



UCHRA Van Buren Head Start



FEBRUARY

UCHRA Van Buren Head Start participates in National School Choice Week:

School choice means empowering parents with the freedom to choose the best educational environments for their children. Held every January, National School Choice Week shines a positive spotlight on effective education options for children. Events are planned nationwide, with the goal of raising awareness of the importance of opportunity in education.

“We are thrilled to have UCHRA Van Buren Head Start participate in National School Choice Week by holding this special event,” said Andrew Campanella, National School Choice Week president. “The Week provides an opportunity for families in communities across America to discover more about the education options available to children. We salute the students, teachers and staff at UCHRA Van Buren Head Start for their dedication to providing a quality education for children, and for their involvement in this nationwide celebration.”

Parents/guardians: Don't forget to save the date on Thursday, February 28th for our Dr. Seuss themed Family Reading night starting at 5PM.

We will be having lots of fun & learning: Games, Special Guest, Nutritious snacks & tips, Mental Health Balance strategies, and so much more!!!

January Perfect Attendance

Lilly
Alex
Mason C.
Kyser
Aphia
Samuel
Sadie
Karoline
Mercedes
Storm
Landon
Michael
Mason S.
TiLee
Ryleigh
Jaden
Marley
Nora
Lucas
Brooklyn



Landon
Bentley
Gabriel

Van Buren County Head Start!

If you have not liked/followed us on Facebook please do so. Some of the benefits include: photo galleries, special news and updates, plus the ability to connect and chat on line with other people who share your interest.





Reading Tips



New Year's is a time to start fresh, a time for resolutions and goal setting. Easier said than done, right? It's hard enough to set resolutions for ourselves, let alone for our kids. Yet many of us would like our children to read more this year. So how can we make that happen ... and make sure it's still happening come April? Focus on what's doable. Start by finding your child's age group below. Then pick out an action that seems reasonable to you to help facilitate their literary growth. I promise, it'll be way more fun than that "get in shape" resolution.

Baby/Toddler (0 - 2)

This is a fun age of grabbing books, figuring out how to turn pages, and learning about stories. What can you do to provide a solid reading foundation for your baby bookworm? Talk with your child. Words are very important in a child's reading life. Conversations with your child give them new vocabulary, one of the most significant predictors of reading success. Read bedtime stories. Now is the time to start a bedtime story ritual. You'll want to continue this as long as you can — maybe until the teenage years? (If they'll let you.)

Pre-K (3 - 5)

You've got books and you're reading them together. What else can you do?

Read the title and the author. This is important. When you sit down to read a story, first read the title and the author. This develops a child's awareness of how the title connects to the story as well as how an author, a person, made up the story. Use your fingers. Point to the words as you read them. This shows your kids that the black letters are words that you're reading. Pointing to the words as you read is called tracking.

Make up stories with your books. Using any book, encourage your child to tell the story using the pictures. This helps children see the importance of the illustrations and begin to understand beginning, middle, and end. Clearly you don't need books to tell stories, so extend this activity into making up stories together. Think of a character with a problem and go for it. Visit the library. Go to story time. Try visiting different libraries to see what story times and play areas you like best. Of course, check out lots of books for your home. The more books you have available to your kids, the better. Notice letters. When you're in the car or at home, play "I Spy" or "The Alphabet Game" to notice letters, colors, shapes, and numbers. (Article courtesy of www.readbrightly.com)



Transition Talk



This year your child will experience an important transition to Kindergarten. Van Buren Head Start wants to assist you and your child to make the transition a smooth one. At your home visit in January, all transitioning parents received one-on-one training and a transitional kit to help prepare their child for entrance into Kindergarten. Be sure to review the developmental progressions, do some of the suggested activities provided on the transition calendar, and work on the Kindergarten continuum skills provided inside the kit. We will also be introducing lunch trays in the classrooms for children to practice carrying their food to the table themselves this month. After a few weeks of classroom practice, your child will actually transition to cafeteria style lunch and eat in the gymnasium at Head Start to prepare for their "Kindergarten Day" visit in March. We also now have available a "Transition to Kindergarten" power pack for you to work with your child on Kindergarten skills so please be sure to check it out to prepare your child for this important transition.

Rita Mayfield Assistant Mentor Coach/Education Supervisor



ADA.org/nedhm

Brush two minutes, two times a day.
Clean between your teeth daily.
Limit snacks, eat healthy meals.
Visit your dentist regularly.

ADA Foundation[®]
Oral • Craniofacial • Maxillofacial • Research • Education

ADA American Dental Association[®]
America's leading advocate for oral health

Just 2min2x!

Brush 2 minutes 2 times a day
- and YOU can defeat
Monster Mouth, too!

February is Children's Dental Health month! Teeth brushing charts start on Monday 2/4 and are due back Monday 3/4.



Books by the Bushel

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black History Month National Children's Dental Health Month	National Cherry Month American Heart Month Library Lover's Month				1 Bubble gum day	2 Groundhog Day- Did the Groundhog see his shadow?
3 Draw hearts for your child and have your child write a family member's name in each heart	4 Thank a Mailperson Day- Write a thank you note for your mailperson!	5 National Weatherman's Day- Discuss what the weather is today.	6 Read a book that has the word "heart" in it.	7 Send a card to a friend day!	8 Kite flying day- make your own indoor kite!	9 National Pizza Day- make a pizza together and discuss what your favorite toppings are.
10 Umbrella Day- draw and design your own umbrella!	11 Make a friend day- How many friends can you make today?	12 Help you child cut out Paper Hearts	13 Help your child make a Valentines bookmark!	14 Valentine's Day- Make your own Valentine Cards!	15 Think of words that begin with the letter H- How many words can you come up with?	16 Practice adding and subtracting using candy hearts
17 Random acts of kindness day- Discuss what random acts of kindness you did today	18 President's Day	19 National Chocolate Mint Day	20 Visit the Library to celebrate Library Lover's Month and pick out a new book!	21 Card Reading Day	22 Read a book that has the word "love" in it	23 Help your child find the letters in their name in a book you read together.
24 Have your child sort their socks by color.	25 Sing "The Itsy Bitsy Spider" and do the motions together.	26 Tell a fairy tale day- Have your child tell you the story of their favorite Fairy Tale	27 Polar Bear Day- read a book about a polar bear	28 Floral Design Day- Make your own floral design!		



February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Study: Class A - Clothes Class B - Buildings					1	2 Policy Council meeting to be announced
3 Study: Class A - Clothes Class B - Buildings	4	5	6	7 Bus Evacuation Drill	8	9 Parent Comm. meeting to be announced
10 Study: Class A - Clothes Class B - Buildings	11 Begin transitioning w/ lunch trays in classroom	12 Tornado Drill	13 Fire Drill	14 Valentine's Day/Peer to Peer Connections/ Socialization Event	15	16
17 Study: Class A - Clothes Class B - Buildings	18 NO SCHOOL President's Day	19	20	21 Gun Safety Drill	22	23
24 Study: Class A & B Buildings	25 Start Transition with Lunch Trays In Gym	26	27	28 Family Reading Night 5 PM – 6:30 PM	Monthly Birthday Rec. to be observed	

Early Years

WORKING TOGETHER FOR A GREAT START

February 2019



Compliments of
UCHRA Van Buren County Head Start

KID BITS

Staying safe

Talking to your youngster about stranger safety is crucial. But it's also important to let him know he should tell you if anyone—stranger or not—makes him feel uncomfortable. Also, explain that he needs your permission to go someplace with anyone, even if it's a person he knows.

Sibling squabbles

It's normal for siblings to fight. But when you need a break from the latest chorus of "She's staring at me!" try this. Rather than refereeing, calmly send your children to play in separate areas until they cool down. They'll get the message that you won't take sides in an argument.

Try, try again

When you make a simple mistake, ask your youngster for advice. "Oops, I cut this wrapping paper too short. Any ideas for how to fix it?" Then, try his suggestion. Maybe he'll say you could tape another piece to the end. You'll show him that you value his opinion—and help him learn to persevere.

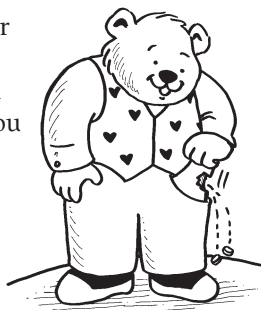
Worth quoting

"A good laugh is sunshine in the house." *William Makepeace Thackeray*

Just for fun

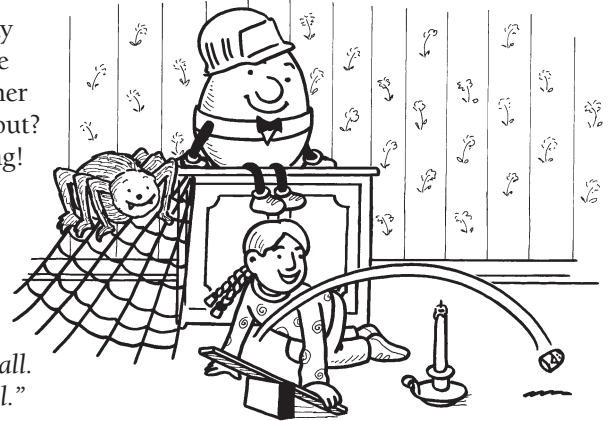
Q: You have four nickels in your pocket. Two fall out. What do you have in your pocket now?

A: A hole!



Nursery-rhyme engineering

How could Humpty Dumpty avoid cracking? How might the Itsy Bitsy Spider catch her dinner after climbing up the water spout? All it takes is a little engineering! Read nursery rhymes together, then try these projects that build your youngster's engineering skills.



Safety suit

"Humpty Dumpty sat on a wall.
Humpty Dumpty had a great fall."

Hard-boil some eggs, and have your child design a device that would keep Humpty Dumpty safe. She might wrap "Humpty" in a sponge and use rubber bands to buckle him in. She could test her design by dropping Humpty on the floor. If he cracks, she can redesign and test again.

Candlestick catapult

"Jack be nimble, Jack be quick, Jack jump over the candlestick."

Suggest that your youngster create a catapult to launch Jack safely over a candlestick. Set an unlit candle on the floor. Then, let her balance a ruler on a block (like a seesaw) and put a toy figure ("Jack") on one end. When she pushes

down on the other end, Jack "jumps" over the candle! If Jack doesn't make it, your child can make adjustments.

Sticky spiderweb

"The Itsy Bitsy Spider climbed up the water spout. Down came the rain and washed the spider out."

Have your child stack three craft sticks, fan them out, and glue them together in the center. Then, she can weave yarn around them into a "spiderweb." Will the web catch the spider's dinner? To test her design, she could crumple paper into tiny balls (to represent flies) and toss them at the web while you hold it up. Encourage her to reinforce any holes with more yarn if a fly gets through.♥

I ♥ you

Strong parent-child bonds provide little ones with a sense of security and boost their confidence. Give your youngster a case of the "warm fuzzies" with these tips for saying "I love you":

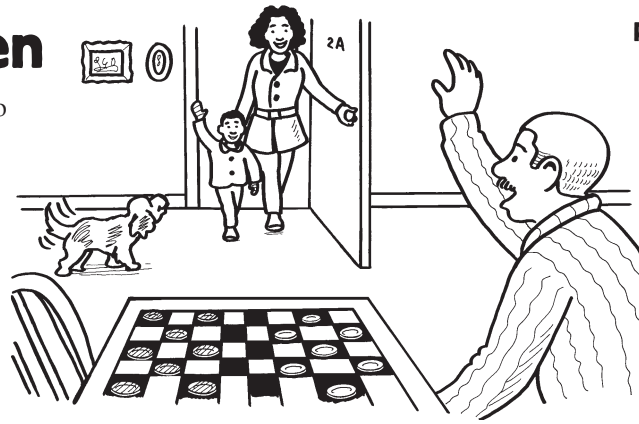
- Use a comparison: "I love you like ____ loves ____." For example, "I love you like Winnie the Pooh loves honey."
- Set aside a special time with your child and do his favorite activities, such as visiting a playground.
- Invent a secret "I love you" signal for each other, perhaps squeezing his hand three times.
- Write a love note to your youngster, and seal it in an envelope. Deliver his "mail" to him in person.♥



Be a good citizen

It's easy to encourage your child to become a good citizen. These ideas will show how obeying rules, serving others, and taking care of property make your community a safer, more pleasant place for everyone.

Point out rules you follow. When you walk the dog on a leash, buckle your seat belts, or use a crosswalk, point out that you're being good citizens. Ask him how obeying laws like these keeps people (and pets!) safer. He might say that the leash prevents his puppy from running into the street.



Reach out to others. Let your child do age-appropriate community service. For instance, if a family loses their home in a fire, have him help you pick out a toy to donate. Or take him with you to play a game or do a craft with an older neighbor who lives alone.

Show respect for property. Together, think of ways you each take care of property you share with others. Maybe your

child will say he returns library books on time so others can read them. And you might tell him how you refill the copier paper at work if you notice it's running low.♥

ACTIVITY CORNER



Good impressions

All you need are household objects and play dough for this activity. Your youngster will practice paying attention to detail—an important skill for identifying letters and numbers. Here's how.



1. Gather items that can be used to make impressions in play dough. Good examples include coins, a key, a comb, a potato masher, and small toys.
2. Let your child roll the dough flat. While she keeps her eyes closed, choose an object, and press it in the dough to make an impression.
3. Now she can open her eyes and try to identify the item you used by comparing the objects to the impression.
4. Once she figures it out, let her roll out the dough again and make a print for you.♥

PARENT TO PARENT

Make healthy snacks together

Since my daughter Sophia loves to play chef in her toy kitchen, I decided to encourage her to cook for real. I thought this would help her become more independent—and eat better, too.

Now when she comes home, we fix a nutritious snack together. Sometimes we use a recipe, but most of the time we get creative and come up with our own.

One of our favorite snacks is mini pizzas. Sophia puts whole-wheat English muffins on a cookie sheet, spoons pizza sauce on top, and sprinkles on shredded low-fat mozzarella cheese. Other times we make “ants on a log”—she spreads cream cheese on celery sticks and tops them with raisins.

Sophia gets a kick out of “cooking,” and I like knowing that she's eating healthy snacks.♥



Q & A

Is my child on target?

Q: My son seems to pick up some skills more slowly than his classmates do. His teacher said he shows no signs of a developmental delay, although I can't help but worry. What should I do?

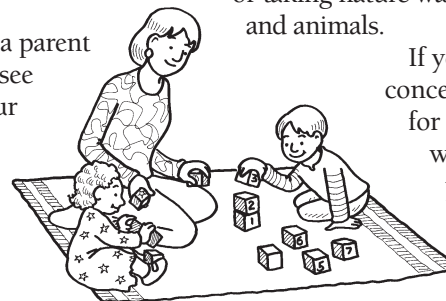
A: You can feel confident that your son's teacher observes students closely to discover what they know—and whether they need extra help.

However, it's hard as a parent not to worry when you see other kids do things your child is still working on. It may help to keep in mind that children learn and develop at different rates. One student might pick up

counting right away while another might learn to write his name first.

Try focusing on helping your son develop a love of learning. Show interest in the work he brings home. Snuggle up and read aloud to him. And do playful learning activities together, such as singing counting songs, building with blocks, or taking nature walks to observe plants and animals.

If you continue to have concerns, ask the teacher for a conference. She will update you on your son's progress, and you can ask about ways to help him at home.♥



OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

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