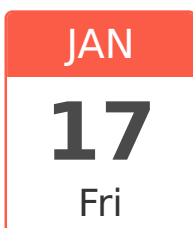
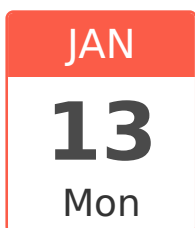




□ Pre-K Press January 2025 □



Spirit Week

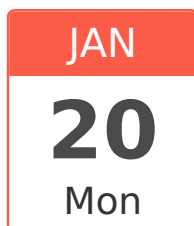
Monday - Sports day □□□□□

Tuesday - Tie Dye day

Wednesday - Wacky Mismatch day

Thursday - Fairytale Dress-up day □□□□□

Friday - Pajama day



Closed for Martin Luther King Day

Food for thought

How to introduce new foods to picky eaters

1. Begin to offer a variety of nutritious foods and flavors at an early age to promote food acceptance.

2. Introduce new foods one at a time and serve with familiar foods, as offering several new foods at once can be overwhelming.
3. Involve children in food preparation and cooking activities to introduce and experiment with new foods through sensory cues.
4. Create a supportive meal time experience free from distractions.
5. Offer bite-sized portions of new foods at meal time and avoid pressuring children to "clean their plate," which interferes with their natural hunger cues.
6. Praise children when trying new foods and refrain from using dessert as a reward.
7. **Don't give up**, as it may take up to 12-15 exposures for a new food to be accepted.



Pre-K Wish List

These are things that you may have lying around the house that you do not need-but we can make great use out of!

- Old Cookbooks and/or Recipe Cards
- Old Magazines and/or Newspapers
- Blank Cards and/or Stationary
- Empty tissue boxes

Thank you for thinking of us!

Favorite Memory **Ms. Barb**



My favorite memory this month has been getting to play outside in the snow with all of these big kids. They never let the cold get in the way of their play (Even after I said my feet were turning into popsicles!)



Reminders

-Please remember to **send ice packs in your child's lunch** when necessary!

-As the weather is starting to get colder please make sure to bring in a warm **coat, snow pants, gloves, and hat.** And if your child is prone to losing gloves please attach them to their coat for safe keeping.

-Please make sure all of your child's items brought to school are **labeled.**

-**Toys are not permitted at school.** That said-each child may bring **one lovey & one blanket for rest time.** These are to be kept in their cubbies at all other times of the day.

Thank you!



Thank you to everyone for all of the gifts and snacks you shared with us this holiday season! It is never expected but always appreciate!

We can't wait for the Valentine's party for another chance for all of our grownups to come and play with the class again!



	January Menu		
	Breakfast	After School	Pm Snack
Monday	Cereal & Oranges	Veggies, pita bread, & hummus	Goldfish & Raisins
Tuesday	Oatmeal & Apples	Cereal Bars & Bananas	Chicken Nuggets
Wednesday	Yogurt, Berries, & Granola	Cheese Pizza English Muffins	Snack Activity: Pretzel Snowflake (Marshmallows & Pretzel Sticks)
Thursday	Pancakes & Bananas	Pretzels & Apples	Ritz Crackers and String Cheese
Friday	Hash browns & Oranges	Chicken Noodle Soup & Saltines	Peanut Butter & Jelly Sandwiches
Notes Please review the menu with your child and provide a substitute meal if necessary. Children should bring all necessary items needed to complete their meal. This includes: bowls, microwaveable items, spoons, forks, etc. Only can items with tabs are allowed. Parents please do not allow your children to bring diet supplement drinks or Soda Pop.			
*Milk, Juice or Water is offered as a beverage choice with all meals.			

[Social Media](#)

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