




ICS Ashland Head Start

# December 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Eat a Red Apple Day
2 National Fritters Day	3 Ashland Town Holiday Parade	4 National Cookie Day	5	6 Heights and Weights	7	8 National Brownie Day
9	10	11 Parent Meeting 5:30p.m.	12	13 Pick-up children gifts 12:00	14	15
16 National Covered Chocolate Anything Day	17	18 Center Closes for Holiday Break!	19 Center Closed	20 Center Closed	21 Center Closed  First Day of Winter	22
23	24 Center Closed	25 Center Closed Christmas Day 	26 Center Closed	27 Center Closed	28 Center Closed	29
30	31 Center Closed					

# ASHLAND NEWS REEL

Center Director, Ollie Tallie

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(662) 224-0316

## December is National Stress Free Month

10 Relaxation Techniques to Help Relieve Stress

1. Meditate
2. Breathe Deeply
3. Slow Down
4. React Out
5. Tune in to Your Body
6. Decompress
7. Laugh Out Loud
8. Crank Up the Tunes
9. Get Moving
10. Be Grateful

## This Month Activities

**Unit: Things that Take Up Places**

Learn Every Day About Transportation

Learn Every Day About Safety

Learn Every Day About Social Studies

**Letters: Jj and Dd**



## From Center Directors Desk

We are coming to the close of another year we hope you had a prosperous school year so far.

Thank you for all your support this school year.

Working together makes a difference.



**Happy Holidays from ICS Ashland Staff**

**The Center will be closed December 19-January 2**

## Special Days & Events

12/3 - Ashland Holiday Parade

12/6 - Heights and Weights

12/11 - Parent Meeting 5:30

12/13 - Pick up Children Gifts at 12:00 p.m.

12/17 - Center closes for the Holiday!

12/22 - Winter Begins



## Teacher Education Note

Read a **New Book** to a **Child**. "The more you **Read** the more **Things** you know. The more that you **Learn** the more **Places** you'll go."

-Dr. Seuss