



# THE PANDA PRESS

## January 2026

### Upcoming Events:

**Tuition due: No later than Jan 5th, 2026**

- **Jan 6:** PTA Meeting @ 4:00 PM
- **Jan 9:** Panda Pride Day
- **Jan 13:** Peter Piper Pizza Night!
- **Jan 19:** Martin Luther King Jr. Day (**NO SCHOOL**)
- **Jan 22: 100th Day of School!** ("Hip, hip, hooray! We are 100 days smarter today!")

#### Disney Spirit Week: Jan 12-16

- **Monday (Jungle Book):** Wear animal prints or safari gear.
- **Tuesday (Lilo & Stitch):** Wear Hawaiian or tropical gear.
- **Wednesday (Monsters U):** Wear college gear, jerseys, or hats.
- **Thursday (Heroes vs. Villains):** Wear Marvel, DC, or superhero gear.
- **Friday (Disney Classic):** Wear Mickey Mouse or Disney apparel.



### This month in preschool:

Our Monthly theme is:

# EXERCISE



**This month, we are diving into the science and joy of physical activity.**

Our exercise unit provides a holistic educational experience that goes beyond simply "running around." By focusing on how our bodies move and why it matters, we integrate several key developmental areas:



#### Areas We Will Discover:

- **Science & Observation:** Children will track how exercise causes physical changes, such as increased heart rate, warmth, and faster breathing.
- **Math & Literacy:** Students will practice counting repetitions and sequencing while building a vocabulary of action words like sprint, stretch, and skip.
- **Health & Growth:** We will connect nutrition and rest to physical performance, teaching children how consistent effort helps "grow" strong muscles and bones.

#### Home Resources:

- **GoNoodle:** Movement-based games and videos.
- **Action for Healthy Kids:** Tips for active play at home.
- **Cosmic Kids Yoga:** Story-led yoga for focus and strength.

#### PTA Link Tree



🍕 **Pizza, Prizes, and PTA Fun!**  
Join us Jan 13th!

Come enjoy your favorite pizza and games while hanging out with friends—all while supporting our school! A portion of all proceeds goes directly back to our students. We can't wait to see you there!