

PGLC FEBRUARY NEWSLETTER

Conscious Discipline Focus: Calm Breathing

At school, children are practicing calm breathing to help them feel safe and relaxed when emotions feel big.

Try This at Home

Balloon Breathing

1. Pretend your child's belly is a balloon
2. Breathe in to fill the balloon
3. Breathe out slowly to let the air out

Heart Name the Feeling

Say: "I see you're feeling upset. Let's take three deep breaths together."

Rainbow Model Calm

Let your child see you take deep breaths when you feel stressed.

Center News:

We're excited to share a few updates happening around the center! Fang's Reading Club is in full swing! Remember to keep track of the number of books that you are reading with your children to get those free tickets for our May game! We're also kicking off our Little Caesars Fundraiser, which will help support upcoming programs and activities—thank you for your continued support! This will go from February 2nd-March 4th. Lastly, Summer Interest Forms for school-age children are due by February 20th. Please be sure to return your form by the deadline so we can plan appropriately for summer programming.

Upcoming events

- February 2nd– Fundraiser starts
- February 6th– Date night (Grand Chute location)
- February 12th– Valentine's Day parties
- February 13th– First reading base due
- February 20th– School-Age summer interest forms due
- March 2nd–6th– Read Across America Week

Contact us:

Angie Hodkiewicz – Administrator / Owner – angiehepgkids.net

Jason Hodkiewicz – Business Director / Owner – jasonhepgkids.net

Jacquie Taylor- District Administration Director – jacquiet@pgkids.net

Jordan Hodkiewicz- Director of Human Resources- jordanhepgkids.net

Ashley Hodkiewicz- Center Director (Greenville) – ashleyhepgkids.net

Clarissa Davis- Education Director (Greenville) – clarissad@pgkids.net

Paige Harner- Assistant Director (Greenville)- paigehepgkids.net

Pam Figlinski – Center Director (Grand Chute) – pamela@pgkids.net

Laura Williams- Education Director (Grand Chute)- lauraw@pgkids.net

Jocelyn Fields- Assistant Director (Grand Chute) – jocelynd@pgkids.net

Erin Brandes – Center Director (Darboy) – erinb@pgkids.net

Melissa Roskom – Education Director (Darboy) – melissar@pgkids.net

Maddie Westerover – Assistant Director (Darboy) – maddiew@pgkids.net

Check out our new website!
<https://www.playandgrow.net/>