



UCHRA Van Buren County Head Start



2/26/21

MARCH



Ready for Kindergarten?

If your child's preschool years are coming to an end, your thoughts are probably turning toward kindergarten. But is your child ready to move on to the "big" school?

What skills do kindergarten teachers expect their new students to have? To help answer those questions (and ease your mind), teachers from around the country shared their insights on helping your child gain the right mix of kindergarten-readiness skills. The skill sets they are looking for might surprise you. Because of the national focus on improving education and meeting standards, you might think that it's most important for children to enter kindergarten knowing their ABCs, numbers, shapes, and colors so they can keep up with the curriculum. While teachers would love children to come in with some letter and number recognition, they don't want you to drill your kids on academic skills. There are equally — if not more — important readiness skills that set the stage for your child's learning. Raising an eager learner is the goal, and it can be achieved easily through play and day-to-day activities. What follows are the top readiness skills that kindergarten teachers look for. To Be Independent, The Enthusiasm Toward Learning, Solid Oral-Language Skills, The Ability to Listen, The Desire, Ability to Play Well with Others, Strong Fine-Motor Skills, Basic Letter and Number Recognition Watch for more Transition Talk in the monthly newsletter.

Spring Forward!

Daylight Saving Time begins this
Sunday, March 14, 2021 at 2:00 AM.
Don't forget to set your clocks
forward an hour.



February Perfect

Attendance

Jaymes
Hunter
Logan
Elizabeth
Elijah
Apphia
Briarr



March Birthday's

Glavine
Briarr
Silvia
Jacob
Joseph

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.





Transition Talk



Your child has had the hands-on experience of practicing carrying a lunch tray in the dramatic play area in February. They have been able to place play food and drink on the tray to assist them in learning to handle the tray with different weights on it and keep the tray level as they walk to the table carrying the tray. This is one of the transitional activities that they experience at Head Start to help prepare them for kindergarten where they will eat cafeteria style using lunch trays. We are also working on children putting their papers/items from their cubbies daily in their own backpacks, zipping them and getting them ready to take with them at the end of the day. Self-help skills are some of the first things mentioned as necessary skills for success by Kindergarten teachers. Another self-help skill we are working on is putting on their own coats and hats and zipping or buttoning them. Allowing your child to go to the bathroom, adjusting their clothing for themselves, washing and drying their hands and throwing away the paper towel when they are finished are all self-help skills, they will use daily at kindergarten. Also remember to check out our "Transition to Kindergarten" power pack to work on kindergarten readiness skills. We also have self-help skills power packs that will promote independence in this area. Together we can help your child have a smooth transition to kindergarten.

Rita Mayfield Assistant Mentor Coach/Education Supervisor



Nutrition



green smoothie

A fun, easy way to eat more green vegetables!

- 2 handfuls fresh baby spinach
 - ½ cup milk
 - 1 cup canned pineapple, in 100% juice
 - 2 medium frozen bananas
(peel and cut into chunks before freezing)
1. Blend spinach and milk in a blender until smooth.
 2. Add pineapple and frozen banana chunks. Blend again until smooth.



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banana oatmeal cookies

- 2 large ripe bananas
- 1 cup quick oats
- ½ teaspoon cinnamon

1. Mash the bananas until smooth.
2. Mix the mashed bananas, oats, and cinnamon in a large bowl.
3. Use a spoon to scoop dough. Make 6-8 cookies on a baking sheet.
4. Bake in a 350° oven for 12-15 minutes, or until golden brown.



Your child can help mash bananas.



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Monday, March 1st through Friday, March 5th
Dr. Seuss Week Literacy Celebration

MONDAY 3/1/21 - Wearing your silly socks and shoes!

TUESDAY- 3/2/21 Wacky/tacky hair day!

WEDNESDAY- 3/3/21 Wear clothes inside/outside/backwards!

THURSDAY- 3/4/21 Wear your red, black and white to school!

FRIDAY- 3/5/21 Wear wacky patterns day!

Virtual Family Reading Night

(REMEMBER to send in your pictures to the teacher through Teaching Strategies!!!)

Monday, March 22nd through Friday, March 26th
Spring Break (No School)

MARCH 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Woman's History Month	1 National Pig Day! What sound does a pig make? Read a book that has a pig in it!	2 Happy Birthday Dr. Seuss! Read Across America Day!	3 I Want You To Be Happy Day! Read "If You Are Happy And You Know It" and make your own happy cube. (See Activity)	4 Marching Music Day- March and sing your favorite song!	5 Discuss the importance of nutrition with your child for National Nutrition Month!	6 National Dentist's Day- Read a book about going to the dentist!
7 National Cereal Day! Use your favorite cereal to practice addition/subtraction problems!	8 Read a new spring book that has the word "flower"	9 Make a craft together as a family to celebrate National Craft Month!	10 Go outside and practice writing letters with sidewalk chalk	11 Popcorn Lover's Day! Eat popcorn for a snack!	12 Plant A Flower Day! Plant your favorite flower!	13 Use play dough to mix two different colors together and have your child guess the color you are making.
14 Day Light Savings Time Begins!	15 This week is National Bubble Week! Go outside and blow some bubbles!	16 Tea For Two Tuesday!	17 Saint Patrick's Day! Look for objects around your house that are green!	18 Absolutely Incredible Kid Day!	19 National Let's Laugh Day! Read a book that makes you laugh!	20 Spring Begins!
21 Discuss with your family what your favorite part of spring is!	22 Fill a container with water, then have your child grab different objects and guess if they will sink or float!	23 National Puppy Day! Read a book that has a puppy in it!	24 Sing your favorite songs together in the car!	25 Make dot-to-dot outlines of different shapes and have your child connect the dots	26 Make Up Your Own Holiday Day!	27 Sort your toys by size, then sort them by color!
28 Read and sing along to the story "The Ants Go Marching!"	29 Read your favorite childhood book to your own child before bedtime!	30 Take A Walk In The Park Day!	31 National Crayon Day! Make your own scratch art board! (See Activity)	Music In Our Schools Month	National Craft Month	National Nutrition Month

If You Are Happy Cube

Materials Needed:

- 1 Sheet of Poster Board or Construction Paper
- Ruler
- Scissors
- Markers, Crayons, Colored Pencils
- Tape



Instructions:

- Using your construction paper and ruler, measure 6 squares that are 8 by 8 centimeters each. Cut these squares out.
- On each square, write an action phrase that follows the song "If you are happy and you know it..."
- Examples: Clap your hands, Stomp your feet, Pat your head, etc.
- Draw a picture on each square to show the action phrase that is written



How to put the cube together:

- Using four of the squares, lay them side by side in a line and then tape them together. Then, tape the first and last square together, to make the 4 squares form a cube.
- Tape another square on top, and then the last square to the bottom of the cube.
- Use the cube to play a game where you roll the cube and do the action that is face up!



Crayon Scratch Art

Materials Needed:

- Your choice of Crayons
- Black Crayon
- Cardboard
- Scissors
- Toothpick



Instructions:

- Cut the piece of cardboard to the size of board you would like to use
- Cover the cardboard's whole surface with your choice of different colors of crayons
- Color over the surface and crayon with a black crayon
- Use a toothpick to make designs to uncover the colors underneath!