

# January Newsletter

January 2022

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**How much time do your children spend each day or week passively sitting in front of one kind of screen or another instead of actively playing or exercising?**

Several studies have linked excessive screen time to childhood obesity and lowered literacy rates for children of all ages. Scientists have also found language delays among children younger than age 2 who are exposed to too much screen time.

Set boundaries for television and other media use. Avoid screen media for infants or toddlers younger than age 2, and limit the amount of time older children watch or use media. According to the American Academy of Pediatrics, children preschool-age and older should have no more than two hours of total screen time per day. Remember that computer time factors into a child's overall screen time for a day.

**Strive to expose your child to high-quality television and media materials. You may want to review your options with the following questions in mind:**

a. Is this considered developmentally appropriate for my child's age?

b. Has it been reviewed by others or won awards from credible sources?

c. Does it show diverse images of children and/or adults engaged in a range of non-stereotypical activities? For example, does a segment on baking a cake only show women cooking; are all the children, teenagers or adults in a music video one race or ethnicity? If so, how are they portrayed?

d. Is it from bias, violence and sexually explicit content? For example, are there scary images? Characters fighting? Sexual themes or content?

Watch with and actively engage your child in thinking about what you are seeing on the screen. Discuss what characters are doing, how they might be feeling and use screen time as an opportunity to talk about your family's values. Finally, develop and abide by clear and consistent "House Rules" for the frequency and use of television, media and computers in your home.



# Room Updates

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## Room 1 - Continuity of Care

This month we will talk about the new year, Chinese New Year, Martin Luther King Jr., and the weather during the winter. We will practice our matching with different colors of Chinese Dragons. Parades look different in other countries and we will be looking at pictures to compare those! Practicing safety and being kind will be main focuses this month in the social-emotional aspect of our program.

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## Room 2 - One Year Olds

This month we are welcoming new friends as some other friends turn two and move to another classroom! This month we are going to be talking about Chinese New Year and Martin Luther King Jr. Each child will be creating a dragon to hang on the wall. Room 2 will be talking about parades and what they look like in America and in other countries. We will be sending home a scavenger hunt to do with your child of some of things we have learned about!



## Room 3 - Two Year Olds

We are excited to be back at school. During January, we will be exploring with different science experiments. The sensory table will be filled with new items weekly so children can discover different items and how they look and feel. We will also be focusing on letters and counting objects up to 10, along with exciting new learning activities.

# Room Updates

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## Room 4 – Continuity of Care

We are so excited for the new year and cannot wait to see what it brings! This month we are going to look at topics of snow, temperature, and Martin Luther King Jr. Day. We will be going outside if the weather is 26 degrees and above. Please check with a teacher to see if your child needs extra clothing. We often change the children if they get too muddy outside. If you would like, you may bring a pair of old shoes for your child for outside time.



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## Room 5 – Infants

We're so excited to start the new year by welcoming everyone back and welcoming a new friend to our classroom. This month we're taking advantage of the warmer winter days to make the most of winter nature-based play, NEW sensory and creative expression activities, and NEW music! We're looking forward to exploring the themes of polar animals and snow. We'll be acknowledging Chinese New Year with a sensory activity composed of iconic items from the holiday for our friends to explore. We're also excited about celebrating Black History Week with a collaborative gross motor mural!

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## Room 6 – Three Year Olds

We are so excited to have you back in the classroom after the holiday break. December was a merry blast, but now it's time to get into the swing of the new year. We will be celebrating the new year, Chinese New Year, exploring different winter environments, and arctic animals this January. As always, we look forward to sharing these exciting experiences with you.

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## Room 7 – 4/5 Year Olds

Happy New Year! We are looking forward to learning about snow and ice with some science experiments. We are also going to be exploring topics such as what makes each of us unique and how the Chinese New Year is celebrated. Our class will also continue to work on writing our names, knowing letter sounds, and identifying shapes.