

# IT'S A GOOD DAY IN PRE-K!

JANUARY NEWSLETTER

## HAPPY NEW YEAR!

It's a new year which means someone will generally ask, "So what's your resolution?" Goal setting is a great way to talk to your little ones about positive changes. Our Pre-K students may have a hard time sticking to long-term goals, but a few small goals a day could work. Set up a sticker or reward chart. An example of a goal could be, "I will brush my teeth twice a day, once after breakfast, and again before I go to bed."



## SCREEN TIME

We've all been there. It's been a long day, we need to get dinner ready, laundry, lunches for the following day, and manage our children. If your children are like mine they are perfect angels from when school ends to when they go to bed....All joking aside it is ok to give them screen time so that you can have your OWN time, if there is such a thing. But how much is too much? The American Academy of Pediatrics recommends one hour per day for children 2-12. It's ok for your kids to have fun on their devices, but be mindful of a healthy balance.

## JANUARY EVENTS

Just a reminder that classes are not in session on:  
*Thursday, Jan. 12th- Teacher professional development*  
*Monday, Jan. 16th- Martin Luther King Jr. Day*





## JUST BREATHE

Did you know deep breathing can lessen stress and anxiety? It's true. But how do we teach our kids to breath when they need a reset? Follow the link to some fun breathing activities to make mindful breathing fun.

<https://www.mindful.org/the-breath-is-your-superpower-3-ways-to-help-kids-reset/>

## WEATHER

While it doesn't feel like winter, we all know that Mother Nature is just waiting. With that please follow your child's school district's closing and delay schedule when we have inclement weather.

*From the Desk of Early Learning Principal, Michael Burns*