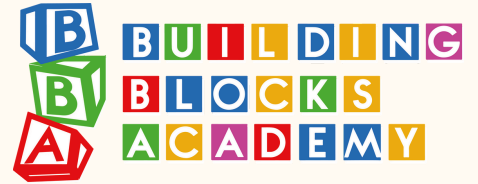


JANUARY 2026 NEWSLETTER



JANUARY HIGHLIGHTS

Welcome to January! As we begin a brand-new year, our children will explore winter themes and opportunities to build routines and set goals. Our students will enjoy a wealth of learning opportunities through play, engaging in hands-on activities that foster growth and curiosity. January is a time for fresh starts, kindness, and discovering new things together in a warm and caring environment.

This month also emphasizes Health and Wellness, Organization, Planning, Budgeting, and Learning New Skills. In addition, January highlights awareness for Mental Wellness and Poverty in America.

FAMILY CONNECTION & PARENT RESOURCES

Family & Gratitude

Parents, we invite you to join us in supporting our students as we address the importance of gratitude and family.



Nutrition and Healthy Lifestyle: Getting Our Children to Exercise

The article "Nutrition and Healthy Lifestyle: Getting our Children to Exercise" explains the benefits of regular physical activity and healthy eating for children's physical and mental well-being and provides practical strategies for parents to encourage these habits.



WEEKLY THEMES

January 01-02	New Year, New Adventure
January 05-09	Rhyme Rockers
January 12-16	Kitchen Helpers
January 19-23	Fury Friends in the Snow
January 26-30	Little Building Construction Crew



REMINDERS: JANUARY

January 1st	New Year's Day (Center is Closed)
January 19th	Martin Luther King, Jr.