



Kremmling Preschool Newsletter

December 15, 2021



CHRISTMAS CONCERT - We had so much fun performing the program for you all! Hug shoutout to our wonderful videographer, Brett Derby, who did all the video and editing of the program. I sent out the link last night on ParentSquare. Here is the link again along with the password:

<https://vimeo.com/656658421>

Password: KidsXmas

 **MISS SARA'S SECTION** - "Hello! What a wonderful concert! Great job, everyone. Thank you for coming and watching us sing and dance. We have been working hard on Christmas crafts and parent gifts. Have a Merry Christmas and safe travels... Santa Shark ... ho ho ho ... Santa Shark ... ho ho ho ... Santa Shark ... ho ho ho..."



PAJAMA/MOVIE/COOKIE DECORATING - This week has been so much fun! Do not forget, we will be having a pajama and movie day tomorrow, Thursday, December 16th! We will be watching Paw Patrol: The Movie. Please feel free to send your child to school in their favorite pajamas and we will all enjoy the last day of school decorating cookies and watching a movie!



Please note, our last day of preschool is tomorrow, Thursday, December 16th. The preschool will be closed from December 17th thru January 2nd so our staff may enjoy the holidays with their families. Preschool will resume on Monday, January 3, 2022. We hope you all have a fun and safe holiday season with your loved ones!!



CALENDAR of EVENTS:

Dec. 16	Christmas Cookie Decorating/PJ & Movie Day
Dec. 17- Jan 2	Winter Break, Preschool Closed
Jan. 3	Welcome Back!

*Please do not hesitate to call or stop by with any questions or concerns! 724-9483 Michele DeSanti, Director.

OVER====>



Here is an article about keeping your kids rested, enjoy!

<script-printkeepingyourkidswell-restedduringtheholidays.pdf>

Keeping Your Kids Well-Rested During the Holidays

The holidays are here, and they often come with a major schedule switch for kids. Whether kids have been going to school online or in person, Thanksgiving and Christmas come with an extended break from schoolwork and classroom schedules, which can translate to later nights.

Diminished sleep can become a big issue. Dr. Kaninika Verma, director of Sleep Medicine for OSF HealthCare, says parents should be aware of the recommended amount of sleep for their child, and try to stay on schedule as much as possible, even when school is out.

“Kids actually have longer sleep requirements,” explained Dr. Verma. “Babies are going to sleep from 18 to 20 hours. Toddlers are going to sleep up to 12 hours, and school aged kids are going to need anywhere from nine and a half to ten and a half hours of sleep – up to eleven.”

The National Sleep Foundation’s Sleep in America Poll found that 30% of elementary school children and well over 50% of both middle and high schoolers don’t get the recommended nightly allowance of sleep. According to Dr. Verma, this is a big problem.

“We are seeing that kids who don’t get enough sleep, their learning becomes an issue, they start having behavioral issues, they’re tired, they can’t focus, they’re hyperactive, because kids respond differently to sleep deprivation than adults, where kids actually become very, very hyperactive,” she said.

One of the major sleep stealers that Dr. Verma comes across is screen time. She says more screen time is associated with delayed bed time, and recommends shutting down electronics two hours before it’s time to turn in.

“I do see pediatric patients for sleep, and that’s one of the things we do discuss, is how much sleep is your child getting? What time is your child going to bed by? How much screen time are they getting? What time are they shutting it down? How long before their mind kind of calms down to go to bed? That is an issue,” said Dr. Verma.