Happy New Year!

I hope that you had a terrific Winter break and had the chance to relax, reconnect, and recharge with family and friends. As we begin the second half of the school year, we are focused on our school readiness goals for our program, and ultimately, the success of your child. If you have questions about your child’s progress, I encourage you to reach out to your child’s teacher. There’s a lot that we can do together!

New Year’s Day is usually a time of promise and renewed hope and also a time for reflection. I came across this quote that caused me to pause and think about my own kids:

*Parents are the ultimate role models for children. Every word, movement, and action has an effect. No other person or outside force has a greater influence on a child than the parent.*

–Bob Keeshan

For me, it helped me to realize that my daily actions have an impact every day. I often think of the things that I may do that can change how our day goes. Instead of telling my child to “Get up!” I can walk in with a “Who’s ready for a great day?” instead. We, as parents, have the ability to influence and help our
children learn in a myriad of ways – it means taking the time to slow down and take advantage of those opportunities.

**Upcoming Events.** We have a lot of different events planned for the next 5 months. Please stay tuned for further information in upcoming newsletters! This includes our upcoming Literacy Night for the Early Childhood program and a math night at your center. We hope you’ll be able to attend these events!

**School Closures and Late Starts.** If you have registered an e-mail address and/or a cell phone and text permission in Infinite Campus, you will receive late-start or closure messages. The district will also post these announcements on the district website (thompsonschools.org), the district Facebook page (“Thompson School District”) and Twitter (@ThompsonR2J).

The superintendent may announce a late-start schedule for the opening of schools if weather or other emergency conditions are severe but not serious enough to close schools. If a decision is made to start school late, it will be announced no later than 5:30 a.m.

A late start means that all bus routes and school starting times will be delayed 90 minutes.

- All bus routes will run as usual only 90 minutes later.
- All school start times will be delayed 90 minutes.
- All morning kindergarten and preschool programs will begin 90 minutes later than usual.
- Afternoon kindergarten will have no delay in their normal start time.

When the district is on a late-start schedule, all schools will be dismissed at normal times and all after-school bus routes will run in the normal order and at the normal times.

If the district decides to cancel school because of inclement weather or other dangerous conditions, these stations will carry the announcement: Radio stations KCOL (600 AM) and KTRR TRI-102.5 (102.5 FM), Denver television stations and the district’s television channel, Comcast Cable Channel 14. For route advisories, dial 970-613-5192.

Media sources will be contacted for both school closings and late starts. Information will also be available on the district’s school closure line at 970-613-6788.

Our sincerest wishes for a wonderful 2018 to you and your family!

Sincerely,

Lamb Caro
Early Childhood Administrator
January often brings cold snowy weather that means lots of inside time for our little ones. In order to make the most of these long winter hours, here are some ideas for learning:

- Preschoolers love to help! Have your child help sort and fold the socks. Talk about same and different. You can then sort them by family member, or color and count how many each family member has.

- Have your child help set the dinner table. Work on counting how many forks, knives and spoons you will need for the meal. Encourage him/her to decide what else you might need for the meal...salad dressing, ketchup, salt and pepper, etc.

- Encourage your preschooler to count the stairs in your home each time they climb up/down. Have them stop on stair number 3, 6 etc.

- When you ask your child to clean his/her room, divide up the task to make it more manageable. Start by picking up all the cars, now the stuffed animals, now the books etc.

- Snuggle up with a good book and a cup of hot cocoa with your little one. Ask them to “read” to you by looking at the pictures and retelling the story.

Each of these activities builds categorization skills, counting skills and self-esteem. By allowing your child to help, you are building their independence and sense of accomplishment. Encourage their efforts and praise their persistence. Most of all...have fun!

Amy Gerhard
Education Coordinator
970-613-5078
Cold Weather Safety 2017

Children are more vulnerable than adults to the effects of cold weather. Share these tips with Head Start parents and staff to keep children safe, healthy, and warm this winter.

**Sleeping Safely in Any Season**

- Keep babies' cribs free of stuffed animals and extra blankets. A firm mattress covered with a tight-fitting crib sheet is all that an infant needs to sleep safely.

If you are worried about keeping babies warm, dress them in a wearable blanket, also known as a sleep sack.

**Bundle Up!**

- Children are at greater risk for frostbite than adults. The best way to prevent frostbite is to make sure children dress warmly and don’t spend too much time outside in extreme weather.
- Dress children in layers of warm clothing. If the top layer gets wet, they will still have a dry layer underneath.
- Tuck scarves inside coats and jackets to prevent them from becoming strangulation hazards.

Car seats and winter coats don’t mix. Bulky coats can compress in a crash and create a loose car seat harness. Instead, lay the jacket or a blanket over children once you’ve safely strapped them into their car seat.

**Keeping Healthy Outdoors**

- There’s no set amount of time for children to play outside safely when the weather is cold. Use your best judgment. When the cold becomes unpleasant, it’s time to go inside.

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**Berry Tasty Muffins**

**Prep time:** about 40 minutes  
**Makes:** 12 muffins

**What you need:**
- 1 c. flour  
- 1 c. blueberries, washed  
- 1 c. oatmeal  
- 1 egg  
- 3 tbsp. sugar  
- 1 c. milk  
- 1 tsp. salt  
- ¼ c. vegetable oil  
- 4 tsp. baking powder  
- nonstick cooking spray

**What to do:**

Preheat oven to 400°F (200°C). In a large bowl, mix together the flour, oatmeal, sugar, salt, and baking powder. Mix in blueberries.

In another bowl, break the egg and use a fork to beat it just a little bit. Then add the milk and vegetable oil, and mix. Add egg mixture to the dry ingredients in the large bowl. Using a mixing spoon, mix about 25 or 30 times. Don’t mix too much! Your muffin mixture should be lumpy, not smooth. Line a muffin tin with paper liners or lightly spray with nonstick spray.

Spoon in the muffin mix. Fill each muffin cup about 2/3 of the way up.

Bake for about 20 minutes. When muffins are finished baking, remove from muffin tin and cool them on a wire rack. Enjoy your berry tasty muffins!

**Nutritional analysis (per serving):**

- 136 calories  
- 1 g fiber  
- 3 g protein  
- 18 mg cholesterol  
- 6 g fat  
- 344 mg sodium  
- 86 mg calcium  
- 0.9 mg iron  
- 19 g carbohydrate

**Note:** Nutritional analysis may vary depending on ingredient brands used.

Reviewed by: Allison Brinkley, RD, CNSC, LD/N © 1995-2014 The Nemours Foundation. All rights reserved.  
www.KidsHealth.org
• If you are unsure if weather conditions are safe for outdoor play, check the [Child Care Weather Watch Chart](#).
• Have children come indoors periodically to prevent hypothermia or frostbite. A temperature of zero degrees Fahrenheit and a wind speed of 15 mph creates a wind chill temperature of -19 degrees Fahrenheit. Under these conditions, frostbite can occur in just 30 minutes.
• Frost nip is an early warning sign of frostbite. The skin may feel numb or tingly or appear red (on lighter skin).
• To prevent frostbite, check that mittens and socks are dry and warm. Frostbite occurs mostly on fingers, toes, ears, noses, and cheeks. The affected area becomes very cold, firm, and, depending on the color of the skin, turns white, yellowish-gray, or gray.

Even though it's cold outside, it's important to use sunscreen and stay hydrated. Children are more likely than adults to become dehydrated.

**Staying Safe Indoors and in Vehicles**

• Keep anything that can burn at least three feet away from heating equipment, including furnaces, fireplaces, wood stoves, and portable space heaters.
• Set up a three-foot “kid-free zone” around open fires and space heaters.
• Remember to turn portable heaters off when leaving the room.
• Test smoke alarms at least once a month.
• Vent all fuel-burning equipment to the outside to avoid carbon monoxide (CO) poisoning.
• Install and maintain CO alarms. Keep alarms at least 15 feet away from fuel-burning appliances.
• If you need to warm up your vehicle, remove it from the garage as soon as you start it to avoid the risk of CO poisoning. Don’t leave a vehicle running inside a garage.

If vehicles are parked outside, check to make sure the tailpipe is not blocked with snow, which can also cause problems with CO.

**Infection Control**

• Cold weather does not cause colds or flu. However, viruses that cause a cold and the flu are more common in the winter when children spend more time indoors.
• Keeping everyone’s hands clean is one of the most important ways to avoid getting sick and spreading germs to others. Wash hands with soap and clean running water, and rub them together for at least 20 seconds.
• Teach children to cough or sneeze into their upper sleeve or elbow, not their hands. Adults should model this behavior.
• Review program policies on hand washing; cleaning, sanitizing, and disinfecting; and excluding children and caregivers who are sick.

The U.S. Centers for Disease Control and Prevention and the American Academy of Pediatrics recommend that all children 6 months and older receive the seasonal flu vaccine every year. All early care and education program staff should also get vaccinated for the flu.

Questions?
Contact the National Center on Early Childhood Health and Wellness at [heath@ecetta.info](mailto:heath@ecetta.info) or call (toll-free) 1-888-227-5125.
**Keep your eyes open for more information regarding Schools on the Move which happens in February!**

Log sheets will be sent home with your child(ren) mid- to late January from your school so be watching for them along with instructions on how this program works. In February, Early Childhood students will be participating with the rest of Thompson Schools in the Schools on the Move Challenge! Schools on the Move is a one-month program to encourage, students, families and school staff to adopt the 5-2-1-0 healthy habits. More information will be in the February Newsletter.

Christiana Shorten
Health Coordinator
970-613-5063

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I hope the New Year finds you well and that you are able to rest after the holidays!

With the long winter break, and the changes in schedules, children (and parents) will need some time to get back into the routine. At school, teachers will be reviewing our Safety Rules and the expectations of school behavior. This is a good time to review your house rules and practice your routines. If getting going in the morning is a challenge, here is a link to a great resource that will give you some strategies for making your morning routine go a little smoother:


I hope the new year brings you many blessings!

Mary Bowman
Mental Health/Autism Coordinator
970-613-6179
Maintaining your Native Language

As your child is developing early literacy skills in English at school, you can support this growth by creating and maintaining a print-rich environment in your family’s native language at home. Learning to speak, listen, read, and write in English, will be made easier by helping children develop literacy skills in the native language. Below are ideas to create a print-rich environment on a daily-basis in your family’s native language:

- Read books in the native language daily
- Play rhyming games and sign songs together in the native language
- Keep print materials in the native language in your home (Examples: books, newspapers, magazines, greeting cards, etc.)
- Expose your child to games and music in the native language
- Encourage your child to tell stories in the native language
- Expand your child’s vocabulary in the native language by teaching new words, pointing and naming objects, and helping the child improve pronunciation
- Visit the public library regularly and check out books and other resources in the native language


Erin Ridge
English Language Development
970-613-6084
Please join us for Family Game Night

Date: Wednesday, January 24, 2018
Time: 6:00 – 7:00 pm
Location: Loveland Public Library (300 N. Adams) Children’s Area
RSVP: Julie Lindsay (970) 613-5053

**Snacks will be provided

Board games are a fun way to spend time with your preschooler. Games such as Candyland and Chutes and Ladders satisfy your child’s competitive urges and the desire to master new skills and concepts, such as:

- number and shape recognition, grouping, and counting
- letter recognition and reading
- visual perception and color recognition
- eye-hand coordination and manual dexterity

Games don’t need to be overtly academic to be educational. Just by virtue of playing them, board games can teach important social skills, such as communicating verbally, sharing, taking turns, and enjoying interaction with others. Board games can foster the ability to focus, and lengthen your child’s attention span by encouraging the completion of an exciting, enjoyable game.

http://www.scholastic.com/parents/resources/article/creativity-play/benefits-board-games

Julie Lindsay
Family & Community Partnership Coordinator
970-613-5053