

# january

## 2025

### Welcome Back and Happy New Year!

We are thrilled to welcome all of our families back to school for 2025! We hope you had a wonderful holiday season and are excited to kick off the new year with engaging learning experiences for your children.

This month, we'll focus on learning about Community Helpers. The children will explore the roles of doctors, nurses, firefighters, police officers, librarians, sanitation workers, and other key community members. Through stories, activities, and discussions, we aim to inspire gratitude and understanding for these important professions.

We're looking forward to an exciting and productive month ahead. Thank you for entrusting us with your child's growth and development!

*-Ms. Tamara*



### Tips for Staying Healthy in the Cold Months

To help keep everyone safe and healthy this winter, here are some tips:

- Dress warmly: Ensure your child has a hat, gloves, and a warm coat for chilly days.
- Hand hygiene: Encourage frequent handwashing with soap and water, especially before meals and after playing outside.
- Healthy eating: Incorporate immune-boosting foods like fruits, vegetables, and whole grains into meals.
- Sleep and hydration: Prioritize a consistent sleep schedule and keep your child hydrated with water.



### Important Dates to Remember

- January 20: No School (MLK Day)
- February 14: Family Conferences (No Classes)  
Conferences will start at 8:00 AM and conclude at 12:00 PM.

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## When to Keep Your Child Home

To ensure the safety of all our students and staff, please use the following guidelines (adapted from Denver Health recommendations):

- A fever of 100.4°F or higher in the past 24 hours.
- Vomiting or diarrhea in the last 24 hours.
- Severe cold symptoms such as persistent coughing or difficulty breathing.
- Unexplained rash or skin infections.
- Red or watery eyes with yellow or green discharge (potential conjunctivitis).

If you're unsure, please feel free to contact us for guidance.



## **Things to do- inside & out!**

### Indoor Activities for Cold Weather

#### 1. Denver Museum of Nature & Science

Explore interactive exhibits, including the Discovery Zone for children. This is a great place to learn about science and history in a hands-on way.

#### 2. Denver Art Museum

Enjoy family-friendly art activities, including hands-on projects and exhibits in the Creative Hub.

#### 3. My Nature Lab (Louisville)

Children can interact with live animals in a safe, engaging environment. Perfect for nature lovers.

#### 4. Tiny Town Play Café

An indoor play space with toys, activities, and coffee for parents. A cozy way to let kids burn off energy indoors.

### Outdoor Winter Fun

#### 5. Ice Skating at Downtown Denver Rink

Glide on the ice at Skyline Park. Admission is free, and skate rentals are available for a small fee.

#### 6. Ruby Hill Park

A great spot for sledding, offering free outdoor winter fun with gentle hills for younger children.

#### 7. Dinosaur Ridge

Visit this outdoor trail to see dinosaur fossils and footprints. Bundle up for a fun and educational day outside.

### Special January Events

#### 8. National Western Stock Show (January 11–26)

Attend rodeos, visit the petting zoo, and watch livestock shows. A perfect mix of entertainment and education.

#### 9. Four Mile Historic Park Winter Fest

Experience Colorado history through crafts, scavenger hunts, and wagon rides in a charming historic setting.

#### 10. Winter Wonderlights in Loveland

See magical light displays paired with winter-themed sculptures. The event runs through mid-January.

### At-Home Winter Fun

#### 11. Snow Experiments

Make snow volcanoes with baking soda and vinegar or create frozen bubble art in the cold.

#### 12. DIY Winter Crafts

Try projects like making paper snowflakes, crafting bird feeders, or designing hats for “community helpers.”

#### 13. Cooking Together

Spend time in the kitchen baking cookies, making homemade hot cocoa, or preparing warm soups as a family.

#### 14. Family Reading Nights

Cozy up and read winter-themed books or stories about community helpers to tie into this month's theme.