



## *Happy New Year Y'all!!! 2020 is here!!*

Wish 2020 and the beginning of a new decade be a year of love, light, laughter, kindness, vibrancy, health, success, respect and abundant joy!!!!♥☐

### *Construction Update*

**The wait is nearly over!!...Beacon Alert in Sugar Land!!!**

The anticipation is so great that you can almost taste it...it won't be long! If you drive by you can see that the building is up and now we are working furiously to put the finishing touches to our wonderful institution!!! The next month will go fast and we anticipate starting to furnish mid-February. We are beyond excited to showcase the school where kids will love coming to.



## *Now Enrolling!!*

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Hurry Hurry give us a  
CALL!

We are so happy to tell Y'  
ALL!

That soon we will open  
the doors of our brand  
new SCHOOL!

Won't that be COOL?

Now you can click and  
quickly ENROLL!

Save a spot, jump like you  
made the winning GOAL!



## January Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	New Year's Day	1	2	3
5	6	7	8	9	10	11
12	13	14	15	@ Marquis - Bingo	16	@Imperial Farmers Market
19	MLK Day	20	21	22	23	@Culinan Park
26	27	28	29	30	@ CLHS Parking Lot	31

### HOW TO SET AND KEEP THAT NEW YEAR'S RESOLUTION!!

With the start of a new year, many of us set resolutions for the year ahead.

There's a chance you've already blown off your resolution, however, positive change can take place at any time.

Author James Clear says there are simple and easy ways to develop better habits.

First, take 2 minutes each day to establish the habit. Maybe for your resolution you decided you wanted to be a runner. To start, you take 2 minutes and lay out your exercise clothes and your running shoes before you go to bed at night so when you wake up, everything is right there waiting for you. The hardest step is the first one.

According to Clear, when you start assigning new identities to yourself, you begin to act in alignment with the person you want to be.

If you apply that same mentality to each goal you set for yourself, slowly but surely, you will arrive at that final anticipated outcome.

## December Activities

### @Overture Imperial

It was a Merry Christmas and Good Time was had by all...



We are so blessed with your good wishes 🌟❤️

## Parent Resource

### Importance of Family Time

Family time is incredibly important for raising a healthy and secure child. Experts agree that attention from their parents and family helps lower anxiety and promotes success in children. The holiday season provides a great opportunity to bring your family together for some quality time.



Interactive family time where both the adults and the children are actively engaged has a multitude of benefits. Firstly, children feel loved, seen and worthy. This is important to promote so that your child develops positive views of self through adulthood. It also helps them cultivate healthy relationships with people outside their family. The holiday season is perfect for immersing your child in an environment filled with love and laughter.



Participating in family activities like playing games, decorating, cooking and sharing meals all contribute to establishing healthy lines of communication, teaching social skills, and allowing for bonding moments. Games and sports keep the participants interactive and engaged while cooperating toward a common goal. Cooking and sharing meals provide moments of intimacy and community. The holiday season is a perfect time for parents, cousins, aunts, uncles and grandparents to get together and share time with one another.



The holidays also provide the opportunity for children to mirror your positive, generous behavior. Giving back to your community is a great family activity that both develops personal bonds with family members and teaches your child the importance of helping people who are less fortunate. Fostering practice in generosity and kindness will

develop healthy habits and strengthen the bond between you and your child while also discovering the joy of helping others.



Use the holiday season to get more interactive family time that can sometimes be overlooked in the everyday routine. Making memories together helps your child grow into their sense of self and their sense of community with family. Make some cookies, play some games, build a puzzle and eat a great meal! The holiday season is an opportunity like no other to make the most of spending time together.

The logo for "FAMILY time" features the word "FAMILY" in a bold, black, sans-serif font with a small yellow heart above the letter "I". Below it, the word "time" is written in a cursive, black font. The entire logo is flanked by two yellow leaf-like shapes.