



Best Wishes for a Happy, Healthy and Safe New Year!!!

Chinese New Year

The Year of the Dragon begins January 23rd. We will talk to the children



about this festive holiday.

DMHNS will be celebrating it with the children January 23rd and 24th. Dumplings and fortune cookies will be the snack of the day followed by the Dragon Parade in the late morning.

Pick up Time

You should be aware that when you pick your child up in the afternoon, licensing requires our teachers to count all children in the teacher/child ratio irregardless of parental presence. The ratio count includes siblings who do not attend our school. The administration asks that parents collect their children at the appointed time determined during enrollment and try not to linger with their child and/or siblings as that will affect our ratios as well as the safety of the children. It is during very busy, active periods that hamper a safe environment for the children and staff. Thank you so much for your cooperation and understanding.

School Closed

Monday, February 20th



In Honor of
Presidents Day

Sick Children



Children must be free from fever and intestinal disorders for at least **24 hours** before returning to school. A child must be picked up immediately when they come down with these symptoms at school. Call the school to report your child's illness so we can keep track of what is going around.



Valentines Day

The children will be exchanging Valentines during their group time on **Monday, February 13th** and **Tuesday, February 14th**.

Please do not address the Valentines but make sure your child's name is on the cards they will be exchanging. We also ask you not to send in little treats attached to the cards.

Your child's valentines will be in a small white bag in the entryway.

Be My Valentine

If you want to send in valentines for those who are not in your child's group, you may place them in the appropriate entryway art folder.



Chap Stick Alert

Some of our children are experiencing dry, chapped lips. If you would



like us to apply lip balm to your child, please supply us with chap stick labeled with your child's name, fill out the medication log in entryway and place it in our medicine cabinet. Your child may ask a teacher for it whenever the need arises.

SCHOLASTIC
Read Every Day. Lead a Better Life.

Scholastic Book orders will be due on the last school day of the month. Orders can be given to Mr. Theissen, or placed online @ www.scholastic.com/bookclubs.

Activation code is : GPX7R

Teach Children to Respect by Treating them with Respect

In order to teach your child to treat others with respect and dignity, they must also be treated that way. And childhood is a time for children to learn about the world, including how to get along with others. Parents play an essential role in teaching children how to form healthy relationships and grow into socially adept individuals. This social competence allows children to be cooperative and generous, express their feelings, and empathize with others.

The most effective way to teach children this lesson is by modeling the behavior you want to encourage. Every time you say "please" or lend a helping hand, you are showing your children how you would like them to act. Ask for your children's help with daily tasks, and accept their offers of help. Praise your child's good behavior and traits often, and help them realize how good it feels inside to do a good deed or be generous with another person.

Socially competent children are ones who have a strong sense of self worth and importance. When a child feels good about themselves, it's easy for them to treat others in a positive, helpful manner. *From Example Parents*

Separation Troubles and School Refusal

Separation anxiety is a normal emotional stage of development that starts when babies begin to understand that parents exist even when they are not present, known as object permanence. Parents should take comfort in knowing that their child has formed a healthy attachments to them. Separation anxiety may resurface at different periods of a child's life. We commonly see it when children begin school and in the 4 year old. We call it the "4 year old angst". This is always troubling to parents whose child came happily to school previously and now is reluctant.

There are many reasons for this reoccurrence; a change in the family dynamic such as a new baby, change in caregivers, new home, separation, divorce, illness or death. It may occur if there has been an extended time at home, an upset with a friend, or angst about starting kindergarten the next year. Some children hang onto a minor scuffle they had with another child for weeks even though it was quickly resolved. When parents begin talking about kindergarten for the next school year, some children worry about the change. There is no way to predict which child will have this angst, it does not present itself to any particular child temperament.

Parents should take comfort in knowing that this is just a phase and generally lasts 4 to 8 weeks. Parents can either help or hinder their child's progression through this phase. It is important to listen to your child, acknowledge their feelings but try not to react with emotion. Communicate with Administration and the teacher what is happening. We will make suggestions that will ease the anxiety. Don't give in when your child states that he/she doesn't want to go to school. When taking your child to school, be positive but firm. Stick to a routine, such as "I'll give you 2 kisses and see you in the afternoon." Don't linger or get pulled in by pleads. Children often stop crying within a minute or two after the parent leaves. Ask for a teacher's assistance if separating is difficult. Be consistent with the drop off times, arriving at the same time and same way each time. Most importantly, make sure your child has a good night sleep and be sure to keep routines going at home. Children derive a sense of comfort when their day is predictable.