

Spirit Week

FEBRUARY 11TH-15TH

Spirit week is a fun activity week at the school for all children as they participate in various theme days set up by the teachers. The week will include a Valentine's Day celebration of friendship. Please note the schedule below of days that most classes will follow. See your child's teachers for more specifics.

***Monday** Crazy Hair Day— *Ease into the fun week and express yourself with crazy hairstyles.*

***Twisted Tuesday**—*wear mismatched clothes like stripes and polka dots and different colored socks.*

***Wednesday**—Sports Day—wear your favorite team jersey or colors with pride.

***Thursday**—Silly Sock Day—*wear your crazy socks and/or today's colors: of Red, Pink, and/or Purple and share in a classroom friendship theme.*

***Friday**—Pajama Day—*Let's get cozy for the weekend, wear your pajamas to school.*

CURRICULUM CORNER—FRIENDSHIP

Friendships are an important part of life. One of the benefits of children being in school is that they develop social skills with classmates. Parents and teachers are a key to children understanding how their actions affect others. They create social interactions, so children are successful. This happens when children learn to wait, take turns, and share. Playtime Learning Academy teachers are trained to be supportive in helping each child make friends by telling children when they have shown acts of kindness, talking with children about what it means to be a good friend, modeling friendship skills, and being very patient. Children who can establish friendships early in life are much more likely to be able to do the same as adults. Friendship is an important part of our social skills curriculum.

Important Semester Dates

Feb. 11-15—Spirit Week

Mar. 18-22 Spring Break
(no part time classes)



HAPPY BIRTHDAY

KLOTILDA—FEB. 7TH

YADIRA— FEB. 11TH

VPK Graduation News:

This year's VPK class will have its graduation ceremony at Sickles High School Auditorium on Thursday, May 30, 2019. The last day of VPK classes will be Friday May 31, 2019.

In preparation for the graduation slideshow, teachers will be asking all graduates to send in one photo. We will need a baby photo for each graduate. Those pictures should be sent to: VPKpictures@yahoo.com

Please include your child's name and class in subject line of any pictures emailed.

Recommended Website:

Reading Resource:

www.ReadOnMyOn.com

MyON reader is an online digital library available at no cost to all children who are Hillsborough County residents.

Go to the website above to register your child. There is no cost, but you will be asked for your address to show that you are Hillsborough County resident.

Daily Reading is one of the most important things that you can do with your child now to ensure lifelong success in learning.

Healthy Eating Habits Start Now

Snacks are important

We have all made new year's resolutions, at one time or another, to eat healthier. It can be tough when you are juggling work, kids, and meal prep. Sometimes you are just too exhausted and we slowly slip from the quinoa and spinach to the chicken nuggets and goldfish crackers. When you're tired and kids get picky, you start to go for what's easy over what's best. Here are some tips to help you stay on track

- Lead by example—Children learn from what they see. That means you need to eat your veggies too.
- Avoid any negative emphasis on food— Offer healthy food choices; but do not force children to clean their plate or stay at the table until they eat.
- Go to a 3 meals/3 snacks schedule—Offer food every 2 hours. You choose what will be offered and if they refuse to eat, their next snack is in about two hours, so no stress. A child might get hungry, but he will survive.
- Eliminate Distractions—no tv, no toys at the table and keep it short. For 30 minutes the focus is on food.

Getting Preschoolers To Sleep... Building Good

Habits for Bedtime Routines That Work

1. Make a Plan—Each family plan is different, but the important thing is to establish a consistent winding down routine that repeats each night. For example: bath, bedtime story, talking about the day, turning on a night light.
2. Unplug and Wind Down—The hour before bedtime is not time for screen time (computers, TV, video games, phones). It is a time to get ready for sleep. Keep this last hour before bedtime calm, quiet, and soothing. Set the mood for sleep.
3. Stick With It—Following the same pattern each night actually makes it physically easier for your child to fall asleep, by giving your child's body cues to produce hormones that induce sleep.



Work Ethic

“Opportunity is missed by most people because it is dressed in overalls and looks like work.”

... Thomas Edison



TAX STATEMENTS for 2018 were sent to every family via email in January. What you received via email was only August-December of 2018. If you need your statement for January-July 2018, please come into the office. We have information ready. Add the two parts together to get your total spending for the year. The division into two parts was because of the change in software that occurred in August.

