

# Olympic Toddler Newsletter



May 2020

## Bi-Weekly Updates



## Agenda

- **East Branch** Tuesday  
Zoom @ 11:00am  
Thursday Zoom @ 3:00pm
- **West Branch** Tuesday  
Zoom @ 11:00am  
Thursday Zoom @ 1:00pm
- Lesson Plan to be emailed every Friday
- Ready Rosie to emailed every Friday
- Monday call and text with families for weekly check in

## Reminders

- Washing hands is key component to good health so always remember to count to **at least 20 seconds** or sing the Birthday song **twice** while washing hands
- It can be very hectic, busy, or over stimulating at home...so please try to **Breathe, Stretch and Meditate/** calm your mind.
- Outside activities for the children is a great way to burn off some energy, help with **Vitamin D** intake from the sun and also exposure to fresh air/nature.
- Please check any messages from the **Text Alert** system for any important updates
- **May** is the month for **Mother's Day**, Teacher Appreciation, Nurses Appreciation, and also Mental Health Awareness.