



# UCHRA Van Buren County Head Start



## Ready for Kindergarten?

If your child's preschool years are coming to an end, your thoughts are probably turning toward kindergarten. But is your child ready to move on to the "big" school?

What skills do kindergarten teachers expect their new students to have? To help answer those questions (and ease your mind), teachers from around the country shared their insights on helping your child gain the right mix of kindergarten-readiness skills. The skill sets they are looking for might surprise you. Because of the national focus on improving education and meeting standards, you might think that it's most important for children to enter kindergarten knowing their ABCs, numbers, shapes, and colors so they can keep up with the curriculum. While teachers would love children to come in with some letter and number recognition, they don't want you to drill your kids on academic skills. There are equally — if not more — important readiness skills that set the stage for your child's learning. Raising an eager learner is the goal, and it can be achieved easily through play and day-to-day activities.

What follows are the top readiness skills that kindergarten teachers look for.

To Be Independent, The Enthusiasm Toward Learning, Solid Oral-Language Skills, The Ability to Listen, The Desire, Ability to Play Well with Others, Strong Fine-Motor Skills, Basic Letter and Number Recognition

**Watch for more Transition Talk in the monthly newsletter.**



## February Perfect

### Attendance

Adam  
Lola  
Landon P.  
Easton  
Ryleigh  
Timmy  
Gabriel  
Carter  
Stella  
Eli  
E.K.



Jasper  
Eli



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

Your child has had the hands-on experience of practicing carrying a lunch tray in the dramatic play area in February. They have been able to place play food and drink on the tray to assist them in learning to handle the tray with different weights on it and keep the tray level as they walk to the table carrying the tray. This is one of the transitional activities that they experience at Head Start to help prepare them for kindergarten where they will eat cafeteria style using lunch trays. We are also working on children putting their papers/items from their cubbies daily in their own backpacks, zipping them and getting them ready to take with them at the end of the day. Self-help skills are some of the first things mentioned as necessary skills for success by Kindergarten teachers. Another self-help skill we are working on is putting on their own coats and hats and zipping or buttoning them. Allowing your child to go to the bathroom, adjusting their clothing for themselves, washing and drying their hands and throwing away the paper towel when they are finished are all self-help skills, they will use daily at kindergarten. Also remember to check out our "Transition to Kindergarten" power pack to work on kindergarten readiness skills. We also have self-help skills power packs that will promote independence in this area. Together we can help your child have a smooth transition to kindergarten.

Rita Mayfield Assistant Mentor Coach/Education Supervisor



Thursday, March 12<sup>th</sup>  
Mother's Day Out

Monday, March 30<sup>th</sup> through Friday, April 3<sup>rd</sup>  
Spring Break



# Nutrition



National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, we invite everyone to focus on the importance of making informed food choices, developing sound eating and physical activity habits. For more info visit: <https://www.eatright.org/>



## Carrot Slaw

- 3 cups shredded carrots
- 1 can crushed pineapple, drained
- ½ cup raisins
- ½ cup mayonnaise
- ½ cup vanilla yogurt
- ¼ teaspoon salt

- Step 1** Place carrots, pineapple and raisins in a bowl.
- Step 2** Mix mayonnaise, yogurt and salt together. Pour over carrots and stir together.
- Step 3** Chill in the refrigerator until ready to serve.



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## Avocado Toast

A yummy choice for lunch or a quick snack.



canned peach slices on avocado



tomato slices on avocado



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# MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 National Pig Day- read a book with a pig in it!	2 Read Across America Day! Happy Birthday Dr. Seuss!	3 National Anthem Day	4 National Grammar Day	5 Play music and freeze when the music stops!	6 National Oreo Cookie Day! Eat an Oreo for a snack!	7 How many words can your child think of that start with the letter "m"
8 Daylight Savings Time Begins!	9 National Napping Day- Don't forget to take a nap!	10 Day of Awesomeness!	11 Read a book about music!	12 Plant A Flower Day! Plant your favorite flower in a pot, and place it in a sunny spot!	13 National Earmuff Day- Do you need your earmuffs today?	14 Learn about Butterflies Day- Make your own Butterfly (See activity)
15 National Bubble Week- Make your own Bubbles with 1 Cup Dish Soap, 3 Cups Water, and 1 Table-spoon Sugar	16 What two colors make green? Discover by mixing play-doh together!	17 St. Patrick's Day- Make your own Leprechaun (See Activity)	18 Discuss what your favorite spring activities are!	19 Spring Begins!	20 Day of Happiness- Draw a picture of what makes you happy!	21 World Poetry Day- Write your own poem!
22 How many words can your child think of that rhyme with "spring"	23 National Puppy Day- read a book about a puppy!	24 Read the story "Five little ducks"	25 National Waffle Day- Make waffles for breakfast!	26 Make Up Your Own Holiday Day!	27 Make your own Spring Bookmark!	28 Look for objects around your house that are green!
29 Read A Book about Spring!	30 Take A Walk In The Park Day!	31 National Crayon Day!	Music In Our Schools Month	National Nutrition Month	National Craft Month	



# Butterfly

## Materials Needed:

- Coffee Filter
- Clothespin
- Pipe Cleaner
- Markers
- Water



## Instructions:

- Color and make designs on your coffee filter with markers
- Drop water onto the spots of the coffee filter where you colored with markers- this will spread the color around the coffee filter
- When dry, pinch the coffee filter in the middle- place your clothespin here
- Draw two eyes on your clothespin
- Wrap your pipe cleaner around the clothespin to make antlers for your butterfly

# Leprechaun

## Materials Needed:

- Paper Towel Tube (cut in half)
- Green Construction Paper
- Orange Pipe Cleaner
- Black and Pink Markers
- Glue
- Scissors



## Instructions:

- Wrap green construction paper around the top (for the hat) and the bottom (for the suit) of the tube
- Cut out a circle of construction paper and slip through the top of the tube- this will be the base of the hat- Draw a piece of clover on the hat
- Draw eyes and a smile on the tube for the leprechaun
- Draw buttons and a belt on the suit
- Curl orange pipe cleaner and glue to the base of the hat to make a beard for your leprechaun