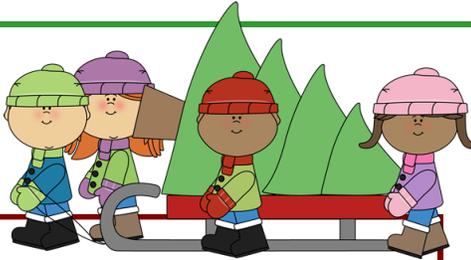




# DECEMBER NEWSLETTER

## MONTHLY THEMES



## HOLIDAY FUN

November 30th– December 4th: Winter is Coming

December 8th-12th: Holiday Sweets

December 15th-19th: Christmas

December 22nd-26th: Christmas

December 29th-January 2nd: New Years

## UPCOMING BIRTHDAYS



- ◆ Iris H.– 1st
- ◆ Tyler D. 3rd
- ◆ Myla K.– 5th
- ◆ Tyler K.- 5th
- ◆ Brendan W.- 6th
- ◆ Ella F.– 6th
- ◆ Nora C.- 12th
- ◆ Elisa S. - 14th
- ◆ Noell P.-16th
- ◆ Cameron H. - 19th
- ◆ Landon S.- 27th

## Keep stress in check during the holidays

The holidays should be a joyous time for family and friends, but they can be stressful if you feel stretched too thin. Don't let the pressure bring you down. Here are some helpful hints for keeping your stress

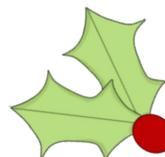


levels under control during what should be a fun and relaxing time:

1. Pay attention to your mood. Recognize the signs of stress, such as irritability and anxiety. Avoid these by getting a handle on things instead of just letting them happen.
2. Set reasonable limits. Allow yourself to say "No." Be realistic about what you can and cannot do during this busy month.
3. Watch your diet. Overindulging in holiday treats can affect your

mood. Sugar overload will make you sluggish, and the stimulating effect of caffeine may make you overanxious.

4. Exercise. Take a walk or visit the gym regularly. Not only will it combat the extra calories you're consuming, you'll also relieve tension and get some relaxation.



## SPECIAL DAYS IN DECEMBER

- ◆ December 4th  
**National Cookie Day**
- ◆ December 9th  
**Baking Treats Day**
- ◆ December 11th  
Ugly Christmas Sweater Day
- ◆ December 17th  
**Birthday Party for Jesus**
- ◆ December 24th  
**Closing Early at 3pm**
- ◆ December 25th  
**CLOSED for CHRISTMAS**
- ◆ December 31st  
**Closing Early at 3pm**
- ◆ January 1st  
**CLOSED for New Year's**

## NEW YEAR'S EVE CRAFTS

New Year's Eve is a fun time to reflect on the year before with your children. Here are a few ideas you can do or use them to get your own creative juices flowing:

- Create a book that you can print – these are a simple and fun task to put together. Include all of the fun things you did over the past year. Let your little one draw pictures that go with the activities they've done. These are also a good idea for early readers.
- Write a Poem – Use the letters in the word "New Year" and write a poem about things you've done over the past year.
- A New Year Essay – this is good for older children. Write an essay on the "The Best Thing That Happened to Me This Year Was..."
- Entertainment over the past year – Make a list of questions about your favorite movies, songs, books, television shows, websites, photos, activities and why you liked them.
- Keep the New Year In mind – make a list together of things you'd like to do, goals you'd like to reach in the new year. Include places you'd like to visit, books you'd like to read, things you'd like to learn, etc.
- Create a scrapbook: Use photos and memorabilia from activities you've done, trips you've taken or other fun things and put it all into a scrapbook that your child can look back on for years to come.

There are plenty of ways to create fun reminders of the past year. Use your own creativity to create beautiful memories with your children.



## REFERRAL PROGRAM

Refer a family to us during the month of December and receive a

# \$100

Visa gift card! It's holiday shopping on us!



## FROM THE OFFICE

**Poinsettias** will arrive December 3<sup>rd</sup>.

**Fun Pasta** will arrive the week of December 7<sup>th</sup>.

We are **CLOSING EARLY** on **Christmas Eve** and **New Year's Eve!** The center will close at **3:00 pm.**

We will be **CLOSED** on **December 25<sup>th</sup>** for Christmas and **January 1<sup>st</sup>** for New Year's Day.

Attention Junior/Senior Parents:  
Watch for a sign up sheet for Parent/Teacher Conferences, January 11<sup>th</sup>-15<sup>th</sup>.

