



# The Marsh Messenger

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## December in "Kid Crane" Counselor Time

*In December, we are learning that one of the keys to happiness is to be "generous" rather than "greedy." We will focus on how good it feels to share, to help, and even to surprise people by doing hidden good deeds we call "secret sunshine." Here's a taste of the song we're learning:*

Everybody needs sunshine  
in their day  
We get tired and sad  
along the way  
And if you want your  
happiness to grow  
Spread some secret  
sunshine

And your own heart will  
glow.  
So pick up toys, fold the  
laundry,  
Dust the living room  
Tiptoe into the kitchen  
and pick up a broom.

Sweep the floor, feed the  
kitty,  
Wash a dish or two,  
They might think that it  
was elves,  
But really it was you!

Secret sunshine means  
doing something kind,  
But not telling—just  
letting your heart shine.  
It may sound funny but I  
know it's true,  
When you make other  
people happy  
It comes back to YOU....

'Cause sunshine feels like  
magic but it comes from  
what we DO!

## Season's Greetings to all our Families!

Dear Families,

December is such a magical month for innocent children, and we feel privileged to share their excitement and joy. That excitement can mean it's a little harder to settle down for learning, so it's important during these busy days to help children keep to routines as much as possible: **regular bedtimes, healthy eating and lots of exercise can prevent many a meltdown.**

Our school day begins promptly at 7:45 with Marsh School in Motion: a program proven to improve children's attention for learning. The exercise also elevates everyone's mood and starts our day off on a happy note.

**Children who arrive on time feel more connected to their classmates and this helps their sense of security and improves their behavior and enjoyment of the day.**

Do your children need

coats, hats and gloves? Has your family hit a financial rough patch? **Please know that various community groups are in touch with our school and our counselor Mrs. Haslar would be glad to connect you with people who can help.**

Don't be afraid to reach out! We're in this together, and we're glad your child is part of "The Sunshine School."

Stacey Plane,  
Marsh Principal/

## December Programs: Time to Shine!

