

High Five News

January



Sullivan STEAM Magnet

Unit of Study:

We will be beginning a mini-unit all about Snow and Winter. We will learn about weather, winter clothing, and animals in winter.

Focus letters this month-
A, V, M, N, X, Y, Z

Social Emotional Skills

We are learning about Managing Emotions. We will be learning strategies to control strong emotions::

- learning to STOP, put our hands on our tummy, label our feeling, and doing belly breathing
- counting to 10
- asking for help

Contact Information

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*Talking Points App

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Parent Reminders

- We go outside everyday. Please make sure your child brings a hat and mittens/gloves to school as well as boots and snow pants.
- No school on January 20th or 24th

Help at Home:

You can help your child at home by:

- Practicing dressing for outside independently- putting on snow pants & boots, zipping jackets, putting on mittens
- Have your child practice writing their name, naming letters & numbers, counting to 30.