



VICCC Family Newsletter

Red Room

This week in the Red Room our theme is shadows. We will be talking about Groundhog Day, tracing ourselves to make shadows, and making groundhog puppets. We are going to learn about the letter "G" and sing "See My Shadow".

Happy first birthday Tiara!

-Ms. Brynn & Ms. Ginny



It's time to dance!!

Blue Room

This week the Blue Room will be talking about friendship and love. We are going to be making friendship bread and friendship bracelets, along with lots of other fun activities!

-Ms. Christina

Yellow Room & Green Room

This week in the Green and Yellow Rooms, we will be working with daily lessons, instead of our usual weekly themes; so, we will be focusing on a number of different activities this week. The lessons will focus on different holidays coming up such as National Wild Bird Month, Ground Hog Day, and Weather People Day. The children will also focus on the letter "F" for February this month.



Tips for Behavior Guidance

Focus on what to do rather than what not to do:

SAY: "Slow down and walk" **INSTEAD OF:** "Stop running"

SAY: "Come hold my hand" **INSTEAD OF:** "Don't touch anything"

SAY: "Keep your feet on the floor" **INSTEAD OF:** "Don't climb on the couch"

SAY: "Use your quiet voice inside" **INSTEAD OF:** "Stop screaming and shouting"

Source:

<http://www.nccc.org/Guidance/guide.dev.apprch.html>

Song of the Week:

Groundhog, Groundhog
(sung to Baa Baa Black Sheep)

Groundhog, Groundhog, popping up today.
Groundhog, Groundhog, can you play?
If you see your shadow, hide away.
If there is no shadow, you can stay.
Groundhog, Groundhog, popping up today.
Groundhog, Groundhog, can you play?



Center News

- Tiara's first birthday is this Wednesday, February 3rd, Happy Birthday Tiara!!
- Next week we will be making special shirts for Valentines Day. If you would like your child to make a shirt, please bring one for him/her by Wednesday, February 10. We will be adding fabric and paint to these shirts, so please bring one without a print or pattern already on it.
- If you have a new phone number, please update your child's teacher, we do call with any closings or delays and need your current telephone number.

This Week's Menu

Monday

B: cereal, peaches
L: bbq sandwich, mixed vegetables, pears
S: cottage cheese. Pretzels

Tuesday

B: bagels w/ cream cheese, orange slices
L: lasagna, broccoli, peaches
S: tortilla chips, salsa

Wednesday

B: waffles, apple slices
L: chicken fajitas, corn, mixed fruit
S: fig newtons, pineapple

Thursday

B: oatmeal, pears
L: chicken filet sandwich, sweet potato fries, apple slices
S: pancakes, bananas

Friday

B: blueberry muffins, yogurt
L: sunflower butter and jelly sandwiches, cucumbers, apple slices
S: tortilla chips, salsa

Recipe of the Week

Honey Buns

a Teddy Bear favorite
Invite your friends & their bears to have a Teddy Bear Picnic!

1 package split hot dog buns
Peanut butter
2 – 3 bananas
Honey
Sunflowers seed
Slice bananas and set aside. Spread peanut butter on buns.
Put ~ 3 banana slices on top.
Drip with honey and sprinkle sunflower seeds. Yummy!