



January 2020 Newsletter

New Year's Resolutions for Kids

By: Vincent Iannelli, M.D.

Each year, the American Academy of Pediatrics makes it easy by providing these 20 healthy New Year's resolutions for kids, which you might talk to your child about trying, depending on their age:

Preschoolers

- * I will clean up my toys.
- * I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating.
- * I won't tease dogs - even friendly ones. I will avoid being bitten by keeping my fingers and face away from their mouths.

School Age Kids

- * I will drink milk and water, and limit soda and fruit drinks.
- * I will apply sunscreen before I go outdoors. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- * I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- * I will always wear a helmet when bicycling.
- * I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- * I'll be nice to other kids. I'll be friendly to kids who need friends - like someone who is shy, or is new to my school
- * I'll never give out personal information such as my name, home address, school name or telephone number on the Internet. Also, I'll never send a picture of myself to someone I chat with on the computer without my parent's permission.

Happy New Year from the Davis Family



Happy New Year from our family to yours! It is our desire to ensure that your choices in your child's educational endeavors are made successful throughout the time they are in our care. We want to welcome both, our new families and our current families back, and we hope you all had a happy holiday. Finally, if I have not met you personally, do not hesitate to stop in the office or pull me to the side so that I can personally welcome you to our school.

All CFISD schools will be closed December 30st-January 3rd

Upcoming Events

1/1 KRK Closed - Happy New Year

1/2-3 KRK Opens at 8:00 & Closes at 5:30pm

12/30-1/3 - CFISD Closed

1/20 - KRK Closed in Observance of Martin Luther King Jr.

1/29 - Private Kinder Informational Meeting

