

THE WHISTLER

Why is it important to celebrate?

As we enter into December and the end of 2023 we find ourselves with lots of reasons to celebrate! Whatever holiday(s) you may be celebrating this month, find time to enjoy the moments and lean into the celebration.

Here are 4 reasons why celebrating is good for us!

- 1. Appreciate what we have:** Celebrating makes us aware to things we didn't even know we had. It helps us learn to appreciate and cherish these things.
- 2. Making a memory:** Making a good memory can last for a lifetime. Taking time to be with the ones you love can fill you with joy!
- 3. Keeps us present:** We tend to get stuck in the past, celebrating the present helps us to remain connected to the here and now.
- 4. Have fun:** Did you know that on average children laugh 300 times a day, compared to adults who laugh an average of 17 times a day? Let's learn from our kids and inject some laughter and fun into our celebrations!



ANGELA DEVORE
ROOSEVELT A TEACHER

How long have you worked at Reach-Up?

1.5 years

Favorite season: Fall
If you could be an animal, what would it be and why?

A yellow lab. They are loyal, happy & cute!

Dream vacation:
Ireland

I love working with kids because... I like showing them old school stuff I did at their age in the 80s!



@reachupheadstart



Reach-Up Head Start



WHEN: Saturday, December 2

TIME: VIP Hour, 9-10 & General Admission 10-Noon

WHERE: Green Mill, 100 4th Ave S, St. Cloud

COST: \$10-\$20

Face painting, photo with Santa Claus, crafts and more!