



Beginning Visions

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Happy New Year Beginning Vision's Friends and Families,

We are sad to see the holidays come and go, but we are excited to start new and fresh this coming year! Try practicing this fun list with your family as you prepare and make your own new year resolutions!

- Start Early- the first step to any successful plan is to start early. There is no time like the present to initiate a change!
- Reflect on the Past Year- Think about your accomplishments and the memories that made you proud, happy or sad, and thankful.
- Create a Gratitude List- Make a list of the things you are grateful for. Practicing gratitude can make you feel more positive about the past year, and what was accomplished.
- De-clutter- Before you can really get to start planning for the new year, it's first time to get rid of some old stuff. Doing these things will make you feel good and create space for a new year.
- List new goals- After accomplishing goals the past year, think of new goals that you want to meet. Written down goals are more likely to be achieved.
- Make a schedule- Start by creating a general schedule for the year. As the weeks and months go by, make tweaks based on family events, careers, and other responsibilities. Make sure to schedule in fun activities and time with family and friends.

Here are some of our favorite pictures from the past month where we were able to celebrate the holidays together:

Upcoming Events & Birthdays

January 1

Happy New Year!! (BV closed)

January 2

Beginning Visions closed

January 23

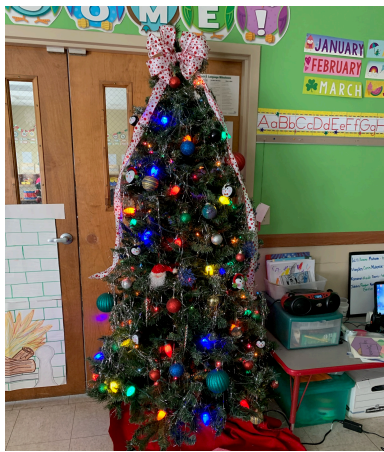
Mrs. Starr's Birthday

Mr. Robbie's Joke of the Month:

Question:
What do snowmen do on New Years?

Answer: They chill out!





This Christmas Season, we celebrated and packed in all of our favorite Christmas activities. From decorating Christmas cookies and Christmas trees, to watching the Polar Express, to caroling from classroom to classroom, and making Christmas ornaments- we did it all. Thank you teachers and staff for making this an unforgettable holiday season.



In the Spotlight



Ms. Tiffany

Ms. Tiffany has been teaching for 10 months. Ms. Tiffany's favorite foods are bacon and Japanese food. A few of her favorite hobbies are trail walking with her German Shepard, Max, and hanging out with friends and family. A fun fact about Ms. Tiffany is she has traveled all over the United States.

Ms. Robin has been teaching for 16 wonderful years. She loves pepperoni pizza, barbeque, BBQ potato chips, and Diet Mountain Dew. Ms. Robin is very creative. She loves to craft and solve word search puzzles. Many more affectionately call Ms. Robin Maw-Maw!



Ms. Robin