




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>
<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>
 <p>24</p>	 <p>18</p>	<p>19</p> <p>FALL ENROLLMENT OPENS FOR MIM STUDENTS ONLY</p>	<p>20</p>	<p>21</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p>31</p>	<p>Concept: Dinosaurs Sign Language: Transportation Color: Orange Shape: Octagon Book: "Trucks" and "Hello World-Cars and Trucks" Yoga Movement: Boat Pose, Plank, Stop and Go Practical Life: Car Washing Song/Finger Play: The Wheels on the Bus and Row, Row, Row Your Boat</p>			

Welcome Back! We hope everyone enjoyed their time together as a family. We are excited to see the children back at school!

Fall Enrollment:

Fall enrollment opens the end of the month. Don't forget to re-enroll as classes fill up quickly and we have had a wait list for all classes. Some will be moving on to primary and other will continue in toddler. If your child turns three by Dec 31, 2022 they will be registered for primary in the fall. If you have any questions or concerns please let me know and we can arrange a time to discuss where they should be registered. I don't want anyone to miss out on a spot in the class they want!

What you need to know about sleep for toddlers

Children 1-3 years of age should have 11-14 hours of sleep over a 24-hour period. This may be split up between nighttime sleeping and a nap. Some may need a little less and some a little more. Remember every child is different and there is no set number of hours. Always follow the child. If bedtime is getting hard maybe you need to shorten naps.

How can I help my toddler or preschooler sleep well?

You can do a number of things to establish an excellent bedtime routine to ensure that your toddler gets enough sleep. When setting up a bedtime routine, keep these things in mind:

- Stick to the same set bed times and wake up times each day. Don't short change nap time either—make sure that it does not occur too late in the day or that it is too brief – either of these will result in lack of a good night's sleep.
- Maintain a consistent bedtime routine. Turn off overhead lights and use dim table lamps starting 30-60 minutes before bedtime to minimize light exposure. Establish calm and enjoyable activities in the 30 minutes right before bedtime, such as taking a bath or reading bedtime stories to help your child wind down. It is helpful to set clear limits as to how many books you will read or songs you will sing. Allow your child to pick out which pajamas he or she wishes to wear and which stuffed animal to take to bed, etc. This choice of security object (stuffed animal or blanket) helps your child feel more relaxed at bedtime and all through the night.
- Make sure the bedroom environment is quiet, cool, dark and comfortable for sleeping. A night light or area light on the very lowest dimmer setting is fine. Playing soft, soothing music or sound machine is fine. Remember to reserve the bed for sleeping only – it should not be used as a platform for playing. Television watching in the bedroom should not be allowed. Any other form of screen time (iPad, smart phones, etc.) should not be part of the bedroom environment. These can over-stimulate the child and make it harder for them to fall asleep.
- Limit food and drink (especially any drinks containing caffeine) before bedtime. Remember, many clear beverages contain caffeine, so check the label. A light snack before bedtime is OK.
- Tuck your child into bed in a sleepy but awake state, then leave the room. This will help your child learn to fall asleep on his or her own and help your child return to sleep independently if he or she wakes up in the middle of the night.
- Preschoolers: If a preschooler has a bothersome night waking or nightmare, it is okay for him either to call out or seek out Mom or Dad for comfort. However, once calmed down, Mom or Dad should return the child to his or her own bed. Surround the child with items of comfort, such as a favorite stuffed animal or soft blanket or other object that will allow the child to fall asleep again independently without the need to leave the bed and seek you out again.

<https://my.clevelandclinic.org/health/articles/14302-sleep-in-toddlers-preschoolers>

Happy New Year, Mrs. Trudy, Ms. Rose and Ms. Chloe

DATES TO REMEMBER

FEBRUARY 5th OPEN HOUSE

22-23 ENROLLMENT OPEN HOUSE (TBA)



FEBRUARY 21st NO SCHOOL



We Need Your Help!

Due to the recent theft of the equipment from the outdoor shed, some parents have offered to help replace equipment that my husband and I bought to assist me in teaching the children during outdoor enrichment. No expectation to participate. You can use work bond when purchasing the items. Here is a list of items. If you have questions, please contact me.

Regards,
Tammy Bell

1. Nexcare First Aid Kit
2. Coleman 16 oz Camping Propane Cylinders
3. Rechargeable Hand Warmer
4. Milwaukee Super Sawzall -M18 Fuel 18 Volt Lithium -Ion Brushless Cordless Saw Kit w/charger and one battery
5. Milwaukee -M18 Fuel 18 Volt Lithium -Ion battery
6. Porter Cable 12 Volt Drill w/charger and light
7. Irwin Tools 4935607 Titanium Coated High Speed Steel Drill Bit - Pro Case 15 pieces
8. Craftsman 120 Volt 2-amp Corded 1/4 Sheet Sander
9. Craftsman Dual Motion 1/2 Sheet Finishing Sander
10. Stanley Classic Legendary Bottle(Thermos)1.0 Quart
11. Luxpro Dual Power Lantern 1100LM Dimmable Brightness
12. Duracell 350 Lumen Focusing LED Headlamp
13. Sterilite 30 Quart Ultra Latch Storage Box
14. Maglite 3 Cell D Incandescent Flashlight
15. Little Hotties Toe Warmer Pouches
16. Contigo Autospout Straw Ashland Water Bottle– 24 oz.
17. Mainstays Medium Deco Basket – Black
18. Griffin Snare Drum
19. Remo Rototoms-10-inch and 14-inch
20. Head Unisex Ski Gloves – Small Size
21. Diablo 9-inch 8 1/4 TPI BI–Metal Reciprocating Saw Blades–6 per pkg
22. Diablo 9-inch 5/7 Demo Demon Carbide Reciprocating Saw Blades for Nail Embedded Wood Cutting
23. Husky 6-in-1 Screwdriver
24. Ryobi Impact Driving Kit
25. Irwin Double Sided Pull Saw 240mm & 17 TPI
26. Stanley Hi-Vis Tap Rule – 25 Feet
27. Holmes High Performance Gloves- Small Size
28. Holmes Workwear Rain Pants
29. Duracell D Alkaline Batteries – 14 Count
30. Gorilla Steel Utility Carts – Green – 2 carts
31. Diablo 12-inch 3 TPI Demo Demon Carbide Reciprocating Saw Blade for Pruning