

January Menu

*Items in green are vegetarian meals	Lunch	3:30 Snack
Thursday, January 1	CLOSED	HAPPY NEW YEAR
Friday, January 2	Brown Gravy Meatballs w/ Brown Rice, Lima Beans, Applesauce & Milk	Whole Wheat Crackers & Sliced Cheese
Monday, January 5	Tex Mex Chicken w/ Rice & Black Beans, Peaches & Milk	Birthday Celebration Cake Pops, Whole Wheat Crackers & Sliced Cheese
Tuesday, January 6	Chicken Spaghetti, Purple Hull Peas, Pears & Milk	Graham Crackers & Craisins
Wednesday, January 7	Cheddar Broccoli Rice Casserole, Pineapple & Milk	Veggie Straws & Pepperoni
Thursday, January 8	BBQ Chicken Sliders, Mashed Potatoes, Mandarin Oranges & Milk	Animal Crackers & Raisins
Friday, January 9	Spaghetti w/ Meatballs, Green Beans, Applesauce & Milk	Cheerios & Banana
Monday, January 12	Turkey Pot Roast Stroganoff, Lima Beans, Pears & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, January 13	Ground Turkey Tacos, Black Beans, Pineapple & Milk	Graham Crackers & Craisins
Wednesday, January 14	Brunch for Lunch: Cheesy Hashbrown Casserole w/ Sausage, Pears & Milk	Strawberry Go-Gurt & Goldfish
Thursday, January 15	Broccoli Alfredo, Peaches & Milk	Veggie Straws & Pepperoni
Friday, January 16	Brown Gravy Meatballs, Mashed Potatoes, Mandarin Oranges & Milk	Animal Crackers & Vanilla Pudding
Monday, January 19	CLOSED	MLK JR DAY
Tuesday, January 20	Turkey Pot Roast, Mashed Potatoes, Pineapple & Milk	Strawberry Go-Gurt & Goldfish
Wednesday, January 21	Macaroni & Cheese, Lima Beans, Mandarin Oranges & Milk	Veggie Straws & Pepperoni
Thursday, January 22	Hamburger Sliders, Baked Beans, Applesauce & Milk	Graham Crackers & Craisins
Friday, January 23	Cheesy Chicken Noodle Casserole Bake, Green Beans, Pears & Milk	Cheerios & Banana
Monday, January 26	BBQ Chicken w/ Brown Rice, Purple Hull Peas, Mandarin Oranges & Milk	Vanilla Wafers & Banana Pudding
Tuesday, January 37	Spaghetti w/ Meat Sauce, Lima Beans, Pineapple & Milk	Strawberry Go-Gurt & Goldfish
Wednesday, January 28	Cheese Tortellini Bake, Green Beans, Pears & Milk	Veggie Straws & Pepperoni
Thursday, January 29	Sloppy Joe Sliders, Mashed Potatoes, Pineapple & Milk	Mini Muffins & Banana
Friday, January 30	Tex Mex Chicken w/ Rice & Black Beans, Peaches & Milk	Graham Crackers & Craisins
Monday, February 2	Baked Chopped Steak, Mashed Potatoes, Mandarin Oranges & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, February 3	Chicken w/ Yellow Rice & Black Beans, Peaches & Milk	Animal Crackers & Chocolate Pudding



Growing Room News

Loving and Learning The Growing Room Way.

January 2026

As Growing Room Tallahassee celebrates 16 years, we want to take a moment to say thank you—from the bottom of our hearts.

These past 16 years have been filled with learning, laughter, milestones, and meaningful moments, and none of it would be possible without the incredible families who trust us with their children each day. Your support, partnership, and belief in our program have shaped who we are and allowed us to grow into the community we are so proud of today.

We are honored to be part of your child's early years and grateful for the relationships we have built along the way. Watching children grow, learn, and thrive alongside such supportive families is truly the greatest gift.

Thank you for being part of The Growing Room Tallahassee story—past, present, and future. We look forward to many more years of learning and growing together.

"Growing Room Travels Around the World"

Thursday, January 22
6:30 p.m. to 7:30 p.m.

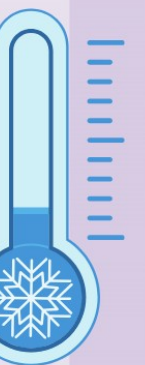


We are excited to invite you and your family to join us on a fun-filled journey of discovery! Together, we will explore different countries around the world, experience new traditions, taste unique cuisines, and learn about the many cultures that make our world so special. We can't wait to spark curiosity, creativity, and a love for learning as we travel the globe together!

BRRR! IT'S GETTING COLD OUTSIDE!

As the temperatures begin to get cooler, please remember to send your child to school dressed warmly! Layered clothing, hats, gloves, and scarves are a great way to keep them comfortable during outdoor playtime. Make sure all outerwear is labeled with your child's first and last name. We will go outside daily, weather permitting.

We want to ensure everyone stays cozy and healthy as we enjoy the winter months. Thank you for your help in keeping your child safe and snug!



JANUARY CENTER CLOSINGS

January 1st - New Years Day
January 19th - MLK Jr Day

January Parent Reminders

January 1st – All Centers Closed – New Year's Day

January 4th – Happy 16th Birthday Growing Room Tallahassee

January 5th – Wear Purple and Green to School

January 5th – Growing Room Tallahassee's Birthday Party Celebration

January 14th – Dress Like an Arctic Animal

January 19th – All Centers Closed – MLK Jr Day

January 22nd – Growing Room Travels Around the World 6:30–7:30 pm

MAKING A DIFFERENCE EMPLOYEE FOR DECEMBER

Growing Room Welaunee
Ms. Latori Harris
Floater

Growing Room welcomed back Ms. Tori in August 2023 and she has been an incredible asset to our program ever since. She is always on the move, willingly stepping in wherever she is needed, whether that means helping in the kitchen, supporting classrooms, or assisting staff throughout the day. Her flexibility and strong work ethic do not go unnoticed. Ms. Tori's kind and gentle nature makes her a true joy to work with. She brings an energetic, positive presence to every space she enters, and her warm smile is truly infectious, spreading happiness to children, families, and staff alike. She approaches each day and every new task with enthusiasm, confidence, and a willingness to learn, making her a wonderful team player. Her dedication, compassion, and positive spirit make a meaningful difference in our school each day, and we truly appreciate all that she does.

Growing Room Bradfordville
Ms. Journey Wynn
VPK Para Pro

Ms. Journey celebrates her 1-year anniversary with Growing Room this month! Her ability to step into a variety of learning environments with confidence and professionalism truly speaks to her strength and skill as an educator. Ms. Journey approaches each day with calm consistency, helping children feel safe, supported, and ready to learn. Ms. Journey has a unique ability to establish meaningful connections in a short amount of time. She quickly establishes trust with both students and staff, creating strong relationships that contribute to a positive and well-functioning classroom. No matter where she is placed, she always finds joy in the day and brings a warm, encouraging presence that lifts those around her. Her dedication, adaptability, and willingness to step in wherever she is needed do not go unnoticed. We are truly grateful to have Ms. Journey as part of our Growing Room Family and appreciate the positive impact she makes each day.

Growing Room Metropolitan
Ms. Cindy Waslewski
PREK Para Pro

Ms. Cindy joined the Growing Room Metropolitan Family in May 2025. She consistently demonstrates dedication, professionalism, and a genuine love for the children in her care. Ms. Cindy brings a calm, caring presence to the classroom and works hard to create a safe, nurturing, and engaging environment where children can learn and grow. She is a dependable team player who is always willing to step in and lend a hand wherever needed. Her positive attitude, strong work ethic, and thoughtful interactions with both children and staff make a meaningful impact on our school community. She builds strong relationships with families and coworkers alike and approaches each day with patience and kindness. We are so thankful for all that Ms. Cindy does and the heart she brings to her work. Congratulations, Ms. Cindy, and thank you for being such an important part of our Growing Room Family!

We appreciate all you do for our Growing Room Families!

Health and Wellness Reminder: Keeping Our Preschool Healthy

As we move into the winter season, we want to remind everyone of a few important health tips to help keep our preschool community healthy and safe:

- Handwashing: Handwashing is one of the best ways to prevent the spread of germs. Please encourage your child to wash their hands regularly, especially before eating, after using the restroom, and after outdoor play. We are also having the children in class wash their hands thoroughly throughout the day!
- Stay Home When Sick: If your child is feeling unwell or showing signs of illness (fever, cough, runny nose), please keep them at home to help prevent the spread of germs to others. This is especially important during flu season.
- Flu Season Precautions: With flu season in full swing, we encourage parents to remind their children of some preventive measures, like covering coughs and sneezes with a tissue or elbow.

We appreciate your help in keeping our preschool a safe and healthy environment for all our children and staff. Thank you for your continued support!



Wishing everyone a happy and healthy winter season!

“Children grow a little more every day, and the new year is full of wonderful moments waiting to happen.”

- Anonymous

January Character Education Mind Your Manners

This month, our Character Education focus is “Mind Your Manners.” Through engaging character education books, our friendly Character Critters, teacher modeling, and positive reinforcement, the children will learn the importance of using good manners in their everyday interactions.

As part of this learning experience, your child will practice how to:

- Use polite words such as “please,” “thank you,” and “excuse me”
- Demonstrate good table manners during meals and snack time
- Wait patiently and avoid interrupting when others are speaking
- Use kind words and respectful language toward friends and teachers
- Cover their mouth when coughing or sneezing
- Clean up after themselves and take responsibility for shared spaces
- Think before acting and make respectful choices
- Use their words to express feelings in a calm and appropriate way

These lessons help children understand how good manners show kindness and respect for others, building a strong foundation for positive social skills both in and out of the classroom.

