



# UCHRA Van Buren County Head Start



12/1/20



## November Perfect

### Attendance

Glavine

Hunter

Abreyonna

Logan

Ava

Stella

Briarr

Tobias



## Happy Birthday!!!!

Logan



We would like to take this time to express the importance of attendance. We all know that children are prone to getting a cold from time to time, but it can easily turn into chronic absences. Early school success goes hand in hand with good attendance.

Showing up on time every day is important to your child's success and learning from preschool forward. Missing just 10% of preschool (1 or 2 days every few weeks) can, make it harder to develop early reading skills, make it harder to get ready for kindergarten, develop a poor attendance pattern that's hard to break. The Head Start which is a high-quality preschool program has many benefits for your child. The routines your child develops in preschool will continue throughout school. You can make the most of preschool by encouraging your child to attend every day. **Are you asking yourself, what can I do to help my child improve their attendance?** Below, you will find ways you can help. Work with your child and his/her teacher to help your child develop strong attendance.

- Your enthusiasm is a big boost to success. Talk about it - sing about it make it an adventure! Set a regular bed time and morning routine
- Lay out clothes, shoes, and pack backpack the night before.
- Share ideas with other parents for getting out the door on time. Ready-Set Go!
- Develop back-up plans for getting to preschool if something comes up.
- Ask family members, neighbors or other parents to lend a hand if you need help dropping off or picking up your child.

- Schedule medical and dental appointments after hours when possible.
- If your child seems anxious about going to preschool, talk to the program director, teacher, your doctor or other parents for advice. If the problem persists, make sure the program is a good fit for your child.
- Are you asking what if my child is sick? Send me to school if:
  - I have a runny nose or just a little cough with no other symptoms.
  - I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time.
  - I haven't thrown up or had any diarrhea for 24 hours.Keep me at home if:
  - I have a fever higher than 100 degrees even after taking medicine.
  - I'm throwing up or have diarrhea.
  - My eyes are pink and crusty.

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.



# Stretching a Holiday Food Budget during the Busy Holiday Season



Holiday celebrations are a great time to gather with family and friends. But when you're on a tight budget and pressed for time, it can be challenging to prepare a nutritious, timely meal for your loved ones. With that in mind, USDA offers these healthy tips for creating low-cost meals your whole family will enjoy:

- **Plan ahead.** Starting early to plan your menu allows time for you to look for the sales and coupons that can lower cost of foods substantially. Check to see what you have on hand first, and *then* make a list of what you need – this saves time and money!
- **Try to save time cooking.** Frozen and canned fruits and veggies are often good buys, and they save preparation time in the kitchen, while providing the same nutrients as fresh foods.
- **Be flexible about your meat choice.** The meat dish can account for nearly 40 percent of the cost of a small gathering, a whole roasted chicken or lean pork roast is a tasty but less expensive option. Generally speaking, frozen meats cost less.
- **Invite others to bring food.** Family members and friends can bring a dish with them when they join your celebration. That way, everyone saves money on the meal, and you save time and effort.
- **Make it yourself.** While buying a ready-to-go dish or dessert at the supermarket is easy, it will cost less if you make it yourself and it can be healthier too. You control the amount of salt, sugar and fat.
- **Check out the [FNS RECIPE Box](#),** for easy, low cost, tasty and healthy recipes for every level of cook.
- **Be creative with leftovers.** Create fun and healthy lunches and dinners from your leftovers, and save money on supermarket trips for the rest of the week. For example, sandwiches and soups from meat and veggies.
- **Take advantage of holiday food support for families in your community.** If funding is simply too scarce, you may be eligible for assistance from organization in your community. Many faith-based organizations, civic and community centers, food banks and private groups provide support for families during the holidays. Check your community paper and local social agency for information.
- **Follow the [MyPlate Holiday Makeover series](#).** On the USDA blog, nutritionists from the Center for Nutrition Policy and Promotion are providing healthy makeovers of traditional holiday dishes that will help you manage all your celebrations from now through January and help you make healthy choices throughout the year.
- **Visit [ChooseMyPlate.gov](#).** You can find weekly recipes and tips to help make the holidays healthier.
  - MyPlate empowers you to put the Dietary Guidelines for Americans into action in a personalized way, through the holidays.
  - Now, through the MyPlate social media channels - Facebook and Twitter - you can share your own tips about staying healthy with others.
- **Sign-up for USDA's SuperTracker,** to track and maintain your New Year's resolution. SuperTracker's tools can help you stay on track with your diet and physical activity through an online system where you can log your daily activities.
- **Remember, your meal can be festive and healthy.** You can find additional resources at [www.choosemyplate.gov](http://www.choosemyplate.gov)

Kindergarten! ... here I come!



# Transition Talk



Your child will experience many changes as they transition to kindergarten in the public-school system. One of the most significant change will be their daily routine. At Van Buren County Head Start our daily schedule consists of 2 hours and 10 minutes of center choice time where teachers interact with children and work on language, fine motor, pre-writing, cognitive, self-help and personal social skills. The schedule also reflects one hour of gross motor time where children work on their gross motor skills through active play. We also have two 15-minute group times where children work on social skills as well as academic. There are transition times where children are moving from one activity to another and meal times which tallies up to our 6.5-hour day. The kindergarten schedule consists of two group times, one for Math which is 30 minutes and one for Reading which is 45 minutes. Their schedule houses a 1-hour center time working on language arts; 30 minutes of outdoor time, and 35 minutes of Art. Also 45 minutes fluctuates between Guidance, Computer, PE, and Library on different days of the week. As you can see their schedule reflects longer group times which will require your child to remain attentive for longer increments of time. They also will have less active play time which helped burn some energy off and added to their attention span. To assist your child in lengthening their attention span, you might want to try the following techniques:

1. Play focus games (example: blow bubbles and ask child to wait until you tell them to pop them - at first allow them to pop as soon as you blow them, then increase to a few seconds, halfway to the ground, almost on the ground, etc.)
2. Divide bigger tasks into smaller tasks.
3. Understand your child's method of learning (visual (have to see it), auditory (hear what is expected), or kinesthetic (involves movement with learning)). Once your child's method of learning is determined, play games using their preferred method.

Working together we can assist your child with a smooth transition into kindergarten. Thanks for your support.  
Rita Mayfield Assistant Mentor Coach/Education Supervisor



Thursday, December 17<sup>th</sup> Christmas Celebration Abbreviated Day  
Friday, December 18<sup>th</sup> through Tuesday, January 3<sup>rd</sup> Winter Break  
Center closed for staff Monday, December 21<sup>st</sup> through Friday, December 25<sup>th</sup>.

# December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Eat A Red Apple Day!	2 Read a new book every week to celebrate Read A New Book Month!	3 National Roof Over Your Head Day! Draw a picture of your house!	4 National Sock Day- Sort your socks by size!	5 Bathtub Party Day! Read a Bath Book!
6 Put On Your Own Shoes Day!	7 National Letter Writing Day- Write a letter to a friend!	8 National Brownie Day- Make Brownie's together!	9 Christmas Card Day	10 Hanukkah Begins!	11 Make your own sled! (See Activity)	12 National Poinsetta Day!
13 National Ice Cream Day!	14 International Monkey Day! Read a book with a monkey in it!	15 Pick one crayon out of the box, and look for items that are that color!	16 National Chocolate Covered Anything Day!	17 National Maple Syrup Day!	18 Bake Cookies Day- Bake Cookies together to celebrate!	19 How many words can you think of that rhyme with "snow"
20 Go Caroling Day! Sing your favorite holiday songs together!	21 Winter Begins! Crossword Puzzle Day!	22 Make your own snow together! (See Activity)	23 Practice writing your name in the snow!	24 Christmas Eve- Read the story "Twas The Night Before Christmas"	25 Christmas Day!	26 Kwanzaa Begins!
27 Make Cut Out Snowflakes Day!	28 National Card Playing Day! Play a card game together!	29 How many words can you and your child come up with that start with the letter "c"	30 Discuss what was your favorite book you read this year and read it together!	31 New Year's Eve! Discuss your favorite 2020 memories!	Read A New Book Month!	

## Sled

### Materials Needed:

- Colored Popsicle Sticks (Or color your own popsicle sticks with paint or markers)- 6 Popsicle Sticks Per Sled
- Glue
- Yarn
- Scissors



### Instructions:

- Using the popsicle sticks line 2 up side by side, and glue them together
- Cut one popsicle stick in half diagonally- and glue each piece to both sides of the sled
- Cut another popsicle stick into three pieces- 2 ends and the middle piece
- Glue the both end pieces to the bottom front of the sled and the long middle piece to the bottom end of the sled
- Glue a piece of yarn to the front of the sled
- Optional: Write your name and the year on the sled



[www.booksbythebushel.com](http://www.booksbythebushel.com)

## Snow

### Ingredients Needed:

- 2 Cups Baking Soda
- Shaving Cream
- Plastic Container



### Instructions:

- Pour the 2 Cups of Baking Soda into a container
- Add the Shaving Cream a little bit at a time (start with a handful and go from there)
- Knead together the two ingredients until they form a snow-like consistency
- Enjoy!

Double the recipe for more snow!

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