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# Legacy Lines

*A Newsletter for Families*

*January 2023*

## Happy New Year to all our Legacy families!!

We hope your holiday break was filled with family time and some rest.

January is the first month of a new year, so its time to set our goals for the year and make this our best year yet.

We have missed you all so much and are beyond excited to hear those little giggles again.

Please share any exciting accomplishments/ achievements your little one might have achieved over the break with our Legacy Team.

### Take a Peek Inside ....

- From the Desk of...
- Framework for Their Future® ~ January
- Enhanced Learning ~ January
- Family Time: Family New Years Resolutions
- Family Time: My Year in Review Activity

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### Let's Celebrate



New Year's Day  
Sunday, January 1<sup>st</sup>

Martin Luther King Jr. Day  
Monday, January 16<sup>th</sup>

## 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.



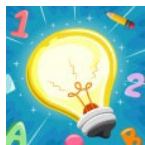
### **Travelers ~ Theme: Row! Row! Row! Your Boat**

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.



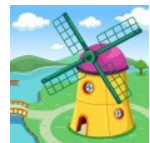
### **Adventurers ~ Theme: Rub-A-Dub-Dub**

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.



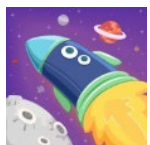
### **Discoverers ~ Theme: Whale Tales**

So much is happening this month as our Discoverers 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 exploring 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.

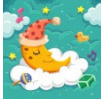


### **Explorers ~ Theme: Seascapes**

Our explorers will be diving into the world "under the sea." They'll be creating messages in a bottle, designing and producing their own production of *Rainbow Fish*, and creating an Alphabet Book Sea Edition to name a few of the monthly activities. Our Character-Building Word of the Month is courage, students will be learning about the traits of being courageous and what it means. Continue to talk to your child about courageous attributes at home.

## 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

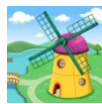


**Math-** Discoverers will have a whale of a tale as they hone their counting skills with whale counting and measuring whale spouts!

**Science-** 3-year old's 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 old's 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 2023! If you typically start the new year with resolutions, consider involving your children in the tradition. **Here are some 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!**

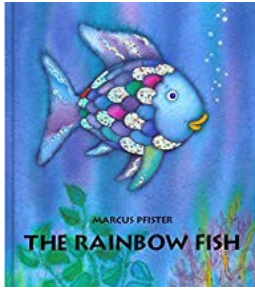
Picture from: Getty Images

For more information, please visit:

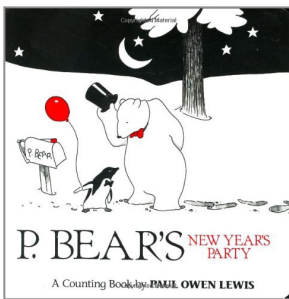
<https://www.parents.com/holiday/new-years/resolution/8-ways-to-help-kids-make-new-years-resolutions/>

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

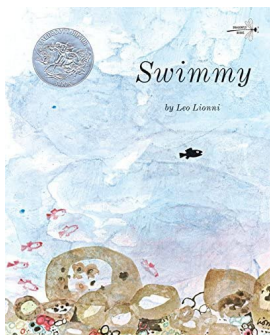
## January Books



**The Rainbow Fish**  
By: Marcus Pfister



**P. Bears New Year's Party**  
By: Paul Owen Lewis



**Swimmy**  
By: Leo Lionni

## New Year in Review Activity!

Conversations are a great way to stimulate ideas and creativity in young children. As we enter into the New Year, what better time than to get ideas of things your child might want to do this year and all the memories from 2022?



### MY YEAR IN REVIEW



Picture of me

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Height: \_\_\_\_\_

School: \_\_\_\_\_



HAPPY NEW YEAR!

**MY GOALS FOR THE YEAR**

My goal for 2023: \_\_\_\_\_

I want to learn: \_\_\_\_\_

I want to go: \_\_\_\_\_

I want to try: \_\_\_\_\_

**THE BEST OF THIS YEAR**

Movie: \_\_\_\_\_

Song: \_\_\_\_\_

Book: \_\_\_\_\_

Toy: \_\_\_\_\_

Food: \_\_\_\_\_

We hope you enjoy looking back on the big and small memories from 2022 and look forward to all the memories coming from 2023!

Printable is available on Pinterest: <https://pin.it/20qfkwT>