

FIRST SCHOOL News

January 2024

Happy 2024!

We hope everyone had a nice break. The children will be settling back into their school routines and we are looking forward to a fun filled month here at First School. We are celebrating 2024 with many fun events over the next months! Please read more about them below. Thanks!

EXPLORERS CLUB OFFERINGS IN 2024

Please look for a flyer coming home soon about our FEBRUARY 8 session EmPowerment MARTIAL ARTS Class on Mondays and Wednesdays during the Lunch Bunch period. Details coming home soon!

In APRIL AND MAY we will offer DRUMS ALIVE! Classes on Wednesdays for a five week session.

SEASON OF GIVING REPORT:

A HUGE Thank You to all of our families who participated in this worthwhile collection. We received 231 items which were donated to a very thankful Hannah's Treasure Chest organization. Thank you again for your generosity!

Valentine's Day Parties will be on Tuesday February 13 and Wednesday February 14. Please look for more information from your teacher.

Dates to Remember:

- January 2: School Resumes
- January 8 & 9: Color of the month—wear Blue and white
- January 15: MLK Day. No School
- January 18 & 19: Spirit Wear Days
- January 22—Feb 2: Arctic Animals Traveling Suitcase

ARCTIC ANIMALS: Jan 22 through Feb. 2

We will be learning about arctic animals during these two weeks. Each classroom and teacher is putting a tray together to teach us about an animal. The 8 trays will visit each classroom and we will learn about 8 different arctic animals that live in colder climates than Ohio's! Be sure to ask your student which animal they learned about each day of these two weeks.

SNOW DAYS:

Please watch the TV, Facebook and Email for preschool delays or closings. If we decide on a delay, we will have a one hour delay, opening at 9:40 and closing at the normal time of 11:10. Watch the TV, TV weather apps, or Facebook for details. Hopefully we will continue to enjoy this mild weather throughout the rest of the winter. :)

2023 TAXES: I will be sending out a 2023 Tuition payment receipt for those who like to claim childcare on their taxes with your next statements around Jan. 15. Stacey



YOUNG 5'S & KINDERGARTEN READINESS INFORMATION

Are you wondering about the transition from pre-school to Kindergarten? Is your child ready? Wondering what kinds of things you can do to help your child have a great year? Are you wondering if a Kindergarten or a Young 5's program would be more appropriate? :

Please contact Shayna Schroeder if you need more information about:

- What children are expected to know going into Kindergarten
- Young 5's programs vs. Kindergarten Programs
- The process of transition from pre-school to any Kindergarten
- What you can expect in a typical Kindergarten class – both curriculum and schedule
- What things you can do with your child to assure a great start in any program

Shayna is more than willing to work with you as you transition to Young 5's or Kindergarten. **Contact Shayna@FirstSchoolDayton.com to set up a meeting.**



Get to Know Gina Wiesenege!

Mrs. Wiesenege is teaching one of our MWF AM 4s classes this year. She has been a teacher for 9 years and loves young children. She says, "Young children are so eager to learn. My favorite is how much I learn from the children I teach!" She loves sunshine, fine art, going to the library and says she's a real people person. She also was chosen for the Walt Disney World College Program and worked at Animal Kingdom. She loves spending time with her husband and two children, Sophia and Philipp. They have a dog named Obi and two fish tanks. She also enjoys traveling and loves the beach and mountains. We think you'll agree that she is a wonderful addition to our First School family!

Healthy New Year's Resolutions for Children

Let's start the new year by helping our children focus on forming good habits. Be the example! This can be something to enjoy doing together as a family. Children can have fun by keeping track on a sticker chart or getting non-food rewards as they reach their goals. Here are just a few examples. Keep it simple!

- *Taste the rainbow- try one new fruit or vegetable each week
- *Limit soda and juice- choose water, milk, or calorie free drinks
- *Increase meal time together- promotes more home cooked meals and family discussion
- *Increase physical activity- try a new sport or activity (obstacle courses, brain breaks, etc)
- *Decrease screen time- play games or read together in the evening to promote better sleep

Noelle Thomas, RD, LD
#FuelOurYouth