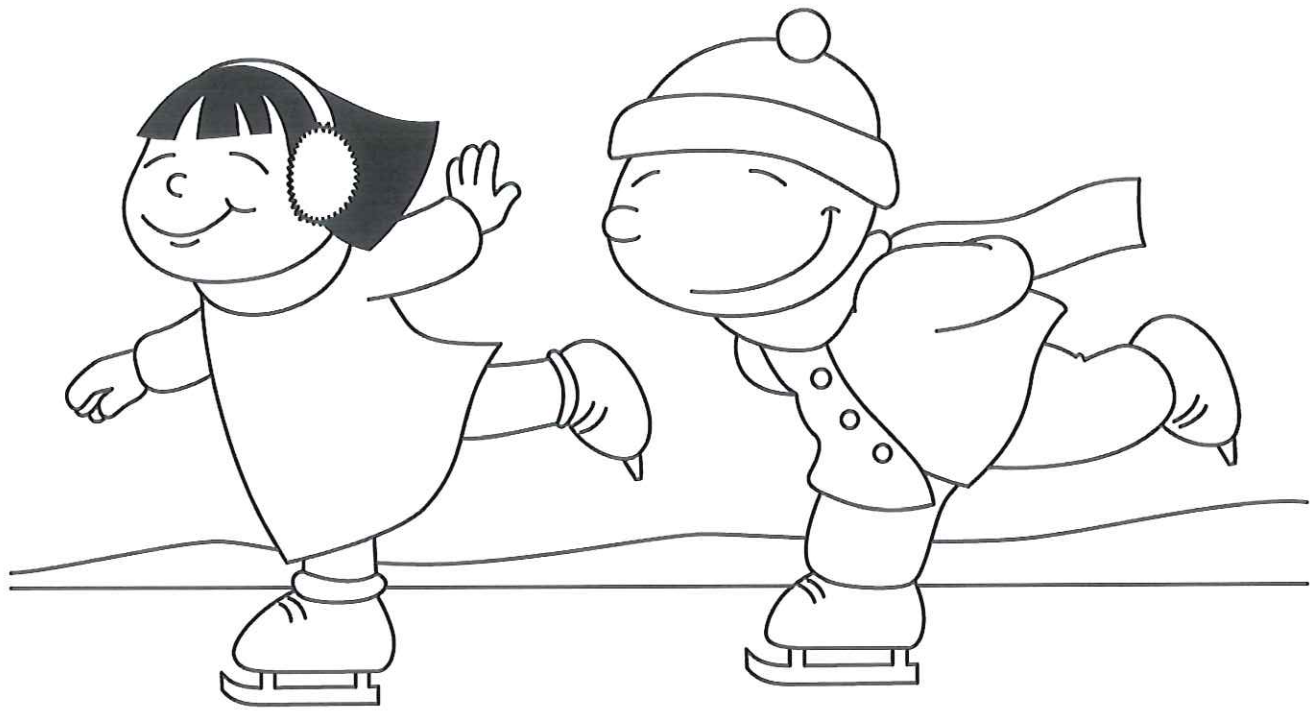


*North Cape
Wellington Academy*

*January 2013
Monthly Newsletter*





January 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy New Year!!!	2	3	4	5
6	7	8	9	10	11 Parent Appreciation Day!!	12
13	14	15	16	17	18 Parent Night Out!!	19
20	21 Martin Luther King Jr Day No VPK Only!	22 Ms. Tammy's 11 Year Anniversary!	23	24	25	26
27	28	29	30	31		



*Happy Birthday to all of our friends
celebrating a special day this month!!*

*Lila Arciniega
Kali Benson
Zachary Brummund
Nora Drake
Mya Edwards
Ayana Etim-Inyang
Colten Hitchcock
Savanna Hornstien
Jack Jamison
Kaiya Kohl
Tatyanna Lang
Emma Laning
Reese Porter
Aliyah Santiago
Chloe Vigneault*

January Curriculum

Theme:

Winter Wonderland



Colors:

Blue and White

Shapes:

Diamond and Hexagon

Letters:

Q, R, S, T

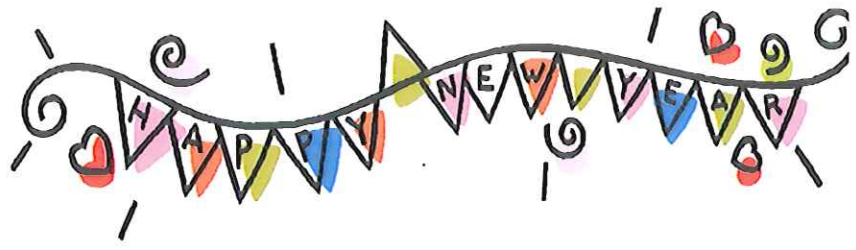
Numbers: Dev 1 & 2-0, 1, 2

Numbers: Dev 3 & VPK- 11, 12, 13



January 2013

Classroom News



Developmental One- Happy New Year from the ones!! We can't believe another year has come and gone by! We hope you all had a great holiday season! We would like to give a special thanks to our parents that made our holiday seasons so special with gifts from you and your little one. We love you and appreciate all that you do! Keep up the great work with labeling your child's belongings! We are looking forward to another great year in the ones with your and your child!

Developmental Two-

We can't believe the end of the year is already here! We have had a great year in the twos and have big plans for 2013. Ms. Gail, Ms. Julie, and Ms. Liza would like to thank all the parents for the wonderful Christmas gifts!! We really appreciate it. Again, please remember to LABEL everything you bring into our classroom, especially jackets and blankets!! Please be sure to leave all toys at home!! Don't forget to check your child's folder on a regular basis as we are always sending home art projects and such things. If your child is in the potty training process please be sure to have plenty of extra clothes for your child. Also, we still need 200 ct wipes from several children, please remember that we use these wipes for MORE than just diaper changing. We would like to wish everyone a very Happy and safe new year!

Developmental Three- The year is already over, and we can't believe it!! Time sure does fly!! Thank you for all the generous holiday cards and gifts, we love you all. We hope everyone had a wonderful holiday season and a great end to 2012. The new year is going to be a great one, time to get back into the swing of things. Please make sure you are checking our Parent Board for class events or announcements. Happy New Year!!

Developmental Four- Wow! It's January already! We hope that everyone had a great holiday! December was a great month, we would like to thank all the parents for our wonderful gifts, we appreciate it! We are looking forward to a great new year along with an awesome month of January full of great fun, and lots of learning! Please remember toys should be kept at home unless it is Show and Tell day, which is every Friday! Also, every Friday we send home books from our library for your to enjoy and read with your child, please remember to return our books on Monday morning along with the library sheets! With the cold weather we have collected quite a few jackets in our classroom. Please remember to take home your jackets also be sure to label each jacket you bring into our classroom. Thank you! Happy New Year!!

Parent Appreciation Day!!!

The holidays are officially over but, we wanted to take the opportunity to thank all of our wonderful parents for their thoughtful gifts and kind words. We can't express how truly blessed we feel to be a part of your children's lives. You have been so wonderful to get to know on a daily basis. We wish you the best life has to offer this New Year. It is our hope that the future holds health and happiness for you and your family. The month of January promises to be busy as classes pick up the academic pace that slows for the Holiday festivities. On Friday, January 11th, we will be celebrating some very special people, YOU!!! Parent Appreciation Day will consist of coffee, juice, and doughnuts in the front office. Thank you for sharing your most precious possessions with us.

The Staff of Wellington Academy

New Years Resolutions for Parents

Forget New Year resolutions about losing weight, exercising more, eating healthier, and spending less time at work. Instead, this year make some resolutions that matter, ones that will make a difference in the lives of your children. Make some New Year resolutions that will put you front and center of your children's education.

In a recent study we found 93% of students say their parents are the number one influence in their lives. Yet only 35% of parents surveyed think they play such a vital role in their child's life. These statistics are surprising, to say the least. Though what is more surprising—that our children believe we are the greatest influence in their lives, or that we do not think that we are—is hard to say. What is clear, however, is that the areas in which you choose to influence your children should be given great thought and care.

As a parent, one of the most powerful areas in which you can influence your child is through their education. It is you, more than any other individual, who can help your children reach their fullest potential as learners, both today and tomorrow. If you are wondering what you can do in this New Year to support your children in school, here are a few suggestions.

- Celebrate your children's successes in school, from doing well on tests to not forgetting their lunch.
- Take an interest in your children's homework (or at least pretend to!)
- Make it a point to communicate with your children's teachers. You may be surprised what you learn.
- Let your children know that school can and should be fun and enjoyable.
- Be there when your children try something new and succeed. Be there when they fail. Be there.....
- Choose to be a positive role model for your children. You are their hero whether you know it or not.
- Remind your children that they are special and that they have something unique to offer their school.
- Take the time to dream with your children about their future because dreams do come true.

We recognize the challenges and triumphs of raising children. This year, embrace parenting with passion and with the understanding that you are the most important person in your child's life. You do play a key role in the success of your children in school. Rise to the occasion and make a difference in this new year!

About the authors: Dr. Russell J. Quaglia is the Executive Director of the Global Institute for Student Aspirations at Endicott College and Dr. Sara E. Quay is the Dean of Liberal Studies and Education at Endicott College.

Make Mealtime Family Time

Make meals and memories together. It's a lesson they'll use for life.

It takes a little work to bring everyone together for meals. But it's worth it and the whole family eats better.

- ✓ Start eating meals together as a family when your kids are young. This way, it becomes a habit.
- ✓ Plan when you will eat together as a family. Write it on your calendar.
- ✓ You may not be able to eat together every day. Try to have family meals as often as you can, whether it is breakfast, lunch, or dinner.

Cook together. Eat together.

Teach your kids to create healthy meals. They'll learn skills they'll use for life.

- ✓ Cooking together can mean more "mommy and me" time on busy days. Ask your child to help with easy tasks, like adding veggie toppings to a cheese pizza.
- ✓ Kids like to try foods they help make. It's a great way to encourage your child to eat fruits and vegetables.
- ✓ Kids feel good about doing something "grown-up." Give them small jobs to do. Praise their efforts. Their smiles will light up your day.
- ✓ Kids love helping in the kitchen. Help teach them to follow instructions, count, and more.
- ✓ It's normal for 2- to 5-year-olds to be "picky" eaters. Help them increase the types of foods they like by setting a good example.
- ✓ They learn by watching you. Kids get curious when they see you eating fruits or vegetables. Before you know it, they'll want to taste what you are having.
- ✓ Encourage your child to try foods. But, don't lecture or force your child to eat.



Talk together.

- ✓ Focus on the meal and each other. Turn off the television. Take phone calls later.
- ✓ Talk about fun and happy things. Try to make meals a stress-free time. Here are some topic ideas:
 - What made you feel really happy today?
 - What did you have to eat at lunch today?
 - What's your favorite veggie? Why?
 - Tell me one thing you learned today?
 - What made you laugh today?

Make mealtime a family time.

- ✓ Start small. Busy families are usually pressed for time. Try to get the family together for meals when you can, whether it is for breakfast, lunch, or dinner.
- ✓ Set regular mealtimes so everyone will know when meals will be served.
- ✓ Emphasize the importance of being together, not just eating the food.

THE
SALON
PROFESSIONAL
ACADEMY

THE SALON PROFESSIONAL ACADEMY
AND
WELLINGTON ACADEMY
ANNOUNCE
NEW YEAR, NEW YOU!

PARENTS OF WELLINGTON ACADEMY
CHILDREN ARE INVITED TO EXPERIENCE
SERVICES OF THEIR CHOICE DURING THE
MONTH OF JANUARY, 2013

PRESENT THIS FLYER TO RECEIVE:
\$5 OFF ONE SERVICE
OR
\$10 OFF THREE OR MORE SERVICES
CODE NYNY

To view our menu of services, visit our website: www.tsaftmyers.com

START THE NEW YEAR OFF RIGHT!
WE LOOK FORWARD TO SEEING YOU!

THE SALON PROFESSIONAL ACADEMY
IS LOCATED AT US41 (N CLEVELAND AVE)
AND HANCOCK BRIDGE PKWY IN
THE PLAZA BEHIND REGIONS BANK AND
PERKINS NEAR OFFICE DEPOT.

FOR AN APPOINTMENT, PLEASE CALL (239) 656-4366