



# EHS Newsletter

## January 2020

Hi All. Here we are at the beginning  
of year 2020

With the end of the old year and the beginning of the new, this is often a time of year for reflection. Looking back on the things that have gone well, as well as the things that we would like to change.

When considering changes you would like to make in the coming year, please keep in mind that each small step is a victory, because it is only by taking the small steps that we are able to reach the top of the mountain.

We are often our own harshest critics, so this year, consider a resolution to take blame and shame out of your life. When we are blaming others we are not looking at our own role in a situation. Similarly, when we are shaming ourselves we are getting stuck in beating ourselves up rather than taking steps to change the things that we can control.

Remember that there is no such thing as "perfect". So treat yourself and others with love, compassion and forgiveness in the coming year.

Wishing you all a very Happy 2020...

And remember...

You are your child's first and most important teacher! ~Paige

# JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Family Center Closed	Family Center Closed	Family Center Closed	Bundle up and go for a walk!
5	6	7	8	9	10	11
Read a BOOK!	Make a new healthy Recipe!	Socialization 11am	Read a BOOK!	Read a BOOK!	Read a BOOK!	Play a board game with your child
12	13	14	15	16	17	18
Play dress up!	Read a BOOK!	Read a BOOK!	Workshop 1:00pm Curriculum Workshop Lunch and child-care provided	Playgroup 10-11am	Read a BOOK!	Let your child prepare a snack.  *with supervision
19	20	21	22	23	24	25
Set Goals to eat one meal as a family during the week!	Read a BOOK!	Socialization 11am	Read a BOOK!	Playgroup 10-11am	Read a BOOK!	Compliment your child/children
26	27	28	29	30	31	
Read a BOOK!	Read a BOOK!	Read a BOOK!	Read a BOOK!	Playgroup 10-11am		