



UCHRA Van Buren County Head Start



3/17/20



Another year has come and gone. The end of the year is fast approaching. We would like to take this opportunity to thank you for allowing us to be a part of your family's journey into School Readiness. We will be having two awards ceremonies this year.

These will be scheduled at a later date, please look for this information on our website calendar @ www.ucvbheadstart.org.

Don't forget to Exercise the Brain Over Summer Break.

Encourage your child to read in an effort to strengthen their reading skills. Just like exercising keeps muscles in shape, reading keeps the brain in shape. If you don't exercise, you lose muscle, and if you don't read, you will lose literacy skills.

A University of Tennessee, Knoxville, research study shows that children who don't read over the summer lose at least two months of reading development. This is often referred to as 'the summer slide' or the 'summer learning loss.' On the other hand, students who do read over the summer may gain a month of proficiency in reading. Reading over the summer is not a suggestion to keep kids busy; it's a critical requirement to help students stay on track for their entire educational career and beyond.

March Perfect Attendance

Timmy
Apphia
Carter
Kaylee
Stella
Sailor
Lola
Karoline
Landon



**No April
Birthday's**



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.





10 Ways to Help Prevent Child Abuse



April is Child Abuse Prevention Month.

Prevention is the best hope for reducing child abuse and neglect and improving the lives of children and families. Strengthening families and preventing child abuse requires a shared commitment of individuals and organizations in every community.

1. Be a Nurturing Parent-- Children need to know that they are special, loved and capable of following their dreams.
2. Help a friend, neighbor or relative-- Being a parent isn't easy. Offer a helping hand to take care of the children, so the parents can rest or spend time together.
3. Help Yourself-- When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control - take time out. Don't take it out on your kid.
4. If your baby cries...-- It can be frustration to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby- shaking a child may result in severe injury or death.
5. Get Involved-- Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.
6. Help to develop parenting resources at your local library.
7. Promote programs in school-- Teaching children, parents and teacher's prevention strategies can help to keep children safe.
8. Monitor your child's television and video viewing-- Watching violent films and TV programs can harm young children.
9. Volunteer at a local child abuse prevention program-- For more information about volunteer opportunities, call 1-800-CHILDREN.
10. Report suspected abuse or neglect-- If you have reason to believe a child has been or may be harmed contact your local department of children and family services or your local police department.



Transition Talk



The children transitioning to Spencer Elementary for kindergarten were scheduled to participate in "Kindergarten Day" in March, however due to school closure this will have to be rescheduled hopefully in April. The children transitioning to Wheeler Elementary have not been scheduled as of yet but hopefully will occur in April as well. We have forwarded through Teaching Strategies some helpful educational resources and also provided some in your child's backpack to work on during the next few weeks as children are at home. Remember to check out our "Transition to Kindergarten" power pack to work on kindergarten readiness skills. Included in the power pack are books to read with your child about kindergarten that will help prepare them for this important transition. We plan on advising Kindergarten Registration dates for both Spencer Elementary and Wheeler Elementary when we return in April at the Parent Teacher Conference.

Rita Mayfield Assistant Mentor Coach/Education Supervisor



spring asparagus

1 ounce ham 1 teaspoon olive oil
 1 pound asparagus ½ cup water

- step 1** Chop ham into small pieces and fry in a large skillet about 2 minutes. Remove ham from skillet.
step 2 Heat oil in large skillet. Add asparagus and stir together. Add water and cover.
step 3 Steam asparagus for about 4 to 5 minutes. Top with cooked ham.



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pea pod salad

2 cups sliced pea pods
 2 cups chopped lettuce
 ½ cup dill dressing

Toss sliced pea pods with dressing.
 Serve on top of chopped lettuce.
 Add chopped tomatoes for more flavor.

Dill Dressing

Mix together ½ cup plain yogurt, ½ cup mayonnaise, ¼ teaspoon garlic powder, and ½ teaspoon dry dill weed.



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Spring Break Monday, April 30th – Friday, April 3rd

School Closed Friday, April 10th Good Friday

Spring Pictures Thursday, April 16th

Family Reading Night Thursday, April 16th 5PM

(Male Valued Partner) Day 10AM till 12PM