



Lanham Newsletter Happy New Year!

We hope that you had a wonderful holiday season and enjoyed quality time with your loved ones. We planned to start the year with great energy and positivity. The beginning of the new year is an exciting time to set goals, energize ourselves with fresh ideas and organize for the year.

Now that holidays are over, I have included some helpful tips below to help your child transition back to normal routines after an extended break.

- Re-establish routines (Sleep, meals, daily schedule)
- Slow adjustments, don't force an immediate return. Slowly shift bedtimes/wake-up times by 15-30 minutes each day to match school schedules
- Use visual schedules
- Incorporate sensory breaks
- Set clear expectations, adjust accordingly, and use positive reinforcement for small successes.

We look forward to the month filled with engaging activities, teamwork, fostering creativity, and independence. We will work on daily living and life skills, self-care, Routines, Independence, emotional and executive functioning, Regulation, and Organizational Skills. Let's continue to grow while learning new skills.

Mark your Calendars

January 1, New Year's Day

(Center Closed, Happy New Year)

January 16, Martin Luther King Day

School Closure/Early Dismissal

PGCPS

January 1, No school

January 2, No School

January 19, No School

January 26, Early Dismissal (3hrs)

Shepard Pratt

January 1, No School

January 2, No school

January 26, Early Dismissal 12:00pm

January 30, No School



School Closure/Early Dismissal

Kennedy Krieger Leap Campus and High School

January 1, No School

January 2, No School

January 19, No School

January 20, No School

Children's Guild

January 1, No School

January 2, No School

January 19, No School



Participants Birthdays

Hannemarie A. 1/6

Jeffrey O. 1/6

Avery P. 1/17

London T. 1/ 20

Administrative Staff Birthdays

Ms. Krystal 1/7

Ms. Keisha 1/18





Reminders

- **Health Reminder-** If your child is feeling sick, please keep your child home to prevent spreading any viruses. If your child is experiencing any symptoms of any illness, we will contact the parent to pick up early from the center.
- Please submit the child's schedule in advance to Ms. Krystal to ensure proper coverage. If services are cancelled on behalf of the parent, please inform in advance.
- Please send appropriate change of clothes and label your child's clothing
- Check your child's backpack for communication sheets and News/Announcements from Renoxx
- Participants will not be able to use their cell phones while at the center
- If you send any type of snacks, food, or candy, NO PEANUTS!!! WE ARE A NUT-FREE CENTER.
- We are always open to suggestions, concerns, and feedback. Please contact Ms. Prophet for further assistance (Case Manager)
- Business/ Center Hours Monday- Friday 9:00a.m.- 6:00p.m

CONTACT INFORMATIONS

- Case Manager: Aishah Prophet (aapropheto@renoxxgroup.com)
- Asst. Case Managers Keisha Simmonds (ksimmonds@renoxxgroup.com)
- Chinomso Onyekwere (conyekwere@renoxxgroup.com)
- Program Coordinator: Krystal Lopes (klopes@renoxxgroup.com)
- Assistant Director: Monaliza Fernandez (mfernandez@renoxxgroup.com)