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Legacy Lines

A Newsletter for Families

January 2019

Thoughts from your Legacy Team...



Please check your child's cubby for warm spares as winter time is here!

HAPPY NEW YEAR!!!

As the New Year begins, let all things begin again. January gives us the reason to make those resolutions we were meaning to do all year long—the previous year. Start out with a positive attitude and outlook on life and the life of your child. Ask questions, be involved, spend time and love all the little ones in your life, even if they are not yours.

Children learn by the examples we, the role models, set for them.

Remember this as you drive down the street and someone pulls out in front of you. Be safe and enjoy all the various activities the New Year brings and have a Happy New Year!!

Take a Peek Inside

From the Desk of...
Framework for Their Future® ~ January
Enhanced Learning ~ January
Family Time: New Year's Resolutions
Family Time

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Let's Celebrate



New Year's Day
Monday, January 1st

Martin Luther King Jr. Day
Monday January 21st



January Class Themes of the Month



Dreamers ~ Theme: Minnow Magic

Our first month of the year brings many things to the infant classroom. Rhymes, fingerplays, songs, and loads of discovery are just a few of the plans to be carried out. The classroom will be alive with the sounds of happy babies exploring objects with their hands, feet, ears, eyes, noses, and little mouths. Rest assured, our teachers will take cues from your babies, allowing time for choices and self-initiated activities.



Travelers ~ Theme: Row, Row, Row Your Boat

The New Year brings with it a delightful mix of classroom experiences. The creation of a boat book, winter weather activities, and sitting in a cardboard boat on a paper sea will delight your child. Fish matching, winter prop boxes, and sea snacks round out this dynamic month of winter wonder at Legacy Academy.



Adventurers ~ Theme: Rub-A-Dub-Dub

Our classroom will come alive as our Adventurers imitate and pretend while exploring building and art materials. They will respond to and identify pictures and photographs. Nursery rhymes, flannel boards, fingerplays, songs, and circle time are but a few activities to engage and delight. As always, we will weave letters and numbers into everything we do during this kick off to a great New Year.



Discoverers ~ Theme: Whale Tales

So much is happening this month as our Discoverers will learn about the sea and winter. Opportunities for art (wait until you see our self-portraits), cooking, literacy, colors, and shapes will be the glorious start to a new calendar year. You've never imagined so many different kinds of fish or winter symbols



Voyagers ~ Theme: Do You Know My Friend the Sea?

Programming this month will send our Voyagers on missions of winter fun and about the creatures of the sea. We will focus on letter sounds and reinforce letter recognition for our eager learners. Clean-up time to the music of the waves, beach ball rhymes, and a fun circle challenge are but a few engaging activities. Don't forget fingerplays, fun rhymes, and crafts that delight.



Navigators ~ Theme: Challenge My Body and Mind

Your kindergarten student will explore concepts of self-help and awareness as it relates to safety, personal health, and hygiene. With the New Year here, our Navigators will master the effective ways to better care for their bodies and their minds. A healthy child makes for a happy child. We love that about our Legacy Academy learners.

January

Dreamers



Math- Dreamers will work on their seriation skills as they go fishing for shapes. They will work on recognizing object size differences as they choose between large and small frogs.

Science- January is all about discovery as infants get a chance at sensory exploration with water and find their belly buttons!

Social Studies- January's Social Studies Enhanced Learning lessons will focus on sleepy time and teaching your baby how special they are.

Travelers



Math- Travelers will work on their color differentiation skills as they explore with color boats and categorize between color and black and white objects.

Science- Toddlers will learn about how different sea animals walk, swim, and bob their way through life and have the opportunity to explore sand and water.

Social Studies- Travelers will get a chance to work as a group as they become a school of fish! They will also learn about going to the doctor and get a chance to play doctor as they check the vitals of their patients.

Adventurers



Math- Adventurers will hop on down to the bay as they work on their shape recognition skills. They will also work on these skills as they match shaped fish with their corresponding fish bowls.

Science- Adventurers will learn about salt water and the differences between land and sea animals.

Social Studies- Adventurers will learn about firefighters this month and how much they help their community. They will also learn how to turn a crabby mood into a good one!

Discoverers



Math- Discoverers will have a whale of a tale as they hone their counting skills with whale counting and measuring whale spouts!

Science- 3-year olds will dive into the sea as we learn about animals that are hatched from eggs and lots of cool things about octopuses.

Social Studies- This month, Discoverers will learn about our postal system and how letters get to their destination. They will also learn about the different oceans and their locations.

Voyagers



Math- Voyagers will get a chance to keep time as they determine if they need seconds or minutes to complete various activities. They will also work on their understanding of numbers and their relationships to object quantities when they determine if there is more or less of different objects.

Science- 4-year olds will learn about what makes mammals unique and they will dive into all of the zones of the ocean!

Social Studies- This month, Voyagers will learn about islands and will practice following directions as they get a chance to call the shots during Simon Says!

Family New Year's Resolutions

Welcome to 2019! If you typically start the new year with resolutions, consider involving your children in the tradition. **Here are some reasons why and tips to involve your children in creating New Year's resolutions**

Growth Mindset

Start the conversation by reflecting on the past year. Discuss important events and both individual and family accomplishments. The goal of involving your children in this process is to promote the concept of a growth mindset. Allowing your children the opportunity to grow and better themselves will empower them with the ability to challenge themselves and persevere in times of adversity.



Work Together

Use this as an opportunity to get to know your child better. Take turns saying something you're proud of and something you might want to improve. Dr. Benjamin Siegel, professor of pediatrics and psychiatry at Boston University School of Medicine, suggests saying, "Each one of us is going to state a few things that we want to continue to do and things we'd like to change that would make us feel better about ourselves and how our family works." Your children are more likely to understand the value of goals and personal growth if you take the lead. Make both individual goals and goals as a family and model that growth by following through on your own resolutions as well. You can place the resolutions on a list and hang them in a common area in the house or place them inside a box to review later in the year.

Creating Resolutions

The purpose of helping your children create resolutions is not to point out their shortcomings, but rather to empower them. Make sure resolutions are realistic and developmentally appropriate without making their resolutions for them. Guide them to general categories for change and ask them what they want for themselves and then brainstorm specific ways to make that goal happen. Be open to what's important to them, even if their goals don't seem like "good goals".

Remember to follow up on goals and praise your children for their hard work and growth!

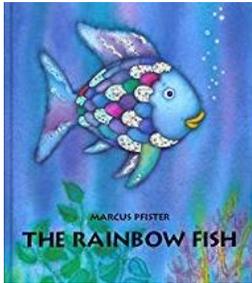
Picture from: Getty Images

For more information, please visit:

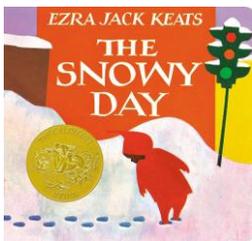
<https://www.parents.com/holiday/new-years/resolution/8-ways-to-help-kids-make-new-years-resolutions/>

<http://www.pbs.org/parents/holidays/making-new-years-resolutions-child/>

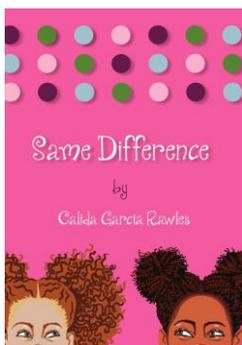
January Books



The Rainbow Fish
By: Marcus Pfister



The Snowy Day
By: Ezra J. Keats



Same Difference
By: Calida Gracia Rowles

Ice Cube Painting



Directions

1. Add water + color to an ice cube tray. You can use food coloring, paint, water colors, flavored drink mixes, etc. Encourage children to assist with the coloring. Show them how and count how many drops you use per cube. Remind your child these are not for eating, but for painting!
2. Place popsicle or lollipop sticks and freeze. These will serve as handles to the ice cubes. Place ice tray in the freezer until the cubes are frozen.
3. Make predictions. While you wait you can discuss what we can do with the ice cubes and how we will be painting with them. Ask your child what they think will happen.
4. Paint! Let your child explore the melting ice. Do fast strokes affect the ice and the painting? Let them explore pooled water by moving the paper or using a toothpick.

Talk about the melting ice and freezing water ★Ask questions like "What do you think will happen when we mix these colors together?" ★ Use language like "You're using a lot of blue!" and "Tell me about what you're making" ★ Extend the activity by making another batch and experiment with darker or lighter colors, different mixes, etc.