



TINY RAMS TIMES

DECEMBER 2022

Ho! Ho! Ho!

It is the jolliest time of year! This month will be filled with exciting holiday crafts and science experiments. We enjoyed turkey day and all the hearty foods that came with it, now it's time to move on to the holiday sweets like gingerbread and candy canes! This month instead of doing our usual class Christmas wish lists we are going to have a diaper/donation drive for the Bethlehem House. We will send out more information in Procare!

Did you know that on December 5, 1901, a little magic came into the world with the birth of Walt Disney. Disney released his first cartoon, featuring Mickey Mouse, called Steamboat Willie at the age of 27. By the time he was 54, the Disney empire grew in size with the construction of Disneyland in Anaheim, California. Today Disney is a common word in households around the world thanks to the endless number of books, cartoons, films, and other forms of entertainment created by the Walt Disney Company!

- **Your Tiny Rams Team**

THEMES:

"Christmas, Gingerbread & Candy Canes"

SAVE THE DATE:

Dec. 23rd – Christmas Party!
3pm

Dec. 26-Jan. 3rd – **CLOSED!**

BIRTHDAYS:

Dec. 1st – Eleanor
Dec. 6th – Delaylah
Dec. 15th - Mavrick

MISC:

Tiny Rams is giving back this holiday season by collecting items for the Bethlehem House! Donations can be dropped off in the Tiny Rams office.

Tiny Rams will be renewing our SU2Q rating over the next few months. Visit this website for more information on SU2Q education.ne.gov/stepuptoquality/

REMINDERS:

Please be sure your child has weather & size appropriate extra clothing in their cubby. Each child also needs a clean & FILLED water bottle each and every day! Tiny Rams will go outside as long as the temperature is above 10 degrees.

CLASSROOM HAPPENINGS

Infants

Teachers: Shelby & Ciara

Happy Holidays! The babies and teachers are so excited for all the fun Christmas themed activities this month. We of course are going to read a variety of books and talk about what we see, we will also count how many of each object are in said books (Santa Clause, snowmen, candies, etc). The babies will be so excited to do a variety of science experiments that include magic milk, Santa's frozen hand and many more. We of course have lots of arts and crafts planned and will work very hard to make our parents a surprise Christmas gift!

Early Learning Guideline Goals:

A few of our older friends will work on transitioning to the infant/toddler room. We will continue working with our older babies to stand at the sink and wash their hands before and after meals. Along with all of our hygiene care we will work on our gross motor skills as a class which includes tummy time, rolling over, crawling, pulling self, up, walking along furniture, and possibly even taking some steps.



"Just relaxing in the baby room!"

Infant/Toddlers

Teachers: Lily & Michelle



"Infant/Toddler friends bundled up and ready to go outside!"

For this last month of the year, the infant/toddler room will be super busy with Christmas art projects! We will be making a lot of free range collages with different art materials such as buttons, feathers, sequins, ribbon, cotton balls, and so much more. Not only will we be getting into the Christmas spirit, but we will also be learning about Hanukkah and Kwanzaa. I'll be showing an actual example of the candles used in both holidays, and we are going to be able to play with Hanukkah themed slime! We can't wait to make a special Christmas gift for our parents too! Later in the month, we will be using ingredients to make recipes for playdough, paint, and slime. Make sure to look for pictures on Procure of our dramatic play time! The children have been really getting into dress up and cooking on our new kitchen set!

We have added story time to our daily schedule! We like to listen to stories mostly after nap time, or sometimes while we're waiting for lunch! The kids have loved getting to read the bigger books instead of the smaller ones in our library. We even let them look through them independently when we finish group reading time!

CLASSROOM HAPPENINGS

Toddlers

Teachers: Amber, Sarah & Emilie

This month the toddlers have so many activities planned! We'll be making birthday cards for Eleanor, making snowflakes from coffee filters, making ornaments and gingerbread houses. Our friends will also learn about some of our friends' family traditions. This month our friends will also have some special activities, we will be making and handing out Christmas cards to staff and students, we will hand out candy canes and compliment cards, we will make cards for the janitorial staff and then end our month with a pajama party!

The toddlers are asking for donations to help with our special activities, we need Hershey kisses, candy canes and bags of candy to hand out to staff and students.



"Toddlers having fun with Kinetic Sand!"

Preschool

Teachers: Shannon, Heather & Eva

This month our preschool friends will be learning about different cultures and how they celebrate the Christmas holidays, we will also be talking about the traditions that we do with our own families as well. Our friends will have the opportunity to listen and dance to different cultural holiday music. For Winter we will explore the school grounds to see the changes happening to the trees and grass. Weather permitting, we will play in the snow as well! Preschool will be doing a taste test of different candy canes and gingerbreads and then we will graph which ones are our favorites! We will also be making blueprints and making gingerbread houses with candy canes as well.

We as a group are working on our communication skills and feelings. With teacher assistance we are starting to learn what frustration feels like in our bodies and how to manage it.

ELG Learning Objectives: (S.01) Demonstrates awareness and use of scientific concepts. Talking about what happens to snow when it gets hot/cold? What happens when you hold it?



"Preschool Thanksgiving Feast!"

STAFF BIO OF THE MONTH

Sarah

"My favorite thing about Tiny Rams is being able to communicate with parents in the Procare App, being able to share pictures and updates is the best feeling!"



Hello, I'm Sarah! I am one of the Toddler Teachers. I have worked at Tiny Rams for 1 year and was previously a nanny. You can reach me at sarah.wentzler@ralstonschools.org

My boyfriend Josh, and I have been together 4 years. Together we have a 2yr old little boy and a 4-month-old daughter who both attend Tiny Rams. I also have an 8yr old stepson who also attends Ralston. I love taking pictures and have a degree in photography.

SOME OF MY FAVORITE THINGS:

Season: Football Season- Go Vikings!

Holiday: Halloween

Vacation: Small weekend getaways with Josh

Color: Purple

Drink: Strawberry Banana Body Armor

Food: Italian

T.V. Show: The Office, The Flash, NCIS, Miraculous Ladybug

Movie: Alice in Wonderland

Book: Dr. Seuss

WAYS TO CONNECT

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REMIND

Subscribe for text message reminders and updates



OUR WEBSITE

Check it out for important information



ralstonschoolsfoundation.org

FACEBOOK

Like us on Facebook for important updates and pictures



facebook.com/lilandtinyrams/

STEP UP TO QUALITY

Tiny Rams is Step 4 Rated, learn more here



education.ne.gov/stepuptoquality/

PROCARE

Download the free parent communication app to view live updates of your child's daily activities



Bethlehem House Greatest Need List



Baby Needs:

- Bottles - Dr. Brown's, Avent, Nuk
- Newborn mittens
- Gripe water/gas drops
- Infant Tylenol
- Size 4 diapers
- Pull ups - 4T+
- **Clothing - 3-9 month, any season, boy and girl.**

Mother Needs:

- Women's Shorts - any size
- Shoes - any size except 7
- Women's NEW underwear - all sizes
- Hair ties/scrunchies

Household Supplies

- **13 gal. kitchen trash bags***
- **Paper towels***
- Laundry detergent
- Dryer sheets
- Multi-surface cleaners
- Swiffer refills
- waste baskets/trash cans
- Dishwasher detergent packs
- Mop
- Vacuum
- broom/dust pan
- Toilet brush
- Toilet plunger
- Clothing hangers

Other

- Furniture:
 - Small dining set - table and chairs
 - Clothes hampers & laundry baskets
 - Mattress pads (full & queen)
- Small appliances/kitchen:
 - Hand mixer
 - toaster
 - microwave
 - Knife sets
 - Mixing bowl sets

*Highest need items



Weather Guidelines for Children

Wind-Chill Factor Chart (in Fahrenheit)

Air Temperature	Wind Speed in mph																	
	0	5	10	15	20	25	30	35	40	0	5	10	15	20	25	30	35	40
40	Calm	5	36	34	32	30	29	28	27	36	34	32	30	29	28	27	26	25
30	20	30	26	21	19	17	16	15	14	20	25	21	19	17	16	15	14	13
20	10	20	13	9	6	4	3	1	0	10	10	7	6	4	3	1	0	-1
10	0	10	-4	-7	-9	-11	-12	-14	-15	0	0	-4	-7	-9	-11	-12	-14	-15
0	0	0	-11	-16	-19	-22	-24	-26	-29	0	0	-11	-16	-19	-22	-24	-26	-29
-10	-10	-10	-22	-28	-32	-35	-37	-39	-43	-10	-10	-22	-28	-32	-35	-37	-39	-43

- Comfortable for outdoor play
- Caution
- Danger

Heat Index Chart (in Fahrenheit)

Air Temperature (F)	Relative Humidity (Percent)																										
	40	45	50	55	60	65	70	75	80	85	90	95	100	40	45	50	55	60	65	70	75	80	85	90	95	100	
80	80	80	81	81	82	82	83	84	84	85	86	86	87	84	83	84	85	86	88	90	92	94	96	98	100	103	
90	84	83	84	85	86	88	90	92	94	96	98	100	103	90	89	90	91	92	93	95	97	100	103	106	109	113	
94	94	93	93	95	97	100	103	106	109	113	117	122	127	132	94	93	93	95	97	100	103	106	109	113	117	122	127
100	100	99	100	103	106	110	114	119	124	129	135			100	100	100	103	106	110	114	119	124	129	135			
104	104	104	109	114	118	124	129	130						104	104	109	114	118	124	129	130						

Ralston Schools Foundation Outdoor Policy
 Children will be allowed to go outside each and every day as long as the temperature is above 10°. All children who are well enough to be at Lil' & Tiny Rams are expected to participate in outdoor activity. Please dress your child appropriately so that he/she may comfortably participate in our outdoor activities.

Winter Safety Tips from the American Academy of Pediatrics

- Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Always remember warm boots, gloves or mittens, and a hat.
- The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
- When riding in the car, babies and children should wear thin, snug layers rather than thick, bulky coats or snowsuits. Check *Winter Car Seat Safety Tips* for additional information.

The Importance of Outdoor Play in winter

Playing outside in autumn, winter, and early spring, each present their own unique opportunities for exploration and learning. Therefore, outdoor play should be embraced in all types of weather, as it is crucial for children's ongoing development.

Winter Myth Dispelled - My child will get sick if they play outdoors in the cold

Most adults associate winter with getting colds and illnesses such as the flu. However, it is not exposure to the cold that cause these viruses. In fact, it's likely to be increased exposure to poorly ventilated indoor environments, where bacteria and viruses live. By encouraging outdoor play in winter, children gain much needed exposure to fresh air and Vitamin D, while avoiding bacteria.

See the outdoors through a new lens

During the spring and summer, children become familiar with bright green foliage, flowers in bloom, and a warm climate. As the change in season, they come to see different characteristics in their environment, such as brown grass, fallen leaves, and ice. These developments provide children with new experiences and opportunities, such as learning about the seasons, and the life cycles of plants. Through outdoor play in the winter, children also learn to see their environment through a different lens, and progress from being unconscious to conscious observers of their environment.

The physical health benefits of outdoor play

Playing outdoors in winter promotes physical development and well-being. This is because outdoor play encourages the use of the whole body by offering a safe space to run, jump, and exercise key muscle groups. It is important that children remain active in the cooler months so that they continue to build emerging skills that are crucial to their physical development.