

December Newsletter

For the School Age Room



December Activities

Science and Sensory:

- Snow Scavenger Hunt
- Ice Cube Melting Experiment
- STEM Igloo Building

Art:

- Snow Globes
- Snowflakes
- Winter Pine Tree
- Winter Gloves

Fitness and Health:

- Snowball Dodgeball (Physical)
- Freeze Dance

Announcements!

- *Early Dismissal 12/13/17
- *No School 12/25- 12/29
- *Playhouse is Closed on 12/25
- *School Age Sharing Day- 12/26/17
- * PJ & Movie Day 12/29/17

Playing Outside in the Winter:

Development and Health Benefits!

- 1- Children See Outside From new lenses! It is a whole new chance to explore their environment!
- 2- Snow Provides Opportunity to exercise /play using different muscles then we do when its warm.
- 3- The cold doesn't cause colds. The increased exposure to indoor bacteria does. Getting outside, and getting more fresh air can actually keep us healthier. (When bundled up appropriately)
- 4- When we stay inside we miss out on the Vitamin D the sun gives us. Get outside and enjoy the sun- Even when it's cold!

Full Article at:

<http://www.foxnews.com/health/2016/12/24/bundle-up-and-get-outdoors-health-benefits-outdoor-winter-play-for-kids.html>

Bundle up!

Please Make Sure your
child has:

Coat, Snowpants,
Snowboots, Gloves and a
Hat for outside play!

