

Upcoming Events

February

16-School closed for
President's Day

March

16-20 FD 2s & 3s conferences
19-20 PD 2s & 3s conferences.
No classes held.

Dear Families,

Thank you for your support and understanding during our snow days. It is always our goal to remain open while ensuring the safety of all. Every day we move closer to spring!

We appreciate all the compliments regarding our dramatic play room. The children are loving the real-life experiences, and we have another place to play during the cold weather.

Later this month, we will schedule a time for you to update your paperwork. This is required for licensing and helps us to know we have accurate information for your child.

"Love is the greatest gift that one generation can leave to another." R. Garnett

Happy February
Roxann



OVERHEARD IN PRESCHOOL



Ms. Jolinda: How was your day?

Lucia: We learned Dr. King dreaming about hibernation....

I hibernated when I was little and I woke up.

Bible Boating Stories are here! The children love diving into dynamic storytelling—especially when it lands them in a boat. We are using a real boat to tell the stories of saying “yes” to following Jesus, walking on water, and being with Jesus when He calms the storm. Each story highlights a way God helps us be kind, calm, and caring.

Looking ahead, you and your child are invited to Kat's Birthday Valentine-Making Party on February 10! We will create cards for folks who may not receive any other notes reminding them that they are loved. Let's celebrate with cupcakes and crafting. Finally, join me and Ms. Roxann for the Pancake Supper on February 17, from 5-6:30 p.m.

Blessings,
Kathryn "Kat" Green, CCE



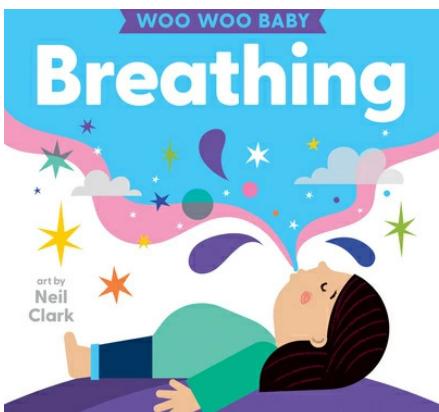
Statistically, February is the month with the highest rate of reported depression in the United States. I mention this because I want everyone—parents and children—to make sure they are checking in not just with their physical health, but also their mental health. One's mental health can greatly affect physical health. If you are able, get some time outside in the sunshine, schedule something fun to look forward to, and make sure you are taking care of your own physical needs, not just your child's.

I encourage everyone to read some emotion-focused books with their kids so that you have a good opportunity to talk about feelings and give your children the proper vocabulary to express how they are feeling. It is a hard thing for children to learn emotions and how to express their feelings.

Some books I would recommend are (the first three are in the CDC library):

- The Feelings Book, by Todd Parr
- The Boy with Big, Big Feelings, by Britney Winn Lee
- The Way I Feel, by Jana Cain
- The Color Monster, by Anna Llenas
- My Heart, by Jo Witek
- I am fine by Dr. Daniella Owen
- A Little Spot of Emotion, by Diane Alber (book set)
- A Kid's Book About Emotions, by Nakita Simpson (a great book on how to talk to your children about their feelings)
- Mindful Magic, by Christy Monson, LMFT
- Breathing with Art, by Neil Clark (many of these breathing exercises are ones we do with our respiratory kids at the hospital)

Warmly,
Allie Barden
RN, Health Consultant



The Wisdom of Woods

Benefits of Art in Early Childhood

by Amber Stacey

Have you ever stopped and looked at one of your child's papers from school and wondered, "How is this art? It's just a line or a scribble." Only to toss it into the nearest trash can? Don't worry, most of us have done that at some point. But did you know that art begins in children in the smallest of ways? A single line, maybe in their favorite color, eventually becomes many lines in many colors. That turns into the beginning of a person with just a head and arms, then a person with arms and legs, then a picture of their family, and finally a full-on masterpiece filled with details and vibrant color. That little line, if given the chance to be revisited, can grow into something so much more.

It's important to give children opportunities to explore art so they can experiment, imagine, and create. Add different mediums, tools, and colors, and suddenly you have a collage! Try new ideas, and don't be afraid to get messy. And remember, every child's learning style and pace of development is unique. Two children may be the same age, but that doesn't mean they'll be at the same stage. That's all the more reason to celebrate their differences and their individuality.

So why is art so important for our children? For a multitude of reasons!

1. Cognitive & Academic Benefits

- Problem Solving & Critical Thinking: Encourages children to make choices and explore possibilities
- Brain Development: Strengthens memory and spatial awareness
- Language & Literacy: Helps children learn colors, shapes, actions, and how to tell stories

2. Social & Emotional Benefits

- Emotional Outlet: Gives children a safe way to express complex feelings
- Confidence & Self-Esteem: Builds independence, pride, and a sense of accomplishment
- Mindfulness & Focus: Supports concentration and sustained attention

3. Physical & Motor Skills

- Fine Motor Skills: Improves dexterity through holding art and writing tools
- Coordination: Strengthens hand-eye coordination and control

4. Creativity & Innovation Skills

- Imagination: Encourages flexible, "out-of-the-box" thinking
- Self-Expression: Helps children share their inner world and develop personal identity

5. Cultural Awareness

- Appreciation of Diversity: Helps children recognize and value differences in our society and our world by observing artwork—whether online, in books, or in galleries



Do you have a question, ask the experts:
cdcinfo@woodscdc.org