



UCHRA Van Buren County Head Start



10/30/20



Tuesday, November 3rd

NO SCHOOL for Head Start children in observance of Election Day

Wednesday, November 11th

NO SCHOOL for Head Start children in observance of Election Day

Wed. November 18th

21st Annual: Jobs, Health, Education & Awareness Virtual Fair
(Via Van Buren Head Start Facebook Page)

**You must Like, Comment "Present", & Share the full post for
attendance acknowledgement & entry!!!
(Flyer Attached)**

NO SCHOOL Thanksgiving Break

Wed, November 25th through Fri, November 27th

October Perfect

Attendance

Rachel
Glavine
Ava
Apphia
Stella



**HAPPY
BIRTHDAY!!!!!!**

Stella



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.



Importance of Reading with Kids



The importance of reading cannot be emphasized enough in young children, and we as parents need to make every day reading a high priority. Many studies show that toddlers and preschoolers who are read to every day have a larger vocabulary than those who aren't read to at all. It turns out that reading there are many advantages and benefits of reading.

Not only does reading enhance a child's vocabulary, and to help them understand how to read and write, but reading aloud to children also helps them to understand different topics about the world and everyday life. Below are some benefits and advantages that highlight the importance of reading with kids.

- **Reading to young children sets them up to succeed**

The more you read to your children, the more knowledge they absorb, and knowledge is important in all aspects of life. There have many studies that show reading to babies and toddlers gives them a head start and helps to prepare them for school later down the line. After all, reading with your children gives them the skills needed for when they start to read themselves. It is important that children learn to follow words across the page from left to right, and turn pages which are pre-reading skills that benefit children and help them to become better readers later on. Children who enjoy reading not only do better in language and literacy subjects, but in all of the different subjects as well.

- **Reading is important to develop language skills**

While you may speak with your children every day, the vocabulary you use is often limited and repetitive. Reading books ensures that your child is exposed to vocabulary on different topics, which means they hear words or phrases which they may not hear otherwise in their day to day lives. The more words they know, the better. For children who speak more than one language, reading is an easy way to help their language skills and is important to develop their fluency. These skills alone show the importance of reading.

- **Exposure to reading exercises your child's brain**

Reading to young children affects their brain activity and may just give them that boost they need to support and promote their early reading skills. Research on the importance of reading shows that specific areas of the brain are affected when young children have reading exposure at home from an early age. These areas are critical for a child's language development.

- **Reading enhances a child's concentration**

While you may think it is useless reading to a toddler who wants to constantly turn pages, swap books, or throw them around altogether, reading with your little one is extremely important at this age. By consistently reading to your child every day, your child will learn to concentrate and sit still for longer periods of time, which can help later on when they go to school.

- **Reading together encourages a thirst for knowledge**

Reading to your children leads to questions about the book and the information within. It gives you a chance to speak about what is happening and use this as a learning experience. It may also develop an interest in different cultures or languages. There is nothing better seeing a child who loves to learn.

- **A range of books teaches children about different topics**

Don't underestimate the importance of reading diverse books. Providing your child with different types of books on different topics, or even in different languages for bilingual kids, gives them a wide range of information for them to learn.

- **Reading develops a child's imagination and creativity**

One of the great benefits of reading with children is watching their growing imagination. When we really engage in a book, we imagine what the characters are doing. We imagine the setting as reality. Seeing the excitement on a child's eyes when they know what is going to be on the next page, or having them guess what is going to happen is one of the most amazing things to experience.

- **Reading books with children helps to develop empathy**

The importance of reading can also be shown when children develop empathy. When a child can put himself into the story this can happen. They identify with characters, and they feel what they are feeling. Children begin to understand and relate to emotions.

- **Books are a form of entertainment**

With so much technology these days, it is difficult not to get caught up in all the hype of it all. TV, Video games, smart phones and apps are popular among children. However, reading a good book that your child is interested in can be just as entertaining. With all of the negative effects of screen time, choosing a book that interests your child, and either reading it together, or letting them flick through pages alone, is definitely a better option. One of the main benefits that highlights the importance of reading with babies and toddlers, is that they are more likely to choose a book to read for pleasure over another activity when they are bored.

- **Reading together helps to create a bond**

There's nothing better than cuddling up to your little one and reading a book or a bedtime story together. Spending time with one another, reading, and talking, can bring parents closer to your children. For parents who work, or have a busy lifestyle, relaxing with your child and simply enjoying each other's company while reading can be a great way for you both to wind down, relax, and bond.

Why you should read bedtime stories every night?

We really do need to highlight the importance of reading. As parents, we need to prioritize reading in a child's early years to help them to succeed later in life. After all, as Dr Seuss would say "The more that you read, the more you will know, the more that you know, the more places you will go" There are informative books on topics such as different animals, places or objects etc., and there are also different books to help teach children about important life skills such as sharing, being kind, and diversity. There are also some amazing personalized books which make great gifts!

If you can't afford, or don't have access to many books, here are some **FREE** online books for kids.

<https://bilingualkidspot.com/2019/02/19/free-online-books-for-kids/>

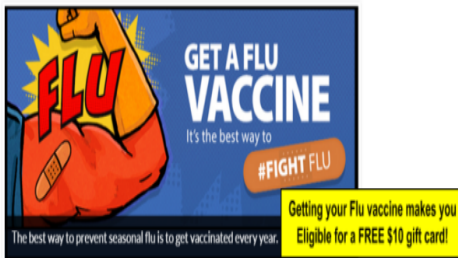
Article courtesy of <https://bilingualkidspot.com/>



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. 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.

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.



21st Annual: Jobs, Education, Health, & Awareness Fair



When: Wednesday, November 18, 2020

Where: Van Buren County Head Start Facebook Page Please Like & Follow us.

Time: 9 AM till 5:30 PM

Lots of Information/Services/Supports..... FREE FREE FREE!!! Door Prizes too.

You must Like, Comment "Present", & Share the full post for attendance acknowledgement & entry!!!

Be sure to contact each resource of interest via the outlet shared, they are there to help.

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

November

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 November is National Family Literacy Month! Read a new book together as a family every week!	2 Look For Circles Day! How many circles can you find around your house?	3 National Sandwich Day!	4 National Candy Day! Make different patterns using your halloween candy!	5 Look for objects that are brown, how many can you find?	6 Act out a story together as a family to celebrate National Family Stories Month!	7 Make Acorn Treats together! (See Activity)
8 STEM/STEAM Day! Read a STEM/STEAM book today!	9 National Young Readers Week! Read a new book this week!	10 November is Picture Book Month! Make your own Picture Book to celebrate!	11 Veterans Day- Thank a Veteran today!	12 Young Reader's Day!	13 World Kindness Day!	14 National Pickle Day!
15 I Love To Write Day! Write your own story!	16 National Button Day!	17 Take A Hike Day!	18 How many words can you come up with that rhyme with "hike"	19 Educator For A Day! Have your child teach you something today!	20 Universal Children's Day!	21 World Hello Day! How many ways can you say hello?
22 National Game and Puzzle Week!	23 Put together a Turkey Puzzle (See Activity)	24 Collect and sort a pile of leaves by color!	25 Read the story "The Night before Thanksgiving"	26 Thanksgiving Day!	27 Discuss with your family what you are thankful for!	28 Play a game together as a family!
29 Draw lines on a piece of paper and have your child cut along the lines.	30 How many words can you come up with that start with the letter "t"	National Literacy Family Month	Picture Book Month	Native American Heritage Month	National Family Stories Month	Child Safety Month

Acorn Treats

Ingredients Needed:

- Chocolate Chips (1 per treat)
- Mini Nilla Wafers (1 per treat)
- Hershey Kisses (1 per treat)
- Chocolate Icing



Directions:

- Unwrap the desired amount of Hershey Kisses
- Spread icing on the bottom of a Nilla Wafer, then place the Nilla Wafer on the bottom of the Hershey Kiss
- Spread icing on the bottom of a chocolate chip, then place the chocolate chip on top of the wafer
- Let set in the freezer for about 5-10 minutes and enjoy!

Turkey Puzzle

Cut out the pieces and glue them together on a piece of construction paper to make a Turkey!

