



# THE SCHOOL SHED

JANUARY 2010

## Director's Message

Happy New Year everyone. I hope you had a safe and enjoyable holiday season. I took time off and would like to thank my wonderful staff for being so dependable and reliable so that I could spend time with my family over the holidays.

The holiday programs were wonderful. The children and teachers worked very hard preparing for their performances and it was such a treat to see their little faces light up. Thank you for attending and supporting your child.

The holidays are behind us and there is a winter wonderland full of amazing learning opportunities ahead of us. This month the children will be learning about how weather changes, snowflakes, winter animals, hibernation and more. This is a great time to incorporate science in with each lesson.

All of us at Town and Country would like to thank all of you for all the wonderful gifts, homemade cookies and candies, cards and best wishes for the holidays. Thank you!



## Pajama Day!!

This is an all time favorite day for the kids as well as the staff. Wear your pajamas and bring a small stuffed animal on Wednesday, Jan. 13 and Thursday, Jan. 14. We will be viewing, "Barney and Friends Winter Wonderland" and enjoying hot cocoa and popcorn.

## Returning After Break

We all know how hard it is to get back into the swing of things once our routine is disrupted, we leave town or when we experience something new or different. Keep in mind that this is true for our children as well. After being out of school for two weeks, visiting with relatives, getting new toys and a lot of extra attention, don't be surprised if your child shows some resistance to returning to school. This is normal behavior. We are prepared to assist you and your child with the transition back into the normal routine.



## Why Are Healthy Lunches At School So Important?

A healthy lunch provides children with the energy and nutrients they need to grow, learn and play at school.

Without adequate energy from food, children at any age, may feel sluggish, become more susceptible to illness and find it difficult to concentrate. It can also make rest time more difficult which in turn denies them of the proper rest children need to grow and develop. Below is a list of helpful hints you may want to consider when packing your child's lunch.

- Capture their attention with lunches that include a variety of shapes, colors and textures
- Use a variety of whole grain breads and cut them into triangles, diamonds or other fun shapes
- Decrease portion size. Few preschoolers will eat a whole sandwich, especially when he knows there are sugary items to choose from
- Consider the sugar content when you place a yogurt, pudding, granola bar and fruit juice in one lunch serving.
  - Have your child be a part of the planning. Give your child several healthy choices and let him choose
    - Children are more likely to eat a food if they have helped with the preparation
  - Consider packing lunches after dinner rather in the morning before school when you are rushed
- Consider packing water instead of fruit juice. Juices are loaded with sugar which decreases your child appetite



## Happy Birthday Dr. King

In honor of Martin Luther King Jr's birthday, Town and Country Preschool will be closed Monday, Jan. 18.

## HAPPY BIRTHDAY TO YOU!!

Joshua B. 1/5

Haylie 1/8

Tyler S. 1/9

Dawson 1/20

Cody M. 1/20

Dillon 1/23

Avery L. 1/26



## SILLY SAYINGS

Ms. Kiyo had the kiddos pretending to drink from a cup of water. Jacob K. shook his head and said, "No, this just isn't working for me."

While playing with shaving cream Courtney got very messy.

Ms. Kiyo asked in a joking manner, "how did you get so messy?" Courtney replied, " I was just born that way."

## Fall Registration 2010/2011

It seems like so far away, but it's actually just around the corner and will be here before you know it. In order to guarantee your child a spot for fall, those families that are already enrolled with Town and Country will be given the opportunity to enroll before we open enrollment up to the public. You may reenroll a preschooler or enroll a younger sibling. This early enrollment will begin Tuesday, Feb. 16th and will end Friday, Feb. 26th. If you have not turned your paperwork and registration fee in by the 26th, we will be unable to guarantee a spot for your child, however you may still register. Please do not hesitate to ask for details.

Space will be limited as we will be opening a second extended care class this spring. More details to follow.