



UCHRA Van Buren County Head Start



This year is off to a great start! We hope you are as excited as we are to begin this journey towards school readiness with you and your child. With only the first few weeks behind us, we have already had several new experiences: meeting new friends, learning about safety, teaching the children about good hygiene, plus so much more... and there is much more to come! Remember to check the classroom calendar online for the current study in the classroom and upcoming activities.

Attendance

Hours of Service

- All children should arrive at the center between the hours of 7:00 a.m. and 7:30 a.m.
- Children should leave the center by 12:30 p.m. no later than 12:45 p.m.
- Parents who will be late picking up their child, or need to make any changes to their bus route should call the center no later than 11:00 A.M.
- Due to safety children will not be allowed into the classroom before their scheduled time.

General Policy

In order to receive the full benefits of the program, Head Start children are expected to attend ALL MONDAY –FRIDAY SESSIONS. Regular attendance helps our program schedule an individualized education curriculum ensuring your child's academic success. The Family Partnership Specialist will contact the parent or guardian by telephone, letter, or home visit if you fail to contact us. If the Family Partnership Specialist attempt is made and met without response, the child can be dropped from the program. If you know your child will be absent ahead of time please, let the Head Start Staff know. PLEASE SEE PARENTS HANDBOOK FOR FURTHER DETAILS @

www.ucvbheadstart.org

August Perfect

Attendance

Hunter
Logan
Easton
Ava
Apphia
Stella
Elise
Kiara
Tobias
Deston
Amara
EK



September

E.K.

Van Buren County Head Start!

If you are currently not following us on Facebook please Like and Follow Us. 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, a NAEYC (National Association of Education for Young Children) accredited preschool provides many opportunities to assist parents in preparing their child to transition to Kindergarten. Each month we will list some activities/ways in which you can partner with us in helping your child prepare for this important transition. During the year, we will help them transition from family style meals to carrying their food trays in the lunchroom, host a county bus training to help them prepare for riding the “big” bus, and meet the principal and kindergarten teachers during a “kindergarten visit”, just to name a few. Last month you were given the opportunity to serve on our policy council which introduces you to governing body responsibilities such as the school board members at the Elementary School. You also set educational goals for your child and partnered with us in our Reading program in reading to your child 20 minutes daily which the Elementary School will also request when they enter kindergarten. Participating in our home activities, helps introduce your child to having “homework” as they do in kindergarten and the “Power Packs” list the Tennessee Early Learning Developmental Standards (TN-ELDS) that are being addressed as you do the activities with your child. The “TN-ELDS” are the standards for preschool which are called “Common Core Standards” once your child reaches the Elementary School. By participating in these activities, you are preparing your child for a smooth transition into kindergarten. Thank you for choosing us as your preschool option before entering kindergarten. Keep up the good work and don't forget to look for “Transition Talk” monthly in our newsletter for tips on how you may help your child transition to kindergarten!

Rita Mayfield, Assistant Mentor Coach/Education Supervisor



There is no more important activity for preparing your child to succeed as a reader than reading aloud together. Fill your story times with a variety of books. Be consistent, be patient, and watch the magic work. It's no secret that activities at home are an important supplement to the classroom, but there's more to it than that. There are things that parents can give children at home that the classrooms cannot give.

At just a few months of age, an infant can look at pictures, listen to your voice, and point to objects on cardboard pages. Guide your child by pointing to the pictures, and say the names of the various objects. By drawing attention to pictures and associating the words with both pictures and the real-world objects, your child will learn the importance of language.

Children learn to love the sound of language before they even notice the existence of printed words on a page. Reading books aloud to children stimulates their imagination and expands their understanding of the world. It helps them develop language and listening skills and prepares them to understand the written word. When the rhythm and melody of language become a part of a child's life, learning to read will be as natural as learning to walk and talk.

Even after children learn to read by themselves, it's still important for you to read aloud together. By reading stories that are on their interest level, but beyond their reading level, you can stretch young readers' understanding and motivate them to improve their skills. Follow link for full article:

<https://www.readingrockets.org/article/reading-your-child#:~:text=Children%20learn%20to%20love%20the,to%20understand%20the%20written%20word.>



Nutrition



Healthy recipes to try at home with your child/children.



roasted spaghetti squash

Enjoy this squash in the fall - a great source of vitamin A and fiber!

1. Cut a spaghetti squash in half and remove the seeds. Lightly rub the inside of the squash with vegetable oil.
2. Place the squash, cut side down on the baking sheet. Bake in a 400° oven for 40 to 50 minutes, or until tender.
3. Remove from the oven. Turn the squash over and fluff the cooked squash with a fork. Sprinkle with salt, black pepper and grated parmesan cheese.



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fajita chicken sheet meal

Make an easy family meal with red, green, yellow or orange bell peppers from the farmers' market!

- 3 boneless, skinless chicken breasts
- 2 bell peppers
- 1 onion
- 2 tablespoons vegetable oil
- 1 teaspoon Cajun seasoning
- 1 teaspoon garlic powder

1. Cut chicken, peppers and onion into strips.
2. Toss chicken and vegetables with oil and seasonings in a bowl. Pour on a metal baking sheet.
3. Roast in 425° oven for 25 to 35 minutes, stirring a couple times.
4. Serve in tortillas with shredded cheese and salsa.



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September

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Library Card Sign-Up Week	Good Manners Month	1 Go to your local library and sign up for a library card!	2 Read a new book every week to celebrate National Literacy Month!	3 National Skyscraper Day! Use blocks to see how big of a skyscraper you can build!	4 National Wildlife Day! Draw a picture of your favorite wild animal!	5 Read and sing along to the story "Humpty Dumpty"
6 National Read A Book Day! Read a new book together!	7 Labor Day	8 International Literacy Day! Explore new worlds through reading!	9 Teddy Bear Day!	10 National Swap Ideas Day!	11 Make Your Bed Day! Start off the day by making your bed!	12 National Encouragement Day!
13 Grandparents Day!	14 National Coloring Day! Color a picture for a family member!	15 National Make A Hat Day!	16 National Play Dough Day! Make your own Play Dough! (See Activity)	17 How many words can you think of that rhyme with "play"	18 Make and eat a family breakfast together to celebrate Better Breakfast Month!	19 Talk Like A Pirate Day!
20 National Pepperoni Pizza Day! Eat a Pepperoni Pizza for Lunch!	21 World Gratitude Day!	22 Fall Begins!	23 Look for orange objects in and around your house!	24 Discuss good manners with your child for Good Manners Month!	25 Using dots, outline your child's name then have your child connect the dots!	26 Happy Birthday Johnny Applesseed! Make Your own Apple Tree (See Activity)
27 Take a walk outside and count how many leaves you pick up!	28 National Family Day! Eat a meal together as a family!	29 How many words can you come up with that start with the letter "e"	30 Look for square shaped objects! How many can you find?	National Literacy Month	Hispanic Heritage Month	Better Breakfast Month



Play Dough

Ingredients Needed:

- 1 Cup Flour
- 1/3 Cup Salt
- 2 Teaspoons Cream of Tartar
- 1 Cup Boiling Water
- 1 Tablespoon Oil
- Food Coloring (if desired)



Directions:

- Combine Flour, Salt and Cream of Tartar in a large container.
- Add the Boiling Water and Oil to the mixture. Stir until mixture becomes sticky/combined dough
- Wait for dough to cool, then knead dough until the stickiness is gone
- If dough is still sticky add a little more flour
- If desired add food coloring to the dough- before you knead it

Double the recipe for more Play Dough!

Make Your Own Apple Tree

Materials Needed:

- Brown Construction Paper
- White Construction Paper
- Green and Red Paint or Markers or Crayons
- Pencil
- Scissors
- Glue



Instructions:

- Trace and cut your hand/arm (halfway to the elbow) on Brown Construction Paper- this will be the trunk of the tree.
- Glue your arm tracing (trunk of the tree) to a piece of white construction paper
- Using either paint, markers, or crayons, decorate the leaves of the tree and add apples to the tree.
- Write your name on the trunk of the tree
- If desired, decorate the construction paper to add a sky!