

# January Newsletter

## January Birthdays

Mitchell McGee	01/15
Brady Evans	01/16
Sawyer Coppola	01/22
Arlen Kaniecki	01/25
Paige Szepetyk	01/25
James Heiser	01/29
Dominic Graves	01/30

## Important Dates

**January 1st:** Center Closed

Happy New Year!

**January 10th:** Mrs. Lisa Teacher Conferences

**January 13th:** Miss Jodie Teacher Conferences

**January 14th:** Miss Sarah Teacher Conferences

**January 15th:** Mrs. Kirsti Teacher Conferences

## Monthly Themes

**Colors:** Black and White      **Shape:** Square

**Jan. 6-10:** Life in the Arctic/"Jesus' First Miracle"

**Jan. 20-24:** My Body/ "A Hole in the Roof"

**Jan. 13-17:** 5 Senses/ "The Lord's Prayer"

**Jan. 27-31:** Space/ "Jesus Calms the Storm"

## **Make Family New Year's Resolutions**

With the new year comes a sense of new beginnings. The feeling that anything is possible. It is a time that we can make new resolutions and stick with them. Not only can you make resolutions for yourself but also consider making some family resolutions, things that you will do together in the coming new year. Take a look at the ideas below and work with your family to help make this the best year ever!

1. Spend more **quality** time together. Life is busy. Take a look at your children. Remember when they were small enough to hold in your arms? Where did the time go? Make a resolution to spend more time talking and playing together. Set up a family game night. No electronics allowed. No phones in the room or tablets or game systems. Just you and the kids. They'll love your undivided attention, and you'll be surprised at how many special memories can be made over such a simple activity.
2. Eat healthier. It sometimes seems like an impossible task to get kids to eat their fruits and vegetables. But make it your goal to sneak them in anyway possible. Try pureeing a few carrots and adding them to a spaghetti sauce. Make it a weekly routine to grocery shop together and pick out a fruit or vegetable you've never tried. Make it fun!
3. Spend more time outdoors. Just because it's snowing doesn't mean you can't get outside. Bundle up and make a snowman. Go for a walk and look at how the neighborhood changes through the seasons. Even if it is later in the evening, a sunset can be a beautiful thing to watch with your children or take a look at the stars together.

It's never too late to start something new. These ideas, while seemingly small, can make a big impact on you and your children. You can never go wrong spending time with your kids. Don't forget to take some pictures.; 2020 will be gone before you know it!

# What's New at The Rock?

We had an incredible Christmas party, and it was so much fun being able to spend it with all of our families. We love you all and appreciate you bringing your children here.

We are so excited for what 2020 is going to bring us. Growing enrollment is helping us to expand our classrooms. We've brought on some wonderful new staff to help in this process including, Ms. Stephanie, a Junior head teacher, and Miss Gretta, a school age aide.

We can't wait to see what the future has in store for us, and we're so happy that you will be on the journey with us.

## Referral Program

The highest compliment our parents can give us is a referral of a new family for child care. The trust and confidence that you place in us each day means so much to us. In appreciation for your confidence, if you refer a family and they register, you will earn tuition credit!

### **It's as easy as 1, 2, 3!**

1. Refer a family to us.
2. The family that you refer must give the management team your name and put it on the necessary form for enrollment.
3. After the family has attended for four weeks, your account will be credited. You will earn \$50 for part-time enrollment, or \$100 for full-time enrollment.

## From the Office

Here at The Rock, we know how important it is to have children play outside. We strive to get our children out twice a day, weather permitting. Please have a snowsuit, jacket, hat, gloves, and boots in



your child's cubby for outside play. Thank you to everyone who made purchases during the book fair! We're truly appreciate it!

