

## Theme of the Month

Times Have Changed

A look at life and how it has changed over time.



## Newsletter

Teachers Message:

**When your child is going to be absent, please call 618-563-4812 before 8:30am.**

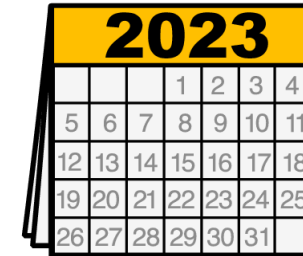
*With cold and flu season upon us here are a few tips:*

- Cough or sneeze in a tissue or in your elbow
- Wash hands frequently
- Drink more water and eat a healthy diet

## Important Dates

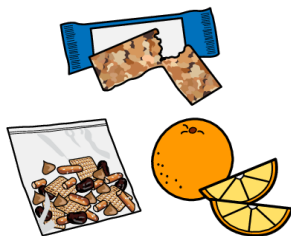
Jan. 13th SIP day 11:30 dismissal

Jan. 16th Martin Luther King Day no school.



## In the Kitchen Healthy Snacks

1. Apples
2. Plain popcorn
3. Greek yogurt
4. Raw veggies
5. Nuts



## Things to do at home

1. Watch a movie
2. Make and enjoy a cup of hot chocolate
3. Write a letter to a friend
4. Play in the snow( If we have any)
5. Practice doing the dishes with a family member.

## Cooking

**Check out the easy recipes you can cook with your kids at:**

**<https://cookingwithkids.org/recipes/>**

Pineapple Banana salad seems to be a popular recipe on this website!