



January 2019

January with Springboard!

Did you know...

“January” comes from the Latin word, “ianua” meaning door since January is the door to new beginnings.

At Springboard this month...

We will continue to reinforce culture and expectations.

As part of our diversity celebrations we'll discuss:

- New Year Celebrations
- Martin Luther King Jr.

We'll also explore and discuss:

- The Rain Forest
- Art Appreciation

As always, we'll work on reading and teamwork.

Just for Fun!

New Year's Resolutions

The start of the new year is often the start of new traditions and resolutions. Here are some ideas for kids and parents to consider:

- Set out to learn something new every day – challenge your kids with fun facts you find online
- Read more – make a list of books in advance so you know what to read next.
- Be more grateful – studies show gratitude can make you 25% happier.
- Spend more time in nature – spending time outside makes people happier, boost the immune system and promotes creativity.

Share your ideas on Springboard's Facebook page!



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Birthday Corner

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