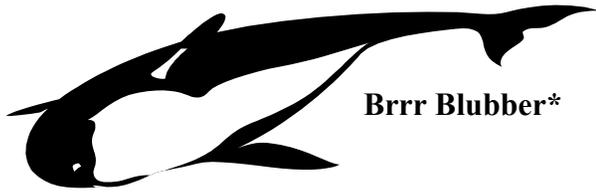


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="color: red; text-decoration: underline;">HAPPY NEW YEAR</h1> 				1	2	3
				<p>Ring, ring, ring, the bell. Tap, tap, tap the drum. The New Year is here. Let's give a cheer. We'll have a year of fun.</p>		
4	5	6	7	8	9	10
	<p>Do the Snowkey Pokey and read <i>When Winter Comes</i> by Pearl Newman. See top page.</p>	<p>Cover Your Mouth, if you Please! See top page.</p>	<p>Scoop up Snow Drift Pie. See back page.</p>		<p>Bundle up and go outside to Feed the Birds. See back page.</p>	
11	12	13	15	16	17	18
<p>Fold a sheet of blue construction paper in half. Open up, drizzle glue on one side, and refold. Open back up and sprinkle salt on wet glue. When glue dries, cut around the Salty Snowflakes.</p>			<p>Treat yourself to Tortilla Snowflakes and drink ice cold milk. See back page.</p>	<p>Dance Like Snowflakes. See front page.</p>	<p>Meet Jack Frost. See top page.</p>	<p>Read <i>Froggy Gets Dressed</i> by Jonathan London.</p>
19	20		21	22	24	25
	<p>Use shaving cream to make Frosty the Snowman on each child's desk. *An added bonus is that shaving cream cleans the desks.</p>		<p>Winter Relay. Spread "snow"* at one end of the room. Have children divide in two lines at the other end of the room. Give the first child in each line a shovel. Have him/her race to end of room, shovel up "snow," run back with the full shovel and empty it in a garbage can. Repeat until all children have a turn. * "Snow": shredded paper, packing peanuts or crumpled paper.</p>			<p>Warm up with Biscuit Snowmen and hot chocolate. See back page.</p>
26	27	28	29	30	31	
<p>Read <i>The Mitten</i> by Jan Brett.</p>		<p>Bring mittens and play Hide the Mittens. See top page.</p>	<p>Pudding Cook-Off. See back page.</p>		<p>Brrrr Blubber! See top page.</p>	<p>Take a walk and see how many animals you can spot who have a winter coat!</p>



Brrr Blubber*

Give each child four small plastic sandwich bags. Demonstrate how to use a spoon to coat the outside of one sandwich bag with Crisco and place this bag inside one of the other bags. Take the remaining two bags and place one inside the other using no Crisco. Slip one hand into each bag. Tie yarn around each bag at the wrist to form a glove. Put hands encased in the sandwich bag gloves into ice water. Do not submerge the hands so that water can get in at the wrist.

Ask the children if one hand feels warmer. The hand in the bag with Crisco should be warmer than the one without Crisco. Talk to the children about animals that have “blubber” or fat to keep them warm. Ask what kinds of foods the animals might eat to help them keep warm.

Do the Snowkey Pokey*

(Sing to the tune of “The Hokey Pokey”)

Form a circle and do as instructed:

You put your mittens in,
You put your mittens out,
You put your mittens in
and you shake them all about.
You do the Snowkey Pokey
and you turn yourself around.
That’s what it’s all about.



Keep the song going by asking the children to name additional pieces of winter clothes to put in, and out, and shake all about. This is a good time to talk to the kids about keeping warm and bundling up when they go outside.

Cover Your Mouth*

Have each student:

- Cut a tracing of each hand from construction paper.
- Use markers to draw fingernails.
- Place a piece of tissue paper between the fingers of the two hands and staple together. Glue the poem below to the back of one hand.



When you cough,
When you sneeze,
Cover your mouth,
If you please!

*Winter is the perfect time to discuss healthy habits with your children. After explaining that tissues should be used when coughing or sneezing, complete this art project.

Jack Frost*

Have children gather around a table. Ask them if they’ve heard of Jack Frost. Tell them that you have his secret ingredient for making frost.

- Fill a 16-ounce empty can with crushed ice.
- Pour one cup of water in the can.

Water will form on outside of can. Ask each child why.

- Add the secret ingredient, three tablespoons of salt. Wait about 5 minutes.

Frost should form on outside of can.

Ask if anyone knows Jack Frost’s secret and why frost formed on the can. Answer. Salt makes the water inside the can colder, which makes the can colder. The water on the outside of the can freezes and turns to frost.



Feed the Birds*

To make a bird feeder:

- Punch two holes at the top of a toilet paper roll and string yarn through holes.
- Spread peanut butter on the tube and roll the tube over a sheet full of birdseed.
- Hang the bird feeder on a tree outside.



Note: Once you begin feeding birds you have to continue through the winter.



Hide the Mittens*

Cut two pairs of large mittens from colorful construction paper. Staple the pairs of mittens together around the edges, and stuff them with paper for a three-dimensional look. Decorate the mittens with “stitches”. Join the pair of mittens together with heavy yarn. Hide the mittens in a different location throughout the day. Have students take turns trying to find the mittens before the class finishes singing:

Where, oh, where did my red mittens go?
Where, oh, where can they be?
I have looked high and I have looked low,
Where, oh, where can they be?

When a student finds the mittens, he/she gets to wear them around his/her neck until it’s time to hide them again.

Talk about being responsible and putting your mittens/gloves (in your coat pocket, in the cubby, on the coat hook, around your neck) where they belong when they are not being worn.



Attention Caregivers!

Did you make a **New Year's Resolution** to lose weight?

If so, vow to get your daily dose of calcium with 3 to 4 servings of dairy food such as fat-free milk, plain or flavored yogurt, frozen yogurt, reduced fat cheese, or pudding. Yes, eat dairy products! Recent research shows that adults who increase their calcium intake lose body fat because calcium decreases fat storage. In children, higher intakes of calcium and servings of dairy products result in lower body fat. So be a great role model and help your family cut fat and keep fat off with calcium.

Biscuit Snowmen

Give each child three refrigerated biscuits.

Ingredients:

Refrigerated biscuits
Raisins
Pretzel sticks



Have children:

- Place biscuits on a piece of foil to resemble a snowman.
- Add pretzel sticks and raisins for the snowman's arms, eyes, nose, mouth, and buttons.
- Place foil on baking sheet and bake biscuits as directed on can.

Serve with *hot chocolate.

* Chocolate milk and hot chocolate (preferably made with low fat milk) contain all the same nutrients as white milk and has half the amount of added sugar found in regular soft drinks and many fruit drinks.

This month we want the focus to be on milk and how it does a body good!



Tortilla Snowflake

Ingredients:

Flour Tortillas
Shredded Parmesan Cheese

Give each child one flour tortilla, plastic knife, plate, and half cup of shredded cheese.

Have children:

- Fold tortilla in half, and then fold it in half again.
- Cut notches* in the folded tortilla to resemble a snowflake when the tortilla is unfolded.
- Unfold tortilla, and sprinkle cheese over tortilla.
- Place tortillas on covered cookie sheet.
- Bake at 350° F until cheese is melted.

*Be prepared to demonstrate how to cut triangles on fold lines.

Make low-fat frozen yogurt a favorite dessert. It contains calcium, and its light, icy texture fills you up with fewer calories. Other airy low-fat foods are fruit smoothies and low-fat whipped cream.

Snow Drift Pie

Ingredients:

Vanilla Wafers
Frozen Vanilla Yogurt
Lite Whipped Topping



- Give each child 1 foil cupcake liner and a plastic spoon. Have children:
- Put one vanilla wafer in the cupcake liner.
- Put one scoop of frozen yogurt on the wafer. Put one spoon of whipped topping over the frozen yogurt.

Pudding Cook-Off

Have children:

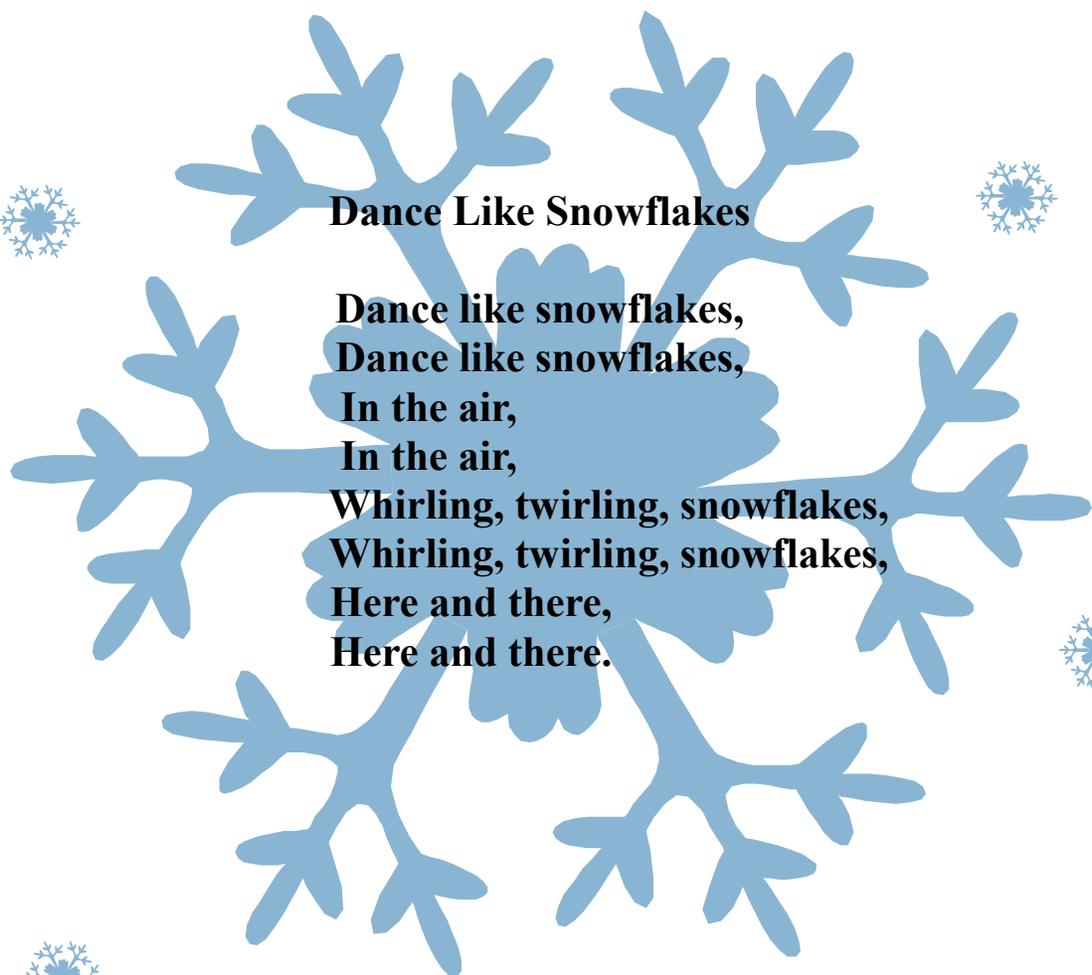
- Pour instant pudding in a bowl, measure milk, and stir pudding (as directed on box.)
- Pour cooked pudding mix in a medium sauce pan, measure milk (as directed on box), stir pudding and watch the milk come to a simmer. Ask them what makes the bubbles. (Heat.) Cook as directed on package.



Let children taste each version of pudding and decide which they like best.

Children's Good Health Calendar

January 2004



Dance Like Snowflakes

**Dance like snowflakes,
Dance like snowflakes,
In the air,
In the air,
Whirling, twirling, snowflakes,
Whirling, twirling, snowflakes,
Here and there,
Here and there.**