



# January Newsletter

## Monthly Themes



### WINTER

January 2nd-6th: Life in the Arctic

January 9th-13th: Winter Fun

January 16th-20th: Transportation

January 23rd-27th: Jan Brett

January 30th-February 3rd: Friends and Feelings

### upcoming birthdays



- ◆ Owen S.- January 3rd
- ◆ Augustus P.-January 5th
- ◆ Lily H.- January 7th
- ◆ Carson G.- January 8th
- ◆ Yana T.- January 10th
- ◆ Ronan C.—January 14th
- ◆ Mitchell M.- January 15th
- ◆ Zoey D.- January 16th
- ◆ Jade D.- January 22nd
- ◆ Paige S.- January 25th
- ◆ Mia M.- January 25th
- ◆ Jackson A.- January 25th
- ◆ James H. January 29th
- ◆ Henrik G.- January 29th
- ◆ Joe T.- January 30th

## Staying Active Through the Winter

Don't let the cold winter weather keep your family from being active! There are still many activities that can be done inside, out in your neighborhood, or in the community.

#### In Your Home

Throw a dance party in your living room! Have each member of the family pick a favorite song and dance it out together.

Lay out colored pieces of

paper in a path around your house and do a color walk! Challenge each other to go through the house only stepping on certain colors.

#### In Your Neighborhood

Something as simple as going for a walk will provide great exercise for your family. Also, just simply playing outside and doing things like building a snowman or having a snowball fight are

other great options!

#### In the Community

Visiting local ice rinks and going ice skating with the family is wonderful exercise! Our area has many indoor and outdoor facilities that are open to the public. If you prefer to stay warm, try a family bowling night or family fitness class.



### Special Days in January

- ◆ January 5th- Penguin Day
- ◆ January 10th-11th- **Senior** Parent Teacher Conferences
- ◆ January 12th-13th- **Junior** Parent Teacher Conferences
- ◆ January 19th- Martin Luther King Jr. Day
- ◆ January 24th- Snowflake day

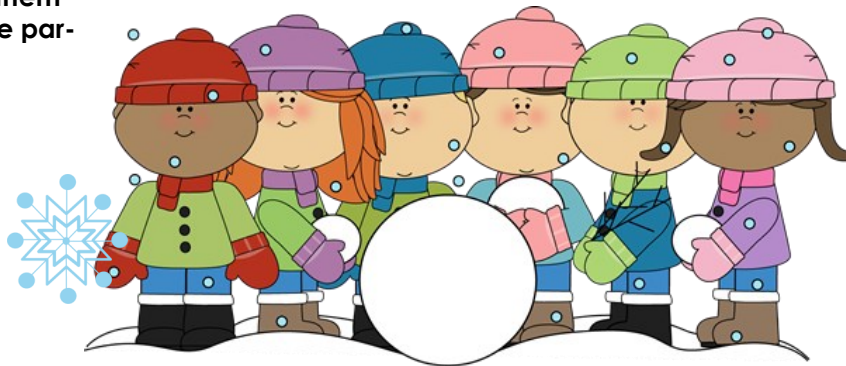


# New Year's Resolutions

One annual tradition in families around the world is to set goals, or resolutions, on New Year's Eve. If you and your family celebrate this tradition it is a great opportunity to start to talk to your children about how to set goals that are going to help them to achieve their personal objectives in life. Goal setting is really a very complex endeavor, and one that needs to be scaled down to an appropriate level for a child. Most children, even those just starting school, can grasp the concept of having a goal and then developing a plan to achieve that goal when they focus in on one specific focus area.

Moms, Dads, and other family members that interact with the children can all come together and make group goals. Group goals for families are a real bonding experience and can highlight how a family works to support each other throughout the year. Often, family New Year's goals focus on helping each other, spending more time together, or perhaps everyone agreeing to help out at a local charity or community organization.

The key is for parents to model goal setting in their own lives and talk to children about how goals help to provide measurable milestones and accomplishments in life. Kids should be encouraged to set goals that are meaningful to them and not necessarily the same goals that the parents may have for the child.



## Referral Program

Refer a full time family to us during the month of January and receive a

**\$600**

Tuition Credit!!

\*Family must sign up for full-time enrollment. Credit will be issued over a 6 month period.

## From the Office

Our Annual Niagara Chocolate **Easter Candy Sale** is from *January 13th to February 10th!* The proceeds from our Walden Location will go towards updating our **playgrounds!** The proceeds from our Laverack Location will go towards purchasing items for our **Summer Camp!**

Remember to sign up for **Parent Teacher Conferences!**

