



Classroom News Letter Room 103

Issue 5

January 2011

Welcome Back to School !

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Welcome back from "winter break" to Room 103 ! Hopefully you have enjoyed the holiday season with family and friends!

The staff in Room 103 would also like to wish you and your families a very happy, healthy and safe NEW YEAR!

We begin our new year in full swing here at school. Annual reviews will begin for some districts this month! So I will begin developing those reports.

I am hopeful you find in addition to your child's weekly

calendars, my monthly letter of special news and events, is helpful and informative. I want to keep you as up to date as possible on what is happening during your child's school day.



Dates to Remember:

- January 3, 2011 school resumes
- NO SCHOOL January 17th observe Martin Luther King, Jr. Day!

Welcome Baby Noah!

Congratulations to Shannon our school nurse and her husband Eric, on the birth of their son Noah. Noah arrived on 11/27/10 at 8:39 a.m. weighing 7.5 lbs. and was 19.5 inches long! Con't pg.4



Winter Clothes

Thank you parents for keeping up with a change of clothes for your child to keep here at school. We will send home each set of clothes at the end of the season to be replaced. Also keep in mind throughout the winter, we will continue to go outside,

weather permitting. We will let you know ahead of time when we need boots and snow pants.

If your child has a spill or potty accident during school and we need to use their spare set of clothes, please remember to wash and replace their

extra set of clothes for school. Thank you for your cooperation with this matter. We want your child to be as comfortable as possible throughout their school day!



January Birthdays!



Happy Birthday
to any of our
friends celebrat-
ing a birthday in
January!



Keeping Your Child Healthy

We try very hard here at school to do our part with keeping your child and the adults that work with them healthy throughout this cold and flu season!

Simple rules of thumb that we follow are:

- wash our hands often
- use hand sanitizer between hand washing
- disinfect toys regularly
- teach kids to sneeze into their elbow sleeve
- offer healthy snacks and drinks with vitamin C to boost immune systems

Health (con't)

Please help us by keeping your child home if they experience a fever (100 degrees or higher), productive cough, vomiting or diarrhea within the last 24 hours !

Thank you for your understanding and coopera-

tion, we want to provide a healthy safe environment for every child. Some of our children have compromised immune systems and other health problems so we must practice caution during these peak months.



Ideas for Activities at Home

- Practice hopping and standing on one foot
- Practice putting on winter clothing
- Match family gloves or mittens
- Read books about winter
- Find things around the house that are blue and name them
- Make snow angels
- Play in the tub, *What sinks? What floats?*
- Make a snowman with large marshmallows
- Make sandwiches and cut into stars with cookie cutter (shape

Community Events

NOW SHOWING

When: January 8, 2011

**Place: AMC Theaters
Maple Ridge**

Time: 10:00 a.m.

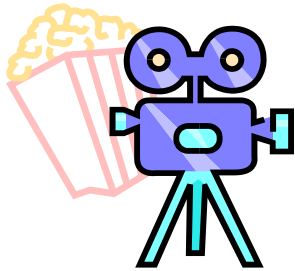
**Movie: "Gulliver's
Travels"**

Cost: \$4.00-\$6.00

Monthly "Sensory Friendly Movies" at the AMC theaters! AMC theaters teamed up the Autism Society to provide movies once a month in a safe and accepting environment to families with individuals with disabilities. They will turn the lights up and turn the sound down, there will be no previews or advertisements, you can move around, dance in the isles, sing or shout! Families can bring in your own

Community & Baby News (con't)

"gluten-free" and "casein-free" snacks. Whether movies have been a challenge or if it is a new experience for your little one, this may be a nice alternative to enjoy a movie! Have fun!



Congratulations to our vision therapist Bianca and her husband Nick on the birth of their first baby! It's a boy! Gavin arrived on December 11, 2010 at 7:23 a.m. weighing 6 lbs. 15 oz. and 19.5 inches in length.

Mother and baby are doing well!



Congratulations to our physical therapist Melissa and her husband Tyler on the birth of their first baby! Peyton arrived on December 16, 2010 weighing in at 7.0 lbs.

Last but not least our speech therapist Christina is hanging in there! Her first baby is due mid January!

Congratulations!

See You In February!



Let it Snow!