



UCHRA Van Buren County Head Start



October

Learning experiences can be fun for everyone. Children and parents can share the joy of learning and playing while they communicate and grow together. By working together with your child, you are helping to build his/her language and literacy, social and emotional, gross motor, fine motor, and cognitive skills. Remember, you are your child's first and most important teacher and your home is a primary learning place! Their learning will depend on the opportunities and support that you offer them at home and in their surroundings. So, get out there and play together!

**Attention Head Start Parent & Guardians:
School Readiness Begins with HEALTH!**



Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications. (For more information about Influenza please visit <https://www.cdc.gov/flu/about/index.html>)

As a result of the risk associated with the flu, we strongly encourage you to have all your family members vaccinated. Because we care for your child's and family's health, we have designed this Flu Vaccination Incentive plan:

With documented proof of the enrolled child and one additional family member having been vaccinated for the 2020 flu season you will become eligible for a FREE \$10 gift card. (Free \$10 gift cards for the first 25 Flu Shot Vaccination Recipients.) So not only can you protect your family from the flu, you can add a little cash to your budget! ☺

For any questions please contact Lindsey – Health & Disability Services Specialist @ 423-881-5182.

September Perfect Attendance

- Rachel
- Hunter
- Abreyonna
- Logan
- Ava
- Stella



October Birthday's

- Kiara
- Hunter
- Emma



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.





**First Virtual Parent Committee Meeting
Friday, October 2nd 9:30 AM**

**St. Jude Trike-A-Thon Week
Monday, October 5th – Friday, October 9th 2020**

**Fall and Group Picture Money Due Friday, October 9th
Checks/Money Order ONLY**

**Fall Break
Monday, October 12th – Friday, October 16th**

**First Virtual Male Involvement Meeting
Thursday, October 20th 9AM or 5PM**



Transition Talk



The greatest factor in learning to read and language development is early exposure to language. By reading to your child every day, you promote and build on your child's language and literacy skills. When you take time to read to your child, sitting them in your lap, holding them, allowing them to turn the pages, asking them questions about the story, you are instilling in them a love for reading. You are your child's first and most influential teacher, they are watching you and when you have a love for reading, they see that and often portray that in their everyday life. How many times has your child repeated what you were saying when you had no idea they were even listening? They are always watching, listening and learning what is important to you and that will be important to them. At Head Start, we promote reading to your child through our "Reading Program". We have an onsite library which has books available for check out. Remember to turn into your child's teacher your reading log monthly. We also work with our local library in Spencer and ensure that each one of you have a library card that enables you to check out books. You are preparing them for kindergarten when you help them listen for sounds of the letters making the words. Children need to hear the sounds of the letters to establish strong reading skills. Don't forget to visit the parent page on our website and review Zoo-phonics which helps teach children letter sounds to strengthen early literacy skills. You are preparing them for their "transition" to kindergarten and establishing excellent "school readiness" skills. READ! READ! READ! Rita Mayfield, Assistant Mentor Coach/ Education Supervisor

October

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Book Month	National Reading Group Month	National Cookie Month	National Pizza Month	1 National Homemade Cookies Day- Make your favorite cookies together!	2 World Farm Animals Day- Draw a picture of your favorite Farm Animal!	3 World Card Making Day- Make a card for a friend!
4 Read a new book every week to celebrate National Book Month!	5 World Teacher's Day!	6 Play musical chairs using pillows as your chairs!	7 Read and sing along to the story "Five Little Pumpkins"	8 American Touch Tag Day- Play Touch Tag outside!	9 Fire Prevention Day! Make your own Fire Truck (see activity)	10 Pick up your toys and sort them by size!
11 Tell a story with shadow puppets!	12 How many words can you come up with that start with the letter "o"	13 National M&M Day- Use M&M candies to make patterns!	14 National Dessert Day- What is your favorite dessert?	15 Look for rectangular shaped objects! How many can you find?	16 National Dictionary Day- What is your favorite word in the dictionary?	17 National Pasta Day!
18 National Chocolate Cupcake Day! Make Cupcakes together!	19 National New Friends Day!	20 Build a reading fort using blankets and read a new book in it!	21 Count Your Buttons Day! How many buttons can you count?	22 National Color Day! Look for objects in and around your house that are your favorite color!	23 Rake together a pile of leaves and jump in them!	24 National Food Day- Try a different food today!
25 World Opera Day- Sing your favorite song in an Opera voice!	26 National Pumpkin Day! Make a pumpkin bookmark (see activity)	27 How many words can you think of that rhyme with "cat"	28 Plush Animal's Lovers Day- Play hide and seek with your plush animals	29 National Cat Day!	30 National Candy Corn Day!	31 Happy Halloween!

Pumpkin Bookmark

Materials Needed:

- Green Construction Paper
- Orange Construction Paper
- Black Marker
- Scissors
- Glue



Instructions:

- Using your green construction paper, cut a long stem
- Cut out small orange pumpkins that will fit on your green stem
- Make a face for each pumpkin
- Keep track of the books you read during the fall by writing the titles of the books you read on a pumpkin!

Firetruck

Color the pieces of the Firetruck. Then, cut and glue the pieces together to make your own firetruck!

