



Kremmling Preschool Newsletter

December 20, 2023



CHRISTMAS CONCERT - We all had so much fun singing the songs at the program. We hope you enjoyed it as well. Huge shoutout to our wonderful videographer, Brett Derby, who did all the video and editing of the program. Below is a link to the program. It was sent out on ParentSquare as well. We hope you enjoy it!

<http://www.kremmlingpreschool.org/christmas-program-2023.html> Password: KPS2023Xmas



PAJAMA DAY/MOVIE/COOKIE DECORATING - This week has been so much fun! Don't forget, we will be decorating cookies tomorrow, as well as having a pajama/movie day for the last day before break. If your child does not normally attend preschool on Thursdays but would like to take part, you may bring and STAY with your child during this fun event. The morning & full day class will begin decorating at 8:30am, the afternoon class will begin at 2pm. All classes will watch PAW Patrol Pups Rescue Santa Claus!. If you do not want your preschooler to watch this movie, please let us know and we can make arrangements for you to pick them up before the movie begins.



Please note, our last day of preschool is tomorrow, Thursday, December 21st. The preschool will be closed from December 22nd thru January 7th so our staff may enjoy the holidays with their families. Preschool will resume on Monday, January 8, 2024.

All of us at the Kremmling Preschool would like to wish all of you and very Merry Christmas, Happy Holiday's and Happy New Year! We hope you all have a fun and safe holiday season with your loved ones!!



CALENDAR of EVENTS:

Dec. 20	Ugly Sweater Day
Dec. 21	Cookies, Movie, & PJ Day!
Dec. 22-Jan. 7	Winter Break, Preschool closed
Jan. 8	Preschoolers return!

Please do not hesitate to call or stop by with any questions or concerns! (970) 724-9483 Michele DeSanti, Director

Keeping Your Kids Well-Rested During the Holidays

[script-printkeepingyourkidswell-restedduringtheholidays.pdf](#)

The holidays are here, and they often come with a major schedule switch for kids. Thanksgiving and Christmas come with an extended break from schoolwork and classroom schedules, which can translate to later nights.

Diminished sleep can become a big issue. Dr. Kaninika Verma, director of Sleep Medicine for OSF HealthCare, says parents should be aware of the recommended amount of sleep for their child, and try to stay on schedule as much as possible, even when school is out.

“Kids actually have longer sleep requirements,” explained Dr. Verma. “Babies are going to sleep from 18 to 20 hours. Toddlers are going to sleep up to 12 hours, and school aged kids are going to need anywhere from nine and a half to ten and a half hours of sleep – up to eleven.”

The National Sleep Foundation’s Sleep in America Poll found that 30% of elementary school children and well over 50% of both middle and high schoolers do not get the recommended nightly allowance of sleep. According to Dr. Verma, this is a big problem.

“We are seeing that kids who don’t get enough sleep, their learning becomes an issue, they start having behavioral issues, they’re tired, they can’t focus, they’re hyperactive, because kids respond differently to sleep deprivation than adults, where kids actually become very, very hyperactive,” she said.

One of the major sleep stealers that Dr. Verma comes across is screen time. She says more screen time is associated with delayed bed time, and recommends shutting down electronics two hours before it’s time to turn in.

“I do see pediatric patients for sleep, and that’s one of the things we do discuss, is how much sleep is your child getting? What time is your child going to bed by? How much screen time are they getting? What time are they shutting it down? How long before their mind kind of calms down to go to bed? That is an issue,” said Dr. Verma.

5 GIFTS TO GIVE A CHILD

this holiday season

TIME

Time spent with your child helps them develop a stronger bond with you. It allows them to watch and learn skills they will need throughout their entire life.

ATTENTION

Children learn through experiences with their world. Your attention to them is at the heart of their learning.

PATIENCE

Developing new skills need lots of practice. Activities done over and over allow your child multiple opportunities to learn.

CONVERSATION

Your child is able to understand language before they can speak it. New words and sounds in conversations help them form their foundation for reading.

ENCOURAGEMENT

Positive words of encouragement create a bond between you and your child. This supports them while trying new learning experiences.

www.papromiseforchildren.com

