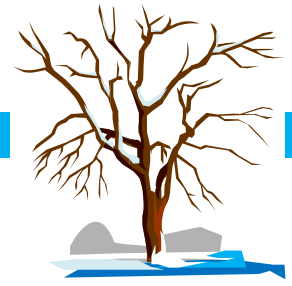


# Central Early Learning Center

January 2024



9739 Joor Road • 225-261-1743  
Centralelc.com

## January

### Winter Poem:

#### “Winter Animals”

Winter is cold  
There is snow in the sky  
The squirrel gathers nuts  
And the wild geese fly  
The fluffy red fox  
Has his fur to keep warm  
The bear's in her cave  
Sleeping all through the  
storm

~ Author Unknown

### Winter Song:

#### “Winter”

(Tune: 'I'm a Little Teapot')

I'm a little snowman,  
Short and fat.  
Here are my buttons,  
Here is my hat.  
When the sun comes  
out,  
I cannot stay.  
Slowly I just melt away.

## Happy New Year!!



And we're off and running with a new year! It's time for new starts, new lessons, and new adventures! We're rolling up our sleeves and ready to tackle anything that 2024 brings. Ready...set...go!

**The 24 Hour Rule:** In an effort to keep everyone healthy, CELC has a 24 hour rule. If a child exhibits vomiting, fever over 100 degrees, or diarrhea, the child will be sent home and asked not to return until 24 hours after the last incident. In addition, if a child has any other contagious illness, he/she should not attend the center until the risk of contagion has passed. Please understand that this is for the benefit of everyone in the center and your cooperation is appreciated. Any doctor's excuse should state that the child is **not** contagious.

**End-of-the-Year Tax Statements:** Tax statements should be ready January 9<sup>th</sup>. You can stop by the front office and sign the request sheet now. Your paperwork will be ready that afternoon or the next day.



## Brrrrr...it's Cold!

As it is Winter, **please** send your child to the center with a jacket or coat as it is a requirement that children spend some time outdoors. Also, please update your child's extra clothing. Season-temperature appropriate clothing is needed, as well as extra underwear if your child has the occasional bathroom accident.

## IMPORTANT!

**Reminder!** Winter is upon us, and being in Louisiana, you all know that our weather is anything but predictable! Hopefully, we won't need to worry about any extreme weather, but in the event it happens, CELC follows the closures of the Central Community School System.



## For Your Safety & the Safety of Your Child



### Parents...

We are having some issues with people not parking in designated parking spaces, simply parking cars in the driveway and bringing children in or picking children up. Unfortunately, we have had a fender bender or two and several near misses. When picking up or dropping off your child/ children, please park in an actual parking spot. Also, on rainy days, the covered area is to be used for a quick pick up or drop off. Please do not park and enter the building, staying inside to confer with teachers. We will be happy to schedule a conference for you at another time.

## Please, Please, Go to Sleep!

Here are some interesting factoids from a **Time** article (March 26, 2012) on the **Need For Sleep**, "**Please, Please, Go to Sleep**":

- Studies show that 60% of a child's growth hormone is secreted during sleep.
- Getting too little sleep appears to have a role in obesity. One Israeli study found the effect in babies as young as 6 months.
- Australian children sleep almost a full hour per day more than American kids, who sleep less than kids in nearly all other countries.

The **National Sleep Foundation** recommends 14 to 15 hours of sleep for babies, 12 to 14 for toddlers, 11 to 13 for preschoolers, and 10 to 11 for elementary age children per day.



*You and your child are important to us.*

Should you wish to share something good a teacher has done  
or if you ever have a concern, please:

Call: **Bob Lansing** Telephone: **225-261-1743**



## Season's Celebrations

- January 15 – Martin Luther King, Jr Day – we will be **open**.

## Upcoming Dates:

- February 12 & 13 – **Closed** for training and Mardi Gras
- Feb 14 - Valentine's Day – Class parties

## Recipe of the Month:

### 3-Minute No-Bake Cookies

#### Ingredients

- 2 cups granulated sugar
- 8 tablespoons (1 stick) margarine or butter
- 1/2 cup low-fat milk
- 1/3 cup baking cocoa
- 3 cups Quaker® Oats (quick or old fashioned, uncooked)

#### Cooking Instructions

In large saucepan, combine sugar, margarine, milk and cocoa. Bring to boil over medium heat, stirring frequently. Continue boiling 3 minutes, stirring frequently. Remove from heat. Stir in oats\*. Drop by tablespoonfuls onto waxed paper. Makes about 3 dozen. Let stand until firm. Store tightly covered.

**Serving Tips:** \*If using old fashioned oats, cool mixture in saucepan 5 minutes.