



Many blessings for a prosperous and happy 2024! After weeks of vacation from school, we are anxious to begin the New Year with your children. January holds winter activities, and beach activities, as we imagine ourselves in a warmer climate at the end of the month. Once again, our staff would like to extend our sincere thanks for all of the kind words and gifts received from you! We're so grateful to have such supportive parents and families.

Special Reminders

- Mid year evaluations are being prepared, and will be gone over in Parent Teacher conferences in February. These evaluations will focus on the skills and attitudes of each child, and the plans for their coming school year.
- Early registration is expected to begin later this month for returning students, or siblings of current families. We will be sending home registration forms for next year, and we expect to fill up fast when we open registration to the general public around the end of February. If you would like to register, simply fill out the registration form, and return with the registration fee-payable in cash or check, or through the website. Please note that we cannot hold your spot until the registration fee is received.

If you are unsure how to proceed for next year, please reach out to your teacher! There is also a page on our website titled "The Big K" with lots of information that you may find helpful in your decision making process.

- Tuition for January is due by the 4/5th (or the first week that we resume classes). Payment can be sent in with your child or paid online. Late fees will be added to any payments processed after this date. Any half year payments are also due by this date.
- Tax ID # is 82-414-9805
- Snow day reminder- If Lake School District is off or delayed, CBCP will not be in session at all that day-you will be contacted by your teacher in the event of any cancellation, and can also check the school's facebook or instagram page.
- Please continue to practice independence with your little ones at home-especially in bathroom practices and winter dressing-putting on coats on their own is a very important skill!



Special Dates to Remember

No School

There will be no school on **Monday January 15.**

Pirate Day (for the classes who celebrate) - January 25 + 26

Beach Day: January 29 + 30

Help your whole family be healthy and fit

What can parents do? Here are some suggestions:

Follow the nutrition guidelines for children under 6. Information on nutritious foods, portion sizes, and sample menus for planning snacks and meals are available free at www.mypyramid.gov/index.html

Eat meals together. This way you'll know what your child is eating, and you can model appropriate choices and portion sizes. Plus you'll have fun talking and spending time as a family!

Steer your child toward healthier choices at fast food restaurants. Look for salads, sliced apples, carrots, and milk or water, instead of sodas.

Offer fun, healthy snacks. Ants on a log (a celery stick with peanut butter and raisins), sliced fruit on a skewer, fruit with a yogurt dip. A quick Pinterest search will give you all kinds of fun ideas!

Teach your child to listen to his or her stomach. When children do this, they'll learn to know when they have had enough to eat. It takes 15-20 minutes after eating, to know if you're really hungry for seconds.

Plan a taste testing event. Family members can taste and vote on new, healthy foods- veggie burgers, baby spinach, turkey hot dogs, whole wheat pasta and bread, kiwis ect. Then you can make the favorites part of your weekly menus.

Give non edible rewards. Give hugs and kisses, stickers, family adventures- not food- for comfort and encouragement.

Limit screen time. Give time limits for screen time, encourage dramatic and manipulative play, and spend time together- go for a jog, kick a ball around, ride bikes, go on a nature walk, build an indoor fort ect.



Points to Remember

1. Parents help their children become self disciplined by using gentle strength and firm love.
2. Parents are responsible for maintaining control of the situation, not the child.
3. We can set limits, but we can also allow choices within those limits.
4. Parents need to remain firm on limits set. To give in or fight is not love, it is disrespect.
5. Assertive parents stand up for their own rights. They calmly state what they are willing and not willing to do.
6. Taking time for yourself is a positive way to care for your family as well as yourself.
7. By communicating expectations in advance, parents help children live up to those expectations.
8. Assertive parents use these skills:
 - I messages: "I'd appreciate" statements and statements of willingness and intention
 - Brief confrontations
 - Logical and natural consequences related to the lesson needing to be learned
9. If there is difficulty getting a child to do chores, experiment with trading tasks.
10. When using logical consequences, parents should:
 - Identify the child's goal
 - Recognize who owns the problem
 - Give choices both parent and child are willing to accept
 - Replace talk with action
 - Monitor their tone of voice and nonverbal behavior
 - Avoid hidden motives
 - Follow through consistently with consequences if behavior continues.

