January 2017

Principal’s News:

Greetings!

Happy New Year! I hope that you had a terrific Winter break to reconnect with family and friends. We have a lot planned for the rest of the year and I hope that you’re as excited as we are about the promise of what the New Year holds!

As a program, we’ll continue working towards achieving our goal of preparing students in literacy, math, and problem-solving. For your teacher, this means that she’ll continue to receive support through professional development, our professional learning communities, and through our Early Childhood Learning Pathways.

Your site, as well as the Early Childhood program, have different events planned for the next 5 months. This include site celebrations, Literacy Night for the Early Childhood program, and other events. I hope you’ll be a part of our events at your Early Childhood Center as well as our program.

Our sincerest wishes for a wonderful 2017 for you and your family!

Sincerely,

Lamb Caro, EC Administrator

Stay connected with us on Facebook, too! Look for us under “Thompson Integrated Early Childhood.”
Happy New Year! 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, they 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

Nutrition News: Enjoying Family Meals

Family meals are important for many reasons. They can bring your family closer together, teach children healthy eating habits and improve the diet quality of the whole family. Research shows that families that eat together consume more fruit, vegetables and fiber and less saturated fat, soda and fried foods. Remember, you are a role model for your children, be sure to set a good example!

Try these easy tips to make family meals a pleasant part your family’s day.

- Set a regular family mealtime and make it a priority in your day. **Show your children that family meals are an important family time by turning off the TV and not answering the phone during meals.**
- Eat around a table. **It is easier to engage in conversation when you can see each other.**
- Enjoy conversation. **Include all members of the family in the conversation and try to avoid nagging and complaining.**
- Actively involve children in the meal. **Helping with family meals makes children feel important.** Ask your children to help set and clear the table, fold napkins, help with meal preparation, or plan menus.

Christiana Shorten ND, RN, CNS
Early Childhood Health and Nutrition Coordinator(970)613-5063
Family Engagement

With the colder weather, we tend to stay inside. Instead, dress in layers and explore the wonders of winter:

- Blow bubbles (Do bubbles freeze?)
- Play chase, tag, and hide and seek
- Bring out toy trucks and cars and go to the park
- Collect pine cones for a mobile
- Go on a winter picnic – bring a thermos of cocoa or warm soup and a blanket
- Look at stars at night

If there is snow:

- Make a snow house and decorate it with sticks, pine cones and stones
- Make a snow man and play hat toss to see if you can get the hat on the snowman’s head (try it with a short snowman!)
- Shovel out a maze in the snow in your yard
- Hunt for icicles – where is the largest one?
- Color the snow – use squeezable plastic bottles (dish soap, syrup, shampoo, etc) and fill with water. Add food coloring (red, blue, yellow) or kool aid. Try mixing the colors and see what happens!
- Play snow basketball or golf with snowballs
- Make snow angels

We hope you’ll enjoy some outdoor fun with your family.

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

Crunchy Peanut Butter Bars

Ingredients

- 3/4 cup reduced-fat peanut butter
- 1 cup light corn syrup
- 1 cup sugar
- 4 cups Grape-Nuts Cereal

Directions

1. Microwave peanut butter, corn syrup, and sugar in large microwaveable bowl on HIGH 2 min. or just until mixture comes to boil, stirring after each minute. Add cereal; mix well.
3. Cut cereal mixture into bars. Wrap individually with plastic wrap. Store in tightly covered container at room temperature.

Tips & Suggestions

How to Easily Remove Bars from Pan: Line empty pan with foil, with ends of foil extending over sides of pan. Press cereal mixture into prepared pan as directly. Cool completely. Use foil handles to remove cereal mixture from pan before cutting into bars.
Fruity Bars: Prepare as directed, stirring in 1 c. dried fruit such as raisins, cranberries, cherries or fruit bits along with the cereal.
Stovetop: Place peanut butter, corn syrup and sugar in saucepan. Bring to a boil on low heat, stirring occasionally. Pour over cereal in bowl; toss until evenly coated. Continue as directed above.

http://postcereals.com/recipes
The Education Corner...

Amy Gerhard
Education Coordinator