



## January 2024 Newsletter

# HAPPY NEW YEAR!!!



### *What's happening at Bright Beginnings!!!*

Happy 2024!! We hope all of our families had a safe, healthy and joyous New Year! Here's to 2024 and to great things to come and as always, Bright Beginnings!

We would like to Thank all of our Parents who participated in donating gifts from our Giving Tree! We helped children from Monroe County Children & Youth Services have a Better and Brighter Christmas. Again, Thank you so much for your generosity!

All of the staff here at Bright Beginnings want to say thank you for all the lovely Christmas gifts. We really appreciate your thoughtfulness.



We hope you had a Wonderful Holiday

It's tax season. If you are interested in receiving your 2023 childcare tax statement, please message Ms. Dina.

Winter is upon us and if we are experiencing inclement weather, please access our Facebook page, website, or HiMama for any announcements regarding delays, early dismissals or closings. Stay safe!



## Dates to Remember



- Jan 1<sup>st</sup> – Center Closed
- Jan 2<sup>nd</sup> – SASD Closed
- Jan 4<sup>th</sup> – Yoga Classroom Workout
- Jan 10<sup>th</sup> – Ice Skating Fun
- Jan 15<sup>th</sup> – Martin Luther King Jr Day, SASD schools closed
- Jan 19<sup>th</sup> – Penguin Awareness Day
- Jan 23<sup>rd</sup> – Silly Hat Day
- Jan 29<sup>th</sup> – Stroudsburg schools 2hr delay / Art Day

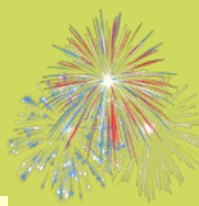
## January Birthdays



- Jan 3<sup>rd</sup> – Finley N
- Jan 7<sup>th</sup> – Ryan K
- Jan 20<sup>th</sup> – Eleni K
- Jan 22<sup>nd</sup> – Danny S & Ms. Laura
- Jan 24<sup>th</sup> – Alayah K
- Jan 26<sup>th</sup> – Isabella C
- Jan 28<sup>th</sup> – Declan M
- Jan 29<sup>th</sup> – Hazel H



# 2024



## HAPPY NEW YEAR

# CLASSROOM NEWS!!!

## Infant Room News:

The holidays have brought us two new students. We have welcomed Thea and Oliver to our class this month. We are sad to say goodbye to Grace and Finley as they make their transition to the Waddler class. Have fun and enjoy learning new things!

Our little guys are working on their core strength and doing a great job! The rest of our class are cruising around the furniture and are attempting to take steps on their own. They also have several words in their vocabulary that are parroting back those words that are being said to them. Soon they will be turning one and reaching the Waddler stage very quickly. We wish all of our families a happy and healthy New Year!

- Ms. Peggy & Ms. Kianna



## Waddler Room News:

Hello Waddler Parents! The month of December has flown by! The children were very excited for the holiday as they loved listening to Christmas music and exchanging cookies with all their friends. And they couldn't wait for Santa's arrival. Some other highlights of December were friends learning the color of the month, green. They said the names of other colors too. We are so proud of the children as they are starting to use more words.

We are sadly saying goodbye to Joel as he transitions to the Toddler room, and we would like to welcome Grace and Finley. We are excited for you to join our class. Wishing everyone a wonderful holiday and a Happy New Year!

- Ms. Laura & Ms. Devin



# WELCOME OUR NEW STUDENTS!!!

We would like to welcome the new students and staff that started this past month. Let's please welcome Thea D and Oliver W to the Infant Room and Emma M to our School Age Room. We would also like to welcome Ms. Lisa B as our new Pre-K assistant teacher.

We are very happy to have you join our Bright Beginnings family!



## JAN WEEKLY THEMES

Week 1: Healthy Me!



Week 2: Snow & Ice



Week 3: Arctic Animals



Week 4: Fairy Tales

Week 5: Messy Monsters



# SCHOLASTIC BOOKS ORDERS!!!

We will be doing our monthly Scholastic Book orders again!

This is a great way to get some children's books for your child's collection and help us earn free books for the school! Orders are due the 15<sup>th</sup> of the month and shipped right to the school for easy pick up. You can order using the order forms or online.



# CLASSROOM NEWS CONTINUED!!!

## Preschool Room News:

Hope all our Families had a very happy December! December was a wild ride here in the Preschool room. Unfortunately, some of our friends and teachers came down with illnesses but now we're all back and better than ever and ready to start the new year. After getting rid of all the germs we had fun dancing like reindeer, shared cookies with friends, and we also made our awesome gingerbread house too.

Our friends have been working hard on our fine motor skills as we are learning to write our names, trace letters, and cut out shapes.

Happy New Year to all our families! Can't wait to see what this new year brings us!

- Ms. Amanda and Ms. Karlyn



## Toddler Room News:

Happy New Year, Toddler Room Parents! December brought some big adjustments for these Little Legends, but they are a tenacious and resilient bunch! We've been hit hard by illness and many of us, children, and staff, have been home bound. Unfortunately, the cold & flu season has only just begun, so please continue to wash your child's hands upon arrival to and before departing from school and monitor your child for signs of illness.

We had a lot of fun welcoming winter and getting ready for the holidays and did a lot of fun activities. Maddie, Gabe, Emerson, & Max particularly enjoyed scooping and molding sensory snow. We made mittens and gingerbread people; Karter, Parker, & Charlie loved gluing googly eyes and pom-poms on their artwork. Asher & James loved singing and dancing to "Santa Freeze Dance" and "Listen and Move," and Scarlett & Everleigh loved playing with some of our new classroom materials. Everyone has been enjoying listening to stories and burning off steam while running around on the playground!

We must say farewell to our friend Karter as he moves on up to the Preschool Classroom; I'll miss you, my curly-haired buddy! We are also welcoming Joel, who's moving up from the Waddler Classroom! We'd also like to wish Miss Emily well as she starts her maternity leave; enjoy every second of those newborn snuggles!!

I hope everyone's holidays were full of love, joy, and rest, and are ready to manifest a happy and healthy 2024!

- Ms. Stacey & Ms. Emily

## REFERRAL PLAN

Invite family or friends to visit our center.  
When they enroll with us you earn \$50 in cash  
or a \$50 credit towards your next invoice.





# CLASSROOM NEWS CONTINUED!!!

## Pre-k Room News:

HAPPY NEW YEAR Pre-K Families!!! I hope this message finds you all, Happy and Healthy! Just like that another year has gone by. The last month of the year was truly FUN and EXCITING. To recap December, Pre-K started off the month with winter fun, we made snowflakes and snowmen and we even had a snowball fight with all our friends, so much FUN! We celebrated, Saint Nicholas Day, with a story and the children were so excited to wake up from their nap to find sweet treats in their shoes. We learned about the meaning of Hanukkah, made menorahs, and had some dreidel fun. We shared all types of yummy cookies.

Christmas week, we learned and talked about Christmas and other holidays celebrated this time of year. We made Christmas cards and family Christmas presents. The children were so excited. We also, learned and sang Christmas songs in both English and Spanish. Leah brought in her favorite book and read it to her friends, she did amazing. I love that the children are not only bringing in books to share but they are reading the books themselves and their friends are so excited to sit attentively and listen.

The week leading into the New Year we talked about things we wanted to do in the new year, and made New Year's Eve party hats, and a group fireworks New Year banner.

Anyone who knows me knows I don't believe in luck. So, I would like to take this time to say how truly BLESSED, I am to be teaching this amazing bunch of children. I love watching them learn and grow. I can't wait to see what 2024 holds for us. Here's to a GREAT start to a WONDERFUL year ahead.

- Ms. Lisa



## School Age News:

HAPPY NEW YEAR!!! Let's make 2024 great!!! Let's start off by welcoming Emma to our classroom.

Last month, the children spent days building together with some of the classroom materials (Legos, blocks, log connectors, etc.) while singing Christmas songs. They discussed their school days at the lunch table during the PM snack and were able to go outside and play tag. They even watched a movie with Preschool and Pre-K. What a way to end the year!

For January, we will do some housekeeping and go over the rules and expectations of the classroom. We will also talk about what new things the children would like to see in the classroom.

-Ms. Crystal, Ms. Gail & Ms. Meghan



## TAX STATEMENTS

**If you are interested in receiving your  
2023 Childcare Tax Statement, please message  
Ms. Dina through our Lillio app (HiMama).**

## COOK'S CORNER

Hello Bright Beginnings families. I would like to say how much fun it has been in the kitchen cooking for your children. This has truly brought me so much joy as I am in my happy place, cooking and making delicious meals for all the children here at Bright Beginnings.

Overall, the children enjoyed most of the meals served in December. They love spaghetti day, hot dogs, pancakes, toast with cinnamon, scrambled eggs, oatmeal, turkey and cheese wraps, and chicken nuggets with French fries. The whole wheat bread is growing on the children. The first meal that I made with the whole wheat bread was grilled cheese, I think just about all the children threw their sandwiches away, but now they are eating the bread like it's the best thing ever. It may have been the color of the cheese...who knows, it's all about presentation with these little ones. But my homemade, well technically center-made Pumpkin bread and Banana bread is the biggest hit.



I truly feel that having the CACFP here at the center is such a great thing. I love seeing all the children eating healthy meals. If you have any ideas of some food items that we can put on the menu, please let me know.

- Ms. Amanda

## New Year's Resolutions for Children & Teens

*By: Lanre Falusi, MD, FAAP*

The start of a new year is a great time to help your children focus on forming good habits. Making New Year's resolutions can be a fun way to do this!

As a pediatrician and mom of three kids, I know how important it is to set healthy goals with kids – and to be realistic about those goals. Kids also love having something to work toward. They can have fun keeping track on sticker charts or getting praise or rewards as they reach these goals, depending on their age.

### Making resolutions together

I encourage you to sit down with your kids and, together, pick maybe one or two goals they want to set as their New Year's resolutions. If it's too overwhelming to think of them as resolutions, then just talk about them as goals and make it fun.

*Continued on next page.*

**Read to your children, it's  
the best investment you will  
make in their education.**



## New Year's Resolutions for Children & Teens

*Continued from previous page.*

### Keep it fun

If your 8-year-old meets that goal of reading every day for a week, maybe they get to pick the family movie during the weekend. Maybe your preschooler can eat more vegetables by drinking them in smoothies that the whole family enjoys. Involving kids in the decision-making and making these fun for the entire family can help turn these resolutions into long-lasting habits.

**Here are some healthy and positive goal-setting resolution ideas you can suggest to your children, depending on their age:**

### **New Year's resolution ideas for preschoolers**

- I will try hard to clean up my toys by putting them where they belong.
- I will let my parents help me brush my teeth twice a day.
- I will try new foods when I can, especially all different colors of vegetables.
- I will learn how to help clear the table when I am done eating.
- I will do my best to be nice to other kids who need a friend or look sad or lonely.
- I will talk with my parent or another adult I trust when I need help or am scared.

### **New Year's resolution ideas for kids (5 to 12 years old)**

- I will drink water every day and healthy beverages like milk with meals. I will keep soda and fruit drinks only for special times.
- I will try to find a physical activity (like playing tag, jumping rope, dancing or riding my bike) or a sport I like and do it at least three times a week!
- I'll try to be friendly to kids who may have a hard time making friends by talking with them and inviting them to join activities.
- I will tell an adult about bullying that I see or hear about to do what I can to help keep school safe for everyone.
- I will keep my personal info safe and not share my name, home address, school name or telephone number online. Also, I'll never send a picture of myself to someone I chat with on the computer or phone without asking my parents if it is okay.
- I will try to talk with my parent or a trusted adult when I have a problem or feel stressed.
- I promise that I'll do my best to follow our household rules for videogames and internet use.
- I will try to save time to read for fun.

### Remember

Talk with your child's pediatrician about other important habits that can help ensure a happy, healthy, and safe new year.

**Read to your children, it's  
the best investment you will  
make in their education.**





# A LOOK BACK AT DECEMBER EVENTS



## YOUR FEEDBACK

We appreciate the wonderful feedback we have received so far! Thank you so much! Please support us by sharing that great feedback with others by giving us a 5-star review on our [website](#) or on our [Facebook](#) page. Thank you for your help and for being a part of our Bright Beginnings family!