

Salida Early Childhood Center



NEWSLETTER JANUARY 2023

Gratitude Chain

This Winter, room 118 created a gratitude chain in their classroom for all the things they are thankful for! This time of year can be challenging for lots of us. What are you grateful for lately?

Upcoming Events

Jan 16th: MLK Day SCHOOL IN SESSION!!

Jan. 25th 4-5:30pm: Family Financial Fun Night



Reminder

If your child is transitioning to Kindergarten next year, they will need a birth certificate. If we have one on file, we will send it to Longfellow. Please check with office staff to see if we have one. **If you need support in getting one, see Sheri or Heather!!**

Monday Night Group!

Congratulations, you officially made it through the holidays! However, this is still a time of year when families need support! Please don't forget about the Maternal Wellness Group on Monday nights.

This group is facilitated by mental health professionals. The group is held at SECC and childcare is provided!

See attached flyer for more info!!





Principal's Corner



ILONA WITTY



Happy New year! We are so glad to see all the children after break! It is the second semester already! There are all kinds of fun activities coming up in the next few months. Just a few are: the CreedeTheater Company will perform, there will be guest readers, happy dental visits, and much more. We will be sending out our annual parent satisfaction survey. Please watch for it and let us know how we might improve and what we are doing well. We are always trying to do better! You have probably heard some news about the State Universal Preschool Program. There will be more information coming in the next month. A couple of things you need to know about our school are: **1.** We will not be expanding- We have trouble staying fully staffed now, and still need staff in our kitchen. Our facilities and staff can not accommodate any more students than we already have. **2.** We will be taking some Universal Preschool Funding from the state and it will be part of our funding sources that we already have. Watch for information for your returning student. Sheri and Heather will be sending out information on what you will need to do to return next year. **3.** New students that wish to attend our Center will still have to fill out our application and will be prioritized based on our enrollment criteria. I know that there will be a lot of questions and it is all changing daily. We will keep you informed as we learn more. The last thing I want to remind you to let the office know if your phone number, address or email changes. It is so important for us to be able to communicate with you!



Family Financial Fun Night!

Do you have questions about your credit score? Have you thought about opening a checking or savings account? Has your family considered creating a budget? Join us for Family Financial Night! Experts from High Country Bank will be here to support you in learning about getting your family in a financially stable place. **Childcare and pizza provided!!**

SEE ATTACHED FLYER FOR MORE INFO!

Mid Year Parent Survey!!

Please take a moment to complete our mid-year parent survey. We are always looking for your input and ways to improve our program. **Survey can be completed electronically and is attached to this email!!!**



SECC Family Financial Fun Night 2023

January 25th
4:00-5:30 pm
Salida Early
Childhood Center

Staff from High Country Bank will be here to teach you some basics of finance and answer any questions you may have moving your family into 2023!



Child care and pizza will be provided.

4-5pm Information from High Country Bank on the topics listed below

5-5:30pm Independent work time

Learn more about your finances and make a plan for your family! **Sign up at the front desk!**



Tools for creating a budget for your family.



Learn about your credit score and how to build it.



Learn about opening a checking or savings account.



Information about applying for basic loans.

Our intention is for you to gain knowledge , track your expenses, set an action plan AND set financial goals that will make your life easier!



Presents...

RAISING CHILDREN

Made Easier



Conscious Discipline

VIRTUAL PARENT NIGHT

with Amy Speidel

THURSDAY, Jan. 12, 2023

Virtual Training 7:00pm – 8:00pm

The Skill of Building Decision Makers

How providing choices helps children have the ability to accept a consequence (positive or negative) as the outcome of a personal choice.

Please send in your questions or share what's on your mind during the session.



Scan QR Code to register or follow link:

[https://forms.gle/enwmqoW8MLHuE
VeMA](https://forms.gle/enwmqoW8MLHuEVeMA)

Please register by 1/11/23

At the request of the presenter, registration will be capped at 40 people. Residents of Chaffee County and the state of Colorado will be prioritized. Zoom link will be sent to registrants the day of the event.

The Chaffee County Early Childhood Council is dedicated to meeting the needs of young children and families, prenatal through age 8, and those who serve them. For more information, like us on Facebook, visit www.ccecc.org or call 719-221-5114.



8 Week Circle of Security Parenting Program Presented by:



Rachel Holder, LCSW

&



Marie Covington, MA. Ed

Location: We will be meeting via Zoom

Cost: Free

Dates: Weekly on Tuesdays Feb. 9th- April 6th

Times: 9:00-10:30am

WHO: Parents & caregivers of children ages 8 and under who desire to learn attachment-based tools to support your child and your relationship with your child.

WHAT: The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Training: [Video- What is COSP?](#)

- Understand your child by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure



HOW: to register:

Fill out [this form](#) (scan QR code below) or contact us: Rachel Holder 719.374.2549 or email:

rachelh@solvistahealth.org or Marie Covington 719-420-1293 or email:

sarah.covington@solvistahealth.org



Sign up now, limited spaces available.

Happier January 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Find three things to look forward to this year

2

Make time today to do something kind for yourself

3

Do a kind act for someone else to help brighten their day

4

Write a list of things you feel grateful for and why

5

Look for the good in others and notice their strengths

6

Take five minutes to sit still and just breathe

7

Learn something new and share it with others

8

Say positive things to the people you meet today

9

Get moving. Do something active (ideally outdoors)

10

Thank someone you're grateful to and tell them why

11

Switch off all your tech at least an hour before bedtime

12

Connect with someone near you - share a smile or chat

13

Take a different route today and see what you notice

14

Eat healthy food which really nourishes you today

15

Get outside and notice five things that are beautiful

16

Contribute positively to your local community

17

Be gentle with yourself when you make mistakes

18

Get back in contact with an old friend

19

Focus on what's good, even if today feels tough

20

Go to bed in good time and allow yourself to recharge

21

Try out something new to get out of your comfort zone

22

Plan something fun and invite others to join you

23

Put away digital devices and focus on being in the moment

24

Take a small step towards an important goal

25

Decide to lift people up rather than put them down

26

Choose one of your strengths and find a way to use it today

27

Challenge your negative thoughts and look for the upside

28

Ask other people about things they've enjoyed recently

29

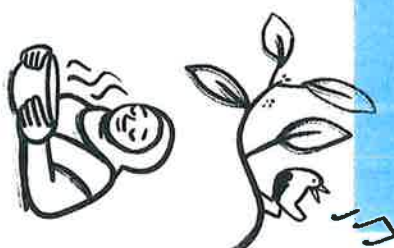
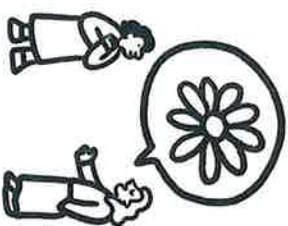
Say hello to a neighbour and get to know them better

30

See how many people you can smile at today

31

Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together