



UCHRA Van Buren County Head Start



10/31/19

November



Monday, November 11th **NO SCHOOL** for Head Start children in observance of Veteran's Day

Tuesday, November 26th 20th Annual Jobs, Health, Education and Awareness Fair 9 AM till 2 PM @ the Auxiliary Gym in Spencer.

Monthly Birthday Recognition
Tuesday, November 26th

Wednesday, November 27th Parent Teacher Conference
(Make sure you have scheduled a time that is convenient for you with your child's teacher.)

Wednesday, November 27th through Friday, November 29th
NO SCHOOL Thanksgiving Break

October Perfect

Attendance

Kyser
Alivia
Jonah
Landon P.
Ryleigh
Kevin
Kaylee
Landon N.
Brooklynn
EK

Reminder: Every time your child has perfect attendance they will be entered for a chance to win a bicycle at the end of the year.



November Birthdays

Jonah

Van Buren County Head Start!
If you are currently not a Facebook member please sign-up. Some of the benefits include: photo galleries, special news and updates, plus the ability to connect and chat online with other people who share your interest.





Transition Talk

Van Buren County Head Start partners with our local Elementary schools to provide a smooth transition for you and your child to the local school system. We work on kindergarten readiness skills that the local school system has considered to be skills that will enable success in kindergarten. Among these skills are color, shape and letter recognition. This document is called "Van Buren School Kindergarten Readiness Skills Checklist". These skills are incorporated into our weekly individualization that the teachers work with your child on. The teachers will be reviewing this document with you at the Parent Teacher Conference on Wednesday, November 27th. We also provide power packs that work on these skills for you to check out. When families work on these kindergarten readiness skills at home as we work on them at school, your child accomplishes these skills and continues to progress with the next emerging skill. Together we prepare your child for this transition to kindergarten.

FLU

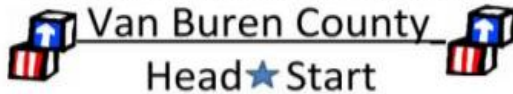
GET A FLU VACCINE
It's the best way to

#FIGHT FLU

The best way to prevent seasonal flu is to get vaccinated every year.

When an enrolled child and one family member receives the Flu vaccine bring in proof to Head Start and you will be eligible for a **FREE \$10 gift card!!!**

Upper Cumberland Human Resource Agency



20th Annual: Jobs, Education, Health, & Awareness Fair



When: Tuesday November, 26th 2019

Where: Auxiliary Gym (Across from High School-337 Sparta St, Spencer, TN 38585)

Time: 9 am- 2pm CST

Lots of information/Services/ & Supports...all Free Free Free!!!!

Door Prizes!!!!!!

If you would like to be a vendor or have any questions please contact Lindsey Beach @ 423-881-5182 or lbeach@uchra.com



The Van Buren County Head Start staff would like to say a **BIG thank you** to all of our families and community partners that have attended Family Reading Night. We appreciate your commitment, together we can help ensure that all children have an opportunity to become strong readers and learners. Our goal is to facilitate an interactive approach to partnering with parents and other adult family members to inspire the love of reading in children. We know that all families want the best for their children, and research shows that family engagement has a positive impact on children's reading achievement. Family Reading Night empowers families to support children's literacy development with a focus on reading in their everyday lives. During this fun and interactive program, families have an opportunity to explore how learning to read and write begins and is supported at home – and how families are children's first and most important teachers and role models. We were so fortunate to have received a grant from Sparta Walmart, through this grant we were able to provide the opportunity to a family each night that was in attendance at Family Reading Night with a television. Because of the grant we will be able to have a drawing at our next Family Reading Night for another television. Congratulations to the two previous winners Justin Bobilin and Jessica Ennis. Again we would like to say thank you for showing your commitment to your child's learning by attending.



Benefits of Early Reading



Why teach your child to read?

Teaching your child to read early and well has multiple benefits and is the key to your child's academic future. The main reason is that reading is at the heart of all formal education. Below are some of the many advantages of developing early reading ability in your child.

Neurological, Educational, Psychological, Social, Linguistic

Neurological Reasons

Reading helps to develop a young child's brain. In the first six years, children learn at a much faster pace than at any other time in their lives. Vital connections in the brain are made very early in life. At birth, a healthy baby is born with approximately 200 billion active brain cells or neurons. Given the right kind of stimulation, each of these brain cells is capable of sprouting up to 20,000 different dendrites/branches and synapses/connections between them which store additional information. These connections, which are a direct result of stimulation the child receives through early experiences, form the basis of all future learning and intellectual ability. As parents talk, sing and read to their children, existing links among brain cells are strengthened and new links are formed. At a younger age, learning is faster than it will be as the child grows older. When a child is taught to read, the process of learning has a profound influence on the entire functioning and development of the brain. You can play a critical early role by inculcating not only reading skills and ability but more importantly, instilling a lifelong love of learning and reading.

Educational Reasons

Reading opens the door to your child's early academic success, imparts a love of learning and leads to higher grades in every subject. Numerous studies have shown that strong oral language skills are the basis for literacy development. When children learn to read at an early age, they have greater general knowledge, expand their vocabulary and become more fluent readers. They also have improved attention spans and better concentration. Early readers can recognize a larger number of words by sight, which enables them to learn more from and about their environment. Their proficiency in reading enables them to comprehend more of what they are reading. They also become competent researchers, who are able to study effectively and extract relevant and necessary information from books, magazines, websites or other sources of information. Only by mastering effective reading strategies can the child pick up the necessary knowledge and information, which will enable him or her to excel scholastically in the future. It is interesting to note that early readers not only become lifelong readers, but also lifelong learners. Longitudinal studies have shown that early readers continue to get higher grades than their peers through grade school.

Psychological Reasons

A child who learns to read joyfully at home, at an early age, with a loving parent or caregiver, grows in self-confidence and independence. Reading promotes greater maturity, increases discipline and lays the basis for moral literacy. It sparks curiosity about people, places and things and also satisfies the child's curiosity by providing explanations of how things work. It exposes the child to a range of problem-solving techniques. In addition, early reading ignites the child's creativity and imagination. What's more, a young child who is a reader is able to channel physical energy, when he or she chooses to sit down to read a book. This quiet time improves the relationship between parent and child or teacher and child, from an early stage. Such a child is also at a distinct advantage over his or her peers. When a child starts learning to read as a baby or at the age of 2 or 3, there is no psychological pressure. The formal school system has yet to kick in, in most parts of the world. So, you can teach your child to read a little each day, in a leisurely manner. You can stop before he or she gets tired. You can foster a love of the game of reading in the child from the start. You and your child can take the time to treat reading as an exciting adventure, rather than a bothersome chore. Compare this to the child who must try to learn in a crowded classroom, competing with his or her classmates for the personal attention of the teacher or teacher's assistant. Imagine the effect on the child's ego, on seeing others picking up this skill, while he or she lags behind. Which child is going to have a stronger self-image? Which child is going to be more self-confident? Which child is going to be a leader versus a follower in the classroom? Clearly, the one whose parents taught him or her reading early, at a young age, at home.

Social Reasons

Even at a young age, children have social awareness. They know who is more popular. They can tell who can do what. If there are a few children in kindergarten who know how to read, they may receive awards and certificates, be called upon to choose books or encouraged to write, illustrate and read aloud their own stories. In some schools, they may even be asked to help other children, who may still be struggling with basic letter recognition. Early readers have the opportunity to relate to their peers on a more confident, more competent level as they are already being recognized for their superior accomplishments. Such experiences increase the child's social status among peers as well as his or her self-image and self-confidence.

Linguistic Reasons

Children who can read independently and early have more opportunities to encounter the written word. The sooner children learn how to read, the more books, knowledge, and ideas they will be exposed to. The result? Improved linguistic skills in the form of a richer vocabulary, correct grammar, improved writing, better spelling and more articulate oral communication. Such children have the opportunity to develop a wider vocabulary to describe their knowledge, observations and experiences. It has been shown that children with a richer vocabulary do far better in scholastic areas, especially in the early years. Their stronger reading skills also enable them to communicate more effectively orally as well as in writing. Furthermore, early readers can recognize a larger number of words by sight, which enables them to learn more from and

about their environment. (Article courtesy of www.teachreadingearly.com)



Books by the Bushel

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Family Literacy Month	National Aviation Month	Child Safety Protection Month	National Family Stories Month		1 National Family Literacy Day- Read a book together as a family!	2 Look For Circles Day- How many circles did you find today?
3 National Sandwich Day Daylight Savings Time Ends	4 National Candy Day- Sort your Halloween candy!	5 How many words can your child think of that start with the letter "N"	6 Go outside and pick up leaves and use paper and crayons to create leaf rubbings!	7 Count the leaves you gathered and sort them by color!	8 Have your child draw a picture of a character from a book you just read.	9 Read a book that has the word "thankful" in it
10 How many words can your child come up with that rhyme with the word "book"	11 Veteran's Day- Thank a Veteran today!	12 Young Reader's Day	13 World Kindness Day- Do something kind for a friend today!	14 Make Your Own Candy Corn Crispy Treats - (See Recipe)	15 America Recycle's Day- Discuss the importance of recycling today!	16 Have your child sort their toys by color
17 Game And Puzzle Week Take A Hike Day	18 Show your child a picture of an object, then have them find another object that has the same beginning sound	19 Put Candy Corn in a bowl - Have your child guess how many pieces are in the bowl, then have your child count the pieces	20 Universal Children's Day	21 World Hello Day!- How many different ways can you say hello?	22 Go For A Ride Day- Today is a great day to go on a bike ride together!	23 Help your child spell their name out of pieces of cereal
24 Make Your Own Turkey- (See Activity)	25 Read a book about a turkey!	26 Today is National Cake Day- make a cake together!	27 Discuss with your child what they are thankful for	28 Thanksgiving	29 Have your child look for objects that begin with the first letter of their name	30 Celebrate National Family Stories Month by sharing stories with each other

Candy Corn Crispy Treats

Ingredients:

- 1 Bag of Small Marshmallows
- 1 Box of Rice Krispies Cereal
- Butter
- Sprinkles- White, Orange, and Yellow



Instructions:

- Melt butter (about 2-3 Tablespoons) in large pan over low heat
- When butter is melted, add the bag of small marshmallows, melt over low heat
- When the marshmallows are all melted, take off of heat
- Add Rice Krispies Cereal, until coated with melted marshmallows
- Wait till the contents have cooled, then shape into triangles (shaped like candy corn)
- Add the colored sprinkles accordingly on the top of the treats
- Enjoy!

Hand Puppet Turkey

Materials Needed:

- Colored Construction Paper- Your Choice
- Scissors
- Glue
- Black Marker
- Pencil
- Hole Punch



Instructions:

- Using a pencil, trace your hand on the different colors of construction paper you picked
- Cut out the hands that you traced
- You will need one hand for the Turkey's body, and the rest of the hands will be for the Turkey's feathers (between 5 and 10)
- Glue together the hands that you will be using for the Turkey's feathers
- Glue the group of feathers to the back of the Turkey's body
- Draw a face for your turkey
- Using the hole punch, punch two holes at the bottom of the Turkey's body
- Now the turkey can be a puppet by putting your fingers through the holes!

Nutrition Tips

NUTRIENT	FUNCTION	SOURCES
 Protein	Important for growth and development of your child; also important for making and repairing cells	Good sources include poultry, meat, fish, beans, nuts, dairy products and soy
 Fiber	Important for preventing constipation ; also helps decrease the risk of Type 2 Diabetes, heart disease and high cholesterol later in life	Good sources include fresh fruits with the skin on, dried fruit, vegetables, beans/legumes, whole grains such as brown rice and whole wheat bread
 Calcium	Important for strong bones and teeth ; helps with muscle functioning, blood clotting, nerve transmission	Good sources include dairy products, leafy green vegetables, calcium fortified foods such as orange juice and tofu
 Iron	Important for your child's growth; also important for forming hemoglobin to carry oxygen through the body, a lack of it can lead to fatigue	Good sources include poultry, meat, fish, eggs, raisins, leafy green vegetables, beans and enriched grains
 Vitamin A	Important for eyesight , growth, functioning of the immune system and healthy skin	Good sources include dark green vegetables such as spinach, orange fruits and vegetables such as sweet potatoes and papayas, dairy products fortified with vitamin A such as milk, eggs
 Vitamin C	Important for decreasing risk of colds , infections, recurrent ear infections; wound healing; keeping gums, skin and muscles healthy; aids in brain function; also an antioxidant	Good sources include citrus fruits, broccoli, strawberries, tomatoes, bell peppers, kale
 Vitamin D	Important for strong bones and teeth because it helps absorb calcium ; also important in immune function	Good sources include milk fortified with vitamin D, fatty fish, egg yolks and the sun (depending on latitude and time of year)



Maintain, Don't Gain

Healthy Holiday Challenge

Maintain, Don't Gain is a 7 week individual challenge. Stay healthy and maintain your weight during the holidays with a little online help.

Sign up FREE online for weekly emails with recipes, fitness tips and strategies to stay motivated and fit during the holidays.

Challenge dates are: November 17, 2019 - January 4, 2020

[Register here now through November 4](https://tiny.utk.edu/2019MTG)

<https://tiny.utk.edu/2019MTG>

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
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UT Extension provides equal opportunities in programs and employment.