



THE SCHOOL SHED

JANUARY NEWS 2009

Director's Message

Happy New Year! I hope everyone had a safe and enjoyable holiday season. My holidays were great. I was able to take some time off. I spent time with my family and friends, did some scrapbooking and reading. I was also able to catch up on some much needed rest, however I still feel exhausted. Why is that??? Tis the season I suppose.

All of us at Town and Country would like to extend our greatest appreciation to you for all the nice gifts, cards, homemade crafts, candy and cookies. Thank you!

Once again the holiday programs were amazing! All the hard work from the children and teachers paid off as you watched the shining little faces sing, dance and perform skits that demonstrated the celebrations around the world.

January brings a winter wonderland full of cool activities. The children will be learning about hibernation, weather changes, snowflakes and more. We will have a pajama day and hopefully it will be cold enough we can snuggle in for some hot chocolate and good stories!!



PAJAMA DAY

PLEASE WEAR YOUR JAMMIES AND
BRING A SMALL STUFFED ANIMAL ON
TUESDAY, JANUARY 13TH
AND
FRIDAY, JANUARY 16TH

Happy Birthday Dr. King

In honor of Martin Luther King Jr's birthday, Town and Country Preschool will be closed Monday, Jan. 19th. 2009



Returning After Break

We all know how hard it is to get back into the swing of things once our routine has been disrupted, we leave town or 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, seeing relatives, getting new toys and a lot of extra attention, don't be surprised if your child shows some resistance to returning to class. This is normal behavior. We are prepared to assist you AND your child with the transition back into a 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

SILLY SAYINGS

Ms. Julie put on some coconut hand lotion. When she returned to the classroom, Wyatt leaned towards her and said, "mmm, you smell good Ms. Julie, did you take a bath?"

While preparing to read a story; Rylan exclaimed, "don't forget your glasses Ms. Tanya."

During the Thanksgiving season, classroom two was asked what they are thankful for. Taylor replied, "my underwear!"

At snack, while enjoying a homemade Scandinavian snack, Colton asked Ms Julie, "I thought you were on a diet."

While washing her hands, Ms. Julie asked Ella if she had used the restroom. Ella replied, " I already went! Silly Ms. Julie!"

Kaden asked Ms. Sharon to tie his shoes. When she was finished, Kaden said, "thanks for tying my shoes before they came off. You did good!"

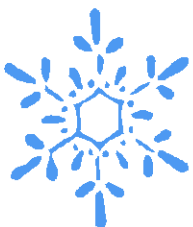
SUMMER CAMP

TOWN AND COUNTRY PRESCHOOL WILL BE OFFERING FULL AND HALF DAY CAMP THIS SUMMER. WE WILL HAVE THEMES SUCH AS SPACE, DINOSAURS, LUAU, CAMPING AND MORE. IF YOUR CHILD IS GOING OFF TO KINDERGARTEN, THEY WILL STILL QUALIFY FOR OUR SUMMER CAMP PROGRAMS. PLEASE KEEP AN EYE OUT FOR MORE DETAILS AND DATES.



Please Read

The TV stations have been inaccurate posting our "closure" information. For the most accurate information, please call 494-0758 or check our website at www.TandCpreschool.com



January Birthdays

Kaden L. 1/6
Ian P. 1/9
Ms. Marina 1/9
Peyton W. 1/12
Lydia E. 1/12
Dillon T. 1/19
Dawson B. 1/20
Jessica D. 1/22
MacKenzie S. 1/27
Thomas H. 1/27
Bode B. 1/28



Fall Registration 2009/2010

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 Monday, Feb. 9th and will end Friday, Feb. 20th. If you have not turned your paperwork and registration fee in by the 20th, we will be unable to guarantee a spot for your child, however you may still register. Please do not hesitate to ask for details.

FOR SALE

ANTIQUE HUTCH 1800'S. NEEDS WORK yet IS FULLY FUNCTIONAL. \$200 obo CALL Tanya 494-0758

PLACE YOUR AD HERE

ONLY \$3.00 per MONTH

**HAPPY
NEW YEAR**