

# OLGC Preschool

January 2024



We hope everyone had a happy, healthy and restful Christmas holiday, and we wish you all a New Year filled with many blessings!

Don't forget! Re-enrollment for next year is now underway. Please follow the guidelines provided in Mrs. Williams' December email. The deadline to register for next year is January 31. If you know of anyone who is interested in our preschool, please have them contact me for a tour.

As we head into the winter season, please monitor your child for illness. If your child is not feeling well, please keep him/her home. As a reminder, children must be symptom-free (without fever-reducing medications such as Tylenol) for a minimum of 24 hours before returning to school. Thank you for doing your part to keep us all healthy!

**Don't forget to order your child's lunches!**

## Important Dates

Monday, 1/3: School resumes

Monday, 1/15: No School (MLK Holiday)

## **Children and Sleep**

Sleep is an important component of your child's mental and physical health. It directly affects alertness, attention, memory, mood, cognitive performance and learning. A child who is short on sleep can swing between being grumpy and hyperactive, with ramifications for their performance in school. Lack of sleep has been linked to anxiety and depression, as well as health problems and obesity.

**Is your child getting enough sleep?** According to the American Academy of Pediatrics, preschoolers need ten to thirteen hours of sleep each day, including naps. If your child has given up napping at home, schedule some quiet time during the day, to allow both the body and the brain to relax.

Going to bed at a regular time and a consistent bedtime routine help to ensure that your child gets adequate sleep. Turn off ALL screens at least one hour before bedtime. The stimulation from the screens can prevent the brain from calming down enough to fall asleep.

For more information and tips on how to help your child get a better night's sleep, visit the Sleep Foundation website at

<https://www.sleepfoundation.org/children-and-sleep>.

## A Grace for January

We fold our hands and gently say,  
Thank you, God, for our food today.  
Amen.