroom will translate into believing that learning in school will also be fun. The brains of boys and girls are designed to learn---they want to learn—and while their brains are designed to learn in slightly different ways, the capacity for learning is the same. So have fun helping your child learn. Laugh often and smile a lot. Laughter releases an array of positive chemicals in our body and brain that not only make us feel good but keep our white blood cells working more efficiently.



Winter Weather Warning:

With the Winter months upon us, I need to remind you that our school will close if conditions are considered dangerous. We close when the Harrison School District closes. We will be using our Black Board Connect rapid communication system, so you will get a call if we close or have a delay.

Health Reminders:

- The return to school in January signals to us once again the importance of maintaining a healthy environment for the children and for the teachers---especially during the cold and flu season. We do our best to keep toys, and surfaces clean, following the guidelines required by our state licensing agency. We also make sure that children and adults wash their hands frequently during the school day. We strongly request that parents also do their part to prevent the spread of illness and infection by keeping children home when they show symptoms of illness which may include:
Unusual irritability or fatigue
- Fever
- A runny nose that includes green or yellow mucous
- A deep persistent cough
- Complaint of an earache
- Complaint of an upset stomach
- An undiagnosed skin rash

Our teachers or the Director will call parents during the day if we observe signs of illness and we will request that children go home early. Please check with Mrs. Rinaldi to make sure that we have current contact information for adults listed on your emergency contact form.

Please be sure to call or email us when your child is absent and we especially ask that you notify us right away if your child is diagnosed with a contagious illness. Children should remain at home until they are fever free for 24 hours—or in case of contagious illnesses such as chicken pox, conjunctivitis, strep throat, for example. A doctor's written confirmation that the child may return to school is required. Thank you for your cooperation and consideration.



January Themes

Threes:

- Numbers: 12,13, 14
- Colors: Blue, White
- Shape: Oval, Arrow
- Community Helper: Doctor, Pediatrician, Veterinarian, Supervisor/Mayor
- New Years, Winter, Dr. Martin Luther King, Snow, Snowmen, Snow/Ice, Hibernation, Igloos, Mittens, Winter Animals, Penguins

Fours:

- Numbers: 13,14,15
- Colors: Blue, Pink, White
- Shape: Oval, Cone
- Community Helper: Doctor, Nurse, Supervisor/Mayor, EMS, Pediatrician, Veterinarian
- New Years, Winter, Hibernation, Martin Luther King Jr., Arctic Animals, Snow/Ice, Healthy Habits, My Plate, Penguins, Grandparents

Thank You

Thank you to all our school Families for their generosity during the Christmas Season.
Your personal gifts and gift cards are truly appreciated.

