



PARENTS AS TEACHERS NEWSLETTER



JANUARY 2026



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REFLECTIONS FROM THE COORDINATOR

Hello PAT families,

Happy New Year! I know many of you are entering this new year feeling the pressure to set and achieve new goals and may be feeling overwhelmed by the expectations of life. While goals are great and I am a big fan, I came across a poem a few years back that I hope speaks to you as it did to me.

Why do we start a new year with promises to improve?

Who began this tradition of never-ending pressure?

I say, the end of the year should be filled with congratulations, for all we survived.

And I say a new year should start with promises to be kinder to ourselves, to understand better just how much we bear, as humans, on this exhausting treadmill of life.

And if we are to promise more, let's pledge to rest before our bodies force us.

Let's pledge to stop and drink in life as it happens.

Let's pledge to strip away a layer of perfection to reveal the flawed and wondrous humanity we truly are inside.

Why start another year, gifted to us on this earth, with demands on our already over-strained humanity?

When we could be learning to accept that we were always supposed to be imperfect.

And that is where the beauty lives, actually.

And if we can only find that beauty, we would also find peace.

I wish you peace in this upcoming year.

Everything else is all just a part of it.

Let it be so.

Donna Ashworth

While I strongly dislike the cold, winter can be a great time for reflection and to rest if we allow ourselves. My hope for you this new year is to enter 2026 from a place of rest and allow for margin in the rhythms of life. I know it requires pushing back against our culture to not always be busy, but giving your family the gift of time and being present with one another is truly the best gift of all.

May you drink in life as it happens this year and enjoy the everyday moments with your children and family, as that is where you will find life.

Michelle Kelly

Program Coordinator

Blue Valley Parents as Teachers



FEBRUARY PLAYGROUPS

BV PAT is excited to welcome families back to our playroom. In-person playgroups offer many benefits, including connecting with other families, new activities for children to explore, and children learning to interact with each other.

In order to help facilitate connections between children and families, we run playgroups in 2-4 week sessions. In February, families have the opportunity to sign up for a group that will meet weekly at the same time for 4 weeks. You can choose to sign up for a group with children that are similar in age to your child (Baby Play, 1-Year-Olds, or 2-Year-Olds), or you can choose our multiage group (1's and 2's) if you have more than one child or would like your child to be around children of all ages.

FEBRUARY PLAYGROUP SIGN-UP WILL BE EMAILED ON **JANUARY 13th**

Each group will be limited to 10-18 children.

- Only one adult per child may attend. A nanny or grandparent is welcome to bring your child in place of a parent if necessary.
- No siblings are allowed in the Baby Play, 1-Year-Old, or 2-Year-Old playgroups. Siblings under 36 months of age are allowed to attend the multiage playgroups, evening, and Saturday playgroups. Non-walking/crawling babies are an exception.
- All adults must show a valid state-issued photo ID or passport to enter any BV building. Please plan to bring ID with you every time you come to playgroup, or you will not be allowed to attend.
- Strollers and car seats are not allowed in the playroom. Please plan to wear or carry your baby while in the playroom when not on the floor playing.
- If a session is full, please add your name to the waiting list. Waiting list families will receive priority registration for the next month.
- If you miss two sessions in a row, your spot will be given to the next family on the waiting list.
- Please stay home if you or your child is ill.

February Playgroups

Baby Play for non-walkers (4-12 months) - Thursdays 9:15-10am: 2/5, 2/12, 2/19, 2/26

Baby Play for non-walkers (4-12 months) - Tuesdays 12:15-1pm: 2/3, 2/10, 2/17, 2/24

Playgroup for 1-Year-Olds (12-23 months) - Wednesdays 10:15-11am: 2/4, 2/11, 2/18, 2/25

Playgroup for 1-Year-Olds (12-23 months) - Thursdays 9:15-10am: 2/5, 2/12, 2/19, 2/26

Playgroup for 2-Year-Olds (24-36 months) - Tuesdays 10:15-11am: 2/3, 2/10, 2/17, 2/24

Playgroup for 2-Year-Olds (24-36 months) - Wednesdays 9:15-10am: 2/4, 2/11, 2/18, 2/25

Playgroup for 1's and 2's (9-36 months) - Thursdays 10:15-11am: 2/5, 2/12, 2/19, 2/26

This is a playgroup for children 9 to 36 months of age and/or families with more than one child under 36 months

Evening Playgroup - Wednesday 5:30-6:15pm: 2/4

Saturday Playgroup - 9:15-10am: 2/7

BLUE VALLEY PTA

This month's PTA meeting will be one you **won't** want to miss...



Monday, January 26 at 6p, EC Principal, Kendall Burr & PAT coordinator, Michelle Kelly will present on screen time through an early childhood lens. They will share information and research to help parents navigate screen use in early childhood.

Is not TOO late to join the PTA. The \$30 membership includes this event and many more opportunities to get involved to support your child's education and connect with your school community. [Click here](#)

VIRTUAL COOKING CLASS

Are you looking for something fun you can easily prepare with your child in the kitchen? If so, find your aprons and chef hats and join parent educators, Ms. Becky and Ms. Amy, for an online, fun-filled evening in the kitchen. This month, we will be making PIZZA! Two sessions of this interactive online class will be hosted on Thursday, January 8th (4:30 pm and 5:30 pm). The recommended age is 24-36 months, but all family members are welcome to join!



Registration is required. [Click here](#).



SAVE THE DATE

We will host our annual Roll & Read on Saturday, February 28th, from 9:30-11am at Hilltop Conference Center. This will be a drop-in event, so no registration is needed. This event is designed to be educational and full of fun for all families and kids of all ages enrolled in our program. Roll & Read focuses on two important goals for families - early literacy and physical well-being. The event will include a Book Trade Station, a large track for walking, riding, and rolling, Nursery Rhyme activities, Puppet Play & Pretend Play, Music and Dance, and Parachute Play.

Come join in the fun!!!

Hello
Winter

2026 Blue Valley
Preschool Resource

[Click here](#)

To find out information about area preschools and community offerings.