

JANUARY 2019



Important Dates:

- **January 1:** New Year's Day - *Kids Inc Closed*
- **January 2:** Kids Inc Open, School age children back to school, Kids Inc Preschool Classes Resume
- **January 18:** No School
- **January 21:** *Martin Luther King Jr. Day - No School*

THANK
YOU!

Newsletter



Wishing all our friends and family a safe and Happy New Year! We look forward to an exciting 2019 filled with God's Blessing!



Adventure Zone

School age children do not have school the following dates: Friday, January 18 and Monday, January 21. Please send all outdoor winter clothes for your school age child for playing outdoors. The children enjoy playing in the snow!



Friday, we will have a Pizza Party and Bowling at Hutch Bowl. Wear your **orange Adventure Zone** shirts. Please watch for the permission slip.

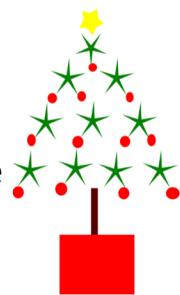


Monday is "Game and Toy" day. School age may bring a toy or game from home to share/play with at the center with their friends. **Please, no electronics.**



KIDS INC "GIVING TREE"

A Big **THANK YOU** to all who gave gifts for our "Giving Tree" project! Your generosity and thoughtfulness is greatly appreciated. It was awesome to see the children get involved as well. What a great learning opportunity for them!





SCHOLASTIC

Book Clubs

Every Child Deserves a Good Book

January Book Orders will be going home with your child. If you would like to place an order, you may do so on-line at the Scholastic website or bring in your order form and money and turn it in to Emily. Please let us know if you have any questions. **Books Make Great Gifts Anytime!**

"The after-effects of holidays can be tough on kids"



Holidays can be wonderful, and they can also be rough. I believe it's because there are so many expectations around holidays—expectations that everyone will be together in loving harmony, and it will be a miraculous time. Children expect gifts they sometimes receive and other times, they don't receive. Some children get the presents, but they don't get the "presence"—the gift of someone caring and taking time with them. Holidays also often totally throw off the routines of children. They get used to going to bed at different times, and then they come back to school, and they have to get re-adjusted to their schedules. This is hard on children. Be gentle with your children as they re-



At a nativity play, our young granddaughter Charlotte watched the three kings deliver gold, frankincense and myrrh and asked: "Is Franky Scents like aftershave?"

My four-year-old granddaughter was telling me all about the gifts given to baby Jesus by the Wise Men. I asked what the shepherds took. She thought for a bit then asked: "Was it pies?"

At my grandson's nativity play, the third wise man was hilarious when he marched up to the manger and bellowed: "Frank sent this!"

My daughter was playing Mary and forgot her lines so she adlibbed, telling Joseph: "I'm having a baby - oh, and it's not yours...."

A friend's two little girls were looking at a picture of the Virgin Mary holding Baby Jesus. "That's Mary," said the older girl, "and that's her baby Jesus in her arms." "Where's Jesus's dad then?" asked her little sister. "Oh he is the one taking the picture," replied her sister.

At my grandson's school Nativity play, when the innkeeper opened the curtain to show Mary and Joseph in the stable, a little voice in the audience shouted: "Where's the TV, mum?"





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**Remember, all of
our calendars and
lunch menus are
available online at
www.ekidsinc.com**



Reminder: In order for your child to have fun outside and play in the snow, please send winter coats, snow pants, winter boots, hats and mittens for your child. Please label items with your child's name. Having an extra pair of mittens and socks for your child helps when the first pair get wet. As weather allows, we take the **Toddlers, Preschoolers and School agers** outside for playtime.



Four Benefits of Outdoor Winter Play

From Childcare Aware: News and Notes

- 1) **Escape indoor germs and viruses:** The belief that keeping kids out of the cold means keeping them healthy is not necessarily true. Children and adults bring germs and viruses indoors, which hang around in the air. That contaminated air is then constantly recycled through air vents. Heading outside during the winter allows children the chance to escape those germs and helps them to form a resistance against allergies.
- 2) **Opportunity to get better exercise:** Getting sufficient exercise is crucial for developing muscles, regulating sleep patterns, and maintaining a healthy weight. Outdoor winter play presents the opportunity for children to work their bodies even more. Larger muscles get more use when children have to walk through snow, helping with gross-motor development. Limiting outdoor exercise until the end of winter can stunt growth of muscles which can lead to a variety of health issues. Some fun physical activities for children during the winter include going sledding, helping to shovel snow, or building a snow fort or snowman.
- 3) **Promote the use of problem-solving and imagination:** Winter presents a variety of new challenges for children to overcome, both physically and cognitively. Toys and equipment that were once readily available may now be frozen or covered in snow. This forces children to use their imaginations to find alternatives or figure out a way to access their favorite toys. Learning how to pack snow tightly to build things, to steer a sled, or to avoid slippery surfaces are all important lessons that can be learned outside in the winter.
- 4) **Daily dose of Vitamin D:** Vitamin D promotes calcium absorption, prevents rickets, and prevents bones from becoming too thin or brittle. Sun exposure is an important source of Vitamin D, since very few foods contain it naturally and the ones that do are unappealing to children. The amount of sunlight kids are exposed to can have a large impact on their mood by increasing serotonin levels, the hormones that help to regulate mood and fight tiredness and other depression-like symptoms.