



CALENDAR

**SATURDAY
PLAYGROUP**
JANUARY 6TH
9:15-10:00am

**EVENING
PLAYTIME**
JANUARY 10th
6-6:45PM

For website click [HERE](#)



Parents as Teachers

JANUARY 2024

Reflections from our Coordinator...



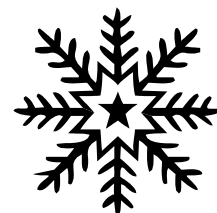
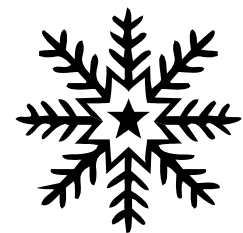
As early childhood educators, we know that parents are the most important relationship in a young child's world. In your home visits this month or next, your parent educator will be helping you identify 29 parenting behaviors that lead to positive outcomes in children. This exercise will help you to be able to reflect on your daily interactions with your child and where your strengths lie. They will also challenge you to identify a few behaviors that may not come as naturally and help you set goals and provide you with ways to strengthen these areas. The best news is, you do not have to be a perfect parent or do all 29 of these things well for your child to get everything they need from you to thrive. What they do need are parents who set aside intentional undistracted time with their child, even for 5-10 minutes at a time, and who scatter positive interactions into normal daily routines throughout the day.

The other important element is making sure that as parents we are taking care of ourselves. Children thrive when they have resilient parents who can overcome difficulties and remain patient and positive. If you find yourself growing stressed, angry or depressed, it is important to seek out the support you need. We cannot pour from an empty cup. So, whether it is building some self-care routines into your week, or seeking the support of a counselor, spouse, or close friend, it is important to take care of yourself as well. Please let us know if you need additional resources as you reflect on your wellbeing.

As always, we wish you well.

Michelle Kelly

Program Coordinator
Blue Valley Parents as Teachers
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February Playgroups—registration open January 16th

We have loved having families back in our playroom this year. In-person playgroups offer many benefits including connecting with other families, new activities for children to explore and children learning to interact with one another. In order to help keep our groups a safe size, we will be requiring families to **sign up 2-3 weeks in advance**. We are always looking at ways to help families make connections with one another during playgroups. In order to help facilitate ongoing interaction we will be running playgroups in 3-4 week sessions. For February, you have the opportunity to sign up for a group that will meet weekly at the same time for four weeks. You can choose to sign up for a group with children that are a similar age to your child, (baby play, 1-year old or 2-year-old groups) or, you can choose to opt for our birth to 3 year old group if you have more than one child or would like your child to be around children of all ages. We will continue to offer one evening and one Saturday playgroup in February for dual working families who cannot attend during the week.

If a playgroup session is already full please add your name to the waiting list.

- Each group will be limited to 10-18 families
- **Only one adult may attend per child.** A nanny or grandparent is welcome to bring child in place of parent if necessary.
- No siblings are allowed in the baby play, one-year-old or two-year-old playgroups. Siblings may attend the birth to 3 years old playgroups, evening or Saturday groups. Please indicate name and age of sibling attending at time of enrollment. (non-walking/crawling babies are an exception)
- **All adults must show a valid state issued photo ID or passport to enter any BV Building. Please plan to bring ID with you to each playgroup session or you will not be able to attend.**
- Strollers and car seats are not allowed in the playroom, please plan to wear or carry your baby while in the playroom when not on the floor playing.
- If you miss two sessions in a row, your spot will be given to the next family on the waiting list.



Baby Play-for non-walkers (4-12 months)

Tuesdays 12:15-1pm: 2/6, 2/13, 2/20, 2/27

Playgroup for 1-Year-Olds (12-23 months)

Wednesdays 10:15-11am: 2/7, 2/14, 2/21, 2/28

Thursdays 9:15-10am: 2/8, 2/15, 2/22, 2/29

Playgroup for 2-Year-Olds (24-36 months)

Tuesdays 10:15-11am: 2/6, 2/13, 2/20, 2/27

Wednesdays 9:15-10am: 2/7, 2/14, 2/21, 2/28

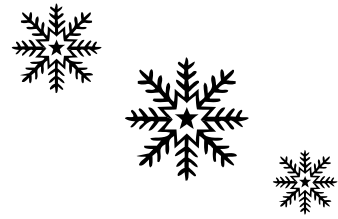
Playgroup for Birth to 3 years old (0 to 36 months)

Thursdays 10:15-11am: 2/8, 2/15, 2/22, 2/29

Wednesday, Feb. 7th Evening Playgroup 6:00-6:45pm

Saturday Playgroup, Feb. 3rd 9:15-10am





SAVE THE DATE...Roll & Read

We will host our popular Read & Roll on Saturday, February 24th from 9:30-11am at Hilltop Conference Center. No registration is needed. This event is designed to be educational and full of fun for all families and kids of all ages enrolled in our program. With Roll & Read focusing on two important goals for families—early literacy and physical well-being. More information to come in the February newsletter.

PTA Corner

Happy New Year! I hope everyone has enjoyed the break and the extra time with their family. As our weather turns colder you may be wondering how you'll get through this season indoors. Your PTA has got you covered! We've got 2 playgroups, an indoor session of Music with Ms. Rae and a trip to Rainbow of the Heartland planned for the month of January. These are members only events so if you're still not a member click this [link](#) and sign up today!

[Megan Dumas](#)

BVEC PTA President

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Be Prepared for Winter: Receive text alerts for school closings

In Kansas, it's likely that over the next several months we'll see a forecast that calls for freezing temperatures and precipitation overnight. Winter weather like this means the chance for schools to be closed is likely. What is the fastest way to find out if Blue Valley is having school or not? BV Alerts. BV Alerts has been around for several years to send text messages to staff and families when emergency situations occur in a school. Now Blue Valley will be sending a text message when school is canceled due to inclement weather. BV Alerts is just one of many ways to find out if inclement weather is impacting the school day. If the decision is made to cancel classes, the district will also notify the following media outlets by 6 a.m.: WDAF-TV (Ch. 4), KCTV (Ch. 5), KMBC-TV (Ch. 9), KSHB-TV (Ch. 41), as well as KCUR, KFKF, KBEQ, KMBZ and WDAF radio stations. Blue Valley families will receive an email from the district in case of a weather-related school closing. In addition, the district's weather line, 239-4600; website, www.bluevalleyk12.org; [Facebook](#); and [Twitter](#) will have up-to-date information if the school day is impacted due to severe weather. For Parents as Teachers, if the schools are on late start, scheduled home visits and playgroups will continue as planned. If the school district cancels classes, all playgroups, group connections, and home visits will be cancelled.

January Fun!



Snow Fingerplay



Snow, snow has fallen today. (*flutter fingers*)

Come, lets go out to play. (*motion to come*)

We'll roll three balls, large, medium, and small. (*three fingers*)

And build a snowman, proud and tall. (*form snowman in air, stand tall*)

Then play a game before we freeze. (*shiver*)

I'd like to play fox and geese. (*point to self*)

We can make angels with pretty wings. (*move arms up and down*)

Lie down and give your arms a fling.

After awhile, we'll surely tire, so we'll go inside and sit by the fire. (*sit*)



Pudding "Paint"



1 package pudding mix

Waxed paper

Cook pudding mix according to directions. Allow to cool. Pour 1/4 cup onto waxed paper. Allow children to make designs with their fingers. They love to lick their fingers after painting!



Attitude of Gratitude

Find the joy in just spending time with your child, whether playing, reading, or even resting. Tell them how joyful you are and how much you appreciate the joy they bring you. Remember modeling gratitude is the most powerful way to instill it in your child.

Blue Valley Schools

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This publication
available in alternate
formats.