



# January

Full Day Kindergarten Calendar

## Important days:

- January 1<sup>st</sup> – New Year's Day
- January 3<sup>rd</sup> – School resumes
- January 7<sup>th</sup> – Orthodox Christmas
- January 14<sup>th</sup> – PA Day (full FDK day)
- January 14<sup>th</sup> – Orthodox New Year
- January 17<sup>th</sup> – Tu B'Shevat (Arbor Day)

## This month we are working on:

This January, we will be working on our self-regulation skills. Our FDK children are doing an amazing job getting dressed for outdoor play, choosing which activity they would like to do, asking to have snack or different play materials, and much more.

Our focus this month is going to be problem solving. Many times, children go to the adults in their lives to solve their problems. Some children don't know how to persist when challenged or simply don't realize they have the tools to solve the problem themselves.

When your child comes to you for a solution, try asking, "What do YOU think we should do?" or "How do you think we can fix it?" More often than not, they will give you the answer. Allow them to be independent by supporting their ideas and encouraging them to try things themselves.

As always, ensure your child is playing and interacting safely.

## Recipe of the Month:

### Easy One Pot Macaroni and Cheese

- 1 box of macaroni
  - 5 cups of whole milk
  - ½ cup butter
  - 2 cups cheddar cheese, grated
  - Salt and pepper, to taste
1. In a large pot, heat the milk until it is simmering
  2. Add the macaroni and cook until it is tender
  3. Once noodles are cooked, turn off the heat
  4. Add the remaining ingredients and fold into the pasta until the butter and cheese form a thick sauce
  5. Serve and enjoy!



## Winter Activities:

If the weather cooperates, we will have a lot of snow to play with! You may be surprised how much learning your child does while playing in the snow. Here are some skills that can be observed:

- Shoveling snow: *5.1 coordination*
- Pulling sleds: *1.4 helping skills*
- Making snow angels: *5.2 full body movements*
- Making snowballs and snowmen: *4.2 problem solving*
- Making snow forts: *1.6 cooperating*
- Colouring snow with food colouring: *4.9 exploring transformations*
- Watching snow melt: *4.9 sequential change*
- Looking at different snowflakes: *4.5 observing*