

# Creative Learning Center Express

## Parent Newsletter

January 2021

MONTHLY THEME: ALL THINGS COLD  
NATIONAL ART & HUMANITIES MONTH

### The Letter/Theme of the Week

|            |   |
|------------|---|
| 1/4- 1/8   | <b>Theme:</b> Winter Weather (including snow & winter clothing) |
| 1/11- 1/15 | <b>Theme:</b> Polar Animals                                     |
| 1/18- 1/22 | <b>Theme:</b> Martin Luther King/ OWLS                          |
| 1/25- 1/29 | <b>Theme:</b> Winter Fun/ Winter Activities                     |

### January Special Days

|                            |                                       |
|----------------------------|---------------------------------------|
| <b>JAN 1<sup>st</sup></b>  | <b>New Year's Day (CENTER CLOSED)</b> |
| <b>JAN 18<sup>TH</sup></b> | <b>MARTIN LUTHER KING DAY</b>         |

### Letters of the Month    Numbers of the Month

Jj, Kk

8,9

Color: BLUE

Shape:



### **Breakfast:**

Palmer Parents, please make sure you have your child at daycare by 7:30 AM to be counted for breakfast.  
Forks Parents, please make sure you have your child at daycare by 8:00 AM to be counted for breakfast.

### **Sippy Cups/ Bottles:**

Parents, please make sure your child's sippy cup or bottle is labeled with your child's name. This must be done every day.

### **Clothing:**

Please send in a sweatshirt for damp days.  
Please mark all clothing, with permanent marker. We cannot be responsible for lost items. Please remember to change clothes according to the season in your child's cubby.  
We will be going out everyday, weather permitting. Parents, please dress your child according to the weather. If needed, send extra layers to leave in your child's cubby. Please send extra clothes in case of accidents. It is parent's responsibility to check your child's cubby for items needed. Per Keystone Stars, we must take all children outside daily weather permitting, 25 degrees or warmer. ([www.keystonestars.com](http://www.keystonestars.com))

### **Inclement Weather**

Please go to [www.wfinz.com](http://www.wfinz.com), school closings, and view the list for Creative Learning Center for any delays or closings.  
Also look for notifications on **HiMaMa, Remind** and our **FACEBOOK PAGE!!!!**

### **Handwashing:**

*Parents, please try and remember to wash your child's hands upon arrival. If your child is old enough to do so alone remind them and walk them to the sink. This will help keep germs from entering the center in the morning and a STARS regulation.*

**NOTE:** *If your child is out sick one day please notify center as soon as possible that way we can document the illness and stay on top of the spread of germs.*

**\*\*\*\*\*PARENTS\*\*\*\*\***

**LIKE US ON FACEBOOK and GET UPDATES ON UPCOMING EVENTS!!!!!!**

***Please review our website to view and print your own copy of the newsletter as well as the monthly food menu.***

## ***Baby Its Cold Outside***

The winter season is upon us. With the temperatures dropping and the threat of nasty weather we need to be sure that we are well prepared to ensure our family is safe and warm during this season. The last thing we want to do is to wait until we are faced with severe weather to start thinking about what we need to keep our family safe. There are a few simple things you can do now to make sure you and your family are well prepared, safe and warm. Check your homes to make sure you have a first aid kit, battery operated radio, bottled water, candles, flashlights, unperishable food, and warm blankets in case the electricity goes out. Also now is a good time to check your cars even if you aren't planning a trip out of town with your family make sure you have a travel bag in the car with warm clothing (gloves, hats, etc.), bottled water, flashlight, first aid kit, shovel, phone charger, and blankets or sleeping bag in case you get stuck out on the road. You can never be too safe or prepared when it comes to dealing with the uncertainty of the winter weather. Make winterizing a fun family activity and get the kids involved in gathering supplies together.

<https://www.healthychildren.org/English/news/Pages/Winter-Safety.aspx>

## ***Here are Four Benefits of Outdoor Winter Play***

**Breathe fresh air** It's no secret that most parents blame winter air as the cause for colds and the flu. Although the viruses that cause flu and colds are more common in the winter months, the circulated air in closed environments is the main cause of your child getting sick. All of the bacteria, dirt, dander, and other germs simply get recycled through the air vents over and over. The more time you spend inside, the more you are exposed. Nothing is more refreshing than that first deep breath of cold, winter air before starting hours of fun with outdoor play. In fresh, outdoor air, children do not have to rebreath the germs of the group, and the chance for spreading infection is reduced.

**Strengthen immune system** Playing outside allows your child an escape from indoor germs and bacteria. This will not only be good for the healthy bunch; the sick kids benefit from the fresh air as well. Just make sure they are properly bundled up and moving around to capture and generate

warmth. Being outside more often also allows your child to develop a stronger autoimmune system and a resistance to allergies. Studies have shown that children in rural areas or those who are active outside have the best overall health.

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**Engage in physical exercise** Just because it's cold outside doesn't mean your children have lost their energy or desire to play. In fact, the California Childcare Health Program states outdoor winter play "gives children an opportunity for a change of environment, a balance in play and routine, and large muscle activities (gross-motor development)." You must remember your child is still growing during these months, and prolonged sessions of inactivity are not conducive to their muscular development. Physical activity gives your immune system a power surge for a full 24 hours. A stronger immune system leads to less illness and less use of antibiotics.

**Stimulate the imagination** the winter also offers a variety of ways to stimulate your imagination through play. Does your child like to build things? Build a snow fort in the backyard with tunnels and a home base. Do you have access to a park? Go for a wildlife hike and look for birds and other woodland creatures. With all of the technological advancements of the past decade, many children are using their imaginations less and less. Something as simple as building a silly snowman utilizes problem solving and imaginative skills they would not be using while sitting on the couch.