

Ms. Mary Jo's Classroom News Letter Room 103

Issue 6

January 2012

Happy New Year !

Ms. Mary Jo
Ms. Cindy
Mr. Bob
Miss Shannon

Welcome back to Room 103 ! Hopefully you have enjoyed your time off and the holiday season with family and friends!



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

We begin a fun new year in full swing here at school. Annual reviews will begin for some districts as early as this month! I will begin developing those reports with your child's therapists as well as second quarterly re-

port cards. Quarterly reports will be sent home by the first week in February!

Our daily routine will continue with our PALS friends. It is very common for children to show some regression after a long break but we will work together to get back on track.

Inside this issue:

Welcome Back	1
New Chal-	1
Birthdays	2
Clothes	3
Health	2-3
Home Ideas	3
Community	3-4

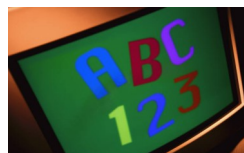
Dates to Remember:

- January 3, 2012
school resumes
- NO SCHOOL
January 16th
observe Martin
Luther King, Jr.
Day!

New Challenges for Little Scholars

Now that your child has become acclimated with coming to school and school rules and routines, we will begin to challenge your child a little more at the start of the new year. We will encourage name recognition,

spelling of name verbally, more pre-academic skills, dressing and undressing and more independence during bathroom routine. Please try to reinforce at home when possible!!



Winter Clothes

Thank you parents for keeping up with a change of clothes and weekly blanket washing. 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!



Noah 1-17

Joshua 1-23



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 coat, hat, mittens
- 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

Community Events

NOW SHOWING

When: January 7, 2012

**Place: AMC Theaters
Maple Ridge**

Time: 10:00 a.m.

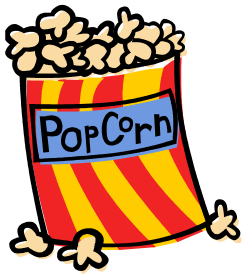
**Movie: "Star Wars:
The Clone Wars"**

Cost: \$4.50-\$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

"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!

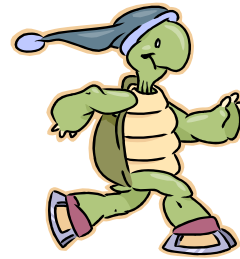


Skiing anyone??

Winter sports provide great family fun and time together! Buffalo Ski Club has an Adaptive Ski Program for individuals with disabilities.

Preschool Ice Skating

There is also an adaptive ice skating program in Amherst, New York called Gliding Stars. The program is for all age groups and for more information you can call 608-8345!



See You In February!



Let it Snow!