



UCHRA Van Buren County Head Start



4/1/21



Another year has come and gone. The end of the year is fast approaching. We would like to take this opportunity to thank you for allowing us to be a part of your family's journey into School Readiness. We will be having an awards ceremony this year. The event will be scheduled at a later date, please look for this information on our website calendar @ www.ucvbheadstart.org.

Don't forget to Exercise the Brain Over Summer Break.

Encourage your child to read in an effort to strengthen their reading skills. Just like exercising keeps muscles in shape, reading keeps the brain in shape. If you don't exercise, you lose muscle, and if you don't read, you will lose literacy skills.

A University of Tennessee, Knoxville, research study shows that children who don't read over the summer lose at least two months of reading development. This is often referred to as 'the summer slide' or the 'summer learning loss.' On the other hand, students who do read over the summer may gain a month of proficiency in reading. Reading over the summer is not a suggestion to keep kids busy; it's a critical requirement to help students stay on track for their entire educational career and beyond.

March Perfect Attendance

Emery
Braden
Cody
Cain
Elijah
Apphia
Enid
Amelia
Truman
Silvia



**No April
Birthday's**



Please find us on Facebook, Van Buren County Head Start, and Like and Follow! 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 on line with other people who share your interest.





10 Ways to Help Prevent Child Abuse



April is Child Abuse Prevention Month.

Prevention is the best hope for reducing child abuse and neglect and improving the lives of children and families. Strengthening families and preventing child abuse requires a shared commitment of individuals and organizations in every community.

1. Be a Nurturing Parent-- Children need to know that they are special, loved and capable of following their dreams.
2. Help a friend, neighbor or relative-- Being a parent isn't easy. Offer a helping hand to take care of the children, so the parents can rest or spend time together.
3. Help Yourself-- When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control - take time out. Don't take it out on your kid.
4. If your baby cries...-- It can be frustration to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby- shaking a child may result in severe injury or death.
5. Get Involved-- Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.
6. Help to develop parenting resources at your local library.
7. Promote programs in school-- Teaching children, parents and teacher's prevention strategies can help to keep children safe.
8. Monitor your child's television and video viewing-- Watching violent films and TV programs can harm young children.
9. Volunteer at a local child abuse prevention program-- For more information about volunteer opportunities, call 1-800-CHILDREN.
10. Report suspected abuse or neglect-- If you have reason to believe a child has been or may be harmed contact your local department of children and family services or your local police department.



Transition Talk



The decision to remain at Head Start without taking the actual "kindergarten day" visit to Spencer Elementary and Wheeler Elementary has been made due to COVID. This year we have limited outside contact for the children as much as possible to limit possible exposure by not having visitors or making educational visits outside the center. We feel this precaution should remain in place for the rest of this school year. However, we will be using the lunch trays in the classroom and also introduce cafeteria style lunch and eating in the gym sometime in April to assist your child with becoming familiar with using lunch trays. Classroom activities preparing them for kindergarten will take place here in the Head Start classrooms. We will advise Kindergarten Registration dates for both Spencer Elementary and Wheeler Elementary as soon as they inform us of these dates. Don't forget to check out the "Transition to Kindergarten" power pack to work with your child at home on Kindergarten skills and help prepare them for this transition. Also, Van Buren County Head Start staff will work with the local school system(s) and share your child's written records to the kindergarten they will be attending. If you have any questions or concerns please feel free to contact me.

Rita Mayfield Assistant Mentor Coach/Education Supervisor



spring asparagus

1 ounce ham 1 teaspoon olive oil
 1 pound asparagus ½ cup water

- step 1** Chop ham into small pieces and fry in a large skillet about 2 minutes. Remove ham from skillet.
step 2 Heat oil in large skillet. Add asparagus and stir together. Add water and cover.
step 3 Steam asparagus for about 4 to 5 minutes. Top with cooked ham.



pea pod salad

2 cups sliced pea pods
 2 cups chopped lettuce
 ½ cup dill dressing

Toss sliced pea pods with dressing.
 Serve on top of chopped lettuce.
 Add chopped tomatoes for more flavor.

Dill Dressing

Mix together ½ cup plain yogurt, ½ cup mayonnaise, ¼ teaspoon garlic powder, and ½ teaspoon dry dill weed.



School Closed Friday, April 2nd Good Friday

Family Reading Night (Virtual) Thursday, Friday April 1st

Virtual Parent Committee Meeting Thursday, April 15th 9:00 AM
 ALL Parents are encouraged to call into this meeting

Spring Picture Orders Due Check/Money Order Friday, April 16th

No In-Person Learning

Monday, April 19th through Friday, April 23rd



APRIL 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Poetry Month	National Garden Month	National Kite Month	National Humor Month	1 April Fool's Day!	2 International Children's Book Day! Read your favorite book today!	3 Find A Rainbow Day! Look for every color of the rainbow around your house!
4 Easter Sunday!	5 National Library Week! Visit your local Library and check out a new book!	6 National Carmel Popcorn Day! Make Carmel Popcorn and eat it as a snack!	7 Go outside and fly a kite together to celebrate National Kite Month!	8 National Zoo Lovers Day! Read a book about going to the zoo and draw your favorite zoo animal!	9 Play I Spy with letters! Pick out a letter and have your child look for that letter while reading a story together!	10 National Farm Animals Day! Read "Old MacDonald" and make your own farm animals (See Activity)
11 Read a book about planting a garden to celebrate National Garden Month! What would you grow in your garden?	12 Drop Everything And Read Day! Read a book together as a family!	13 Read a book that makes you laugh for National Humor Month!	14 National Dolphin Day! Read a book that has Dolphins in it!	15 World Art Day! Draw a picture together to celebrate!	16 National Librarian Day! Thank your local librarian today!	17 National Bat Appreciation Day! What words can you think of that rhyme with "bat"
18 National Animal Cracker Day! Discuss which sound each animal makes!	19 Read a new book that has the word "rain" in it	20 National Look Alike Day! Wear similar outfits to look alike today!	21 National Kindergarten Day!	22 Earth Day- Make Dirt Dessert! (See Recipe)	23 World Book Day! National Picnic Day!	24 Write a poem together for National Poetry Month!
25 World Penguin Day! Read a book that has a penguin in it!	26 National Pretzel Day! Use pretzels to practice math problems!	27 National Tell A Story Day! Tell a story to your child before going to bed	28 National Superhero Day! Draw a picture of your favorite superhero!	29 Go outside and use sidewalk chalk to draw shapes and create different patterns	30 Take a walk and see how many flowers you can count!	

Farm Animals

Materials Needed:

- Construction Paper
- Markers/Crayons/Colored Pencils
- Popsicle Sticks
- Glue
- Scissors



Instructions:

- Draw a big red barn on a piece of construction paper
- Draw, color, and cut the faces of the animals that appear in the story (chickens, cows, pigs...)
- Glue the faces onto the top of the popsicle sticks (one face per popsicle stick)
- Put the farm animals into the barn as you read the story!



Dirt Dessert

Ingredients Needed:

- 1 Package of Instant Pudding (French Vanilla or Chocolate)
- 2 Cups of Milk
- 1 Container of Cool Whip
- 1 Package of Oreos (crushed)
- Optional: Gummy Worms



Instructions:

- In a bowl, whisk the Milk and Instant Pudding together until Pudding is completely dissolved
- Stir the container of Cool Whip into the Pudding mixture
- Stir a 1/2 cup of crushed Oreos into the Pudding mixture
- Spoon the Pudding mixture into individual cups, or into a large container
- Sprinkle crushed Oreos on top of mixture (until the top is completely covered)
- Optional: Add gummy worms to your dirt dessert!



Early Years

WORKING TOGETHER FOR A GREAT START

April 2021

Compliments of

UCHRA Van Buren County Head Start

KID BITS



Picture book character

When you read stories with your child, look for examples of good character. He might notice how brave a little giraffe is in a story about a talent show. Or you could point out a kind boy standing up for a classmate who is being made fun of.

On-the-job training

Your little one might not be able to do all the steps of a chore, such as loading the dishwasher. Show her how anyway ("I'm putting the knives in with the sharp sides down") and let her do as much as possible ("Here, you load the spoons"). She'll gain confidence and be ready to tackle the job herself when she's older.

Helmet safety

Keep your youngster safe by making sure he always wears a helmet when he rides a bike or scooter. It should fit snugly, have a liner that's at least 1 inch thick, and sit level on his head. *Idea:* Let him make a helmet for a stuffed animal. Then, he may be more excited about wearing his own.

Worth quoting

"There is nothing in a caterpillar that tells you it's going to be a butterfly."
Buckminster Fuller

Just for fun

Q: Why did the chicken say, "Quack"?

A: It was learning to speak Duck.



Going with the flow

Flexible thinking lets your child adapt to changing situations and look at things in multiple ways. Stretch her thinking and problem-solving skills with these activities.

Two voices

Your youngster will need to shift gears to succeed in this twist on Simon Says. Give her instructions ("Touch your toes," "Spin around"), but switch back and forth between two silly voices (say, a robot and a pirate). The catch? Tell her to listen only to the robot. If she follows the pirate's instruction instead, her turn ends. Now she gets to choose two voices and give you directions.

Mystery pictures

Can your child figure out what's in a picture even if she can't see the whole thing? Cut a 1-inch hole in a sheet of paper, and lay it on top of a book illustration. Now let her slide the paper around,



peek through the hole, and think about what it could be a picture of. Something that looks rough and brown might be a furry animal. Or is it a football or a tree trunk?

What if?

This activity encourages your youngster to practice finding alternatives. Ask a "what if" question like "What if we didn't have syrup for pancakes?" Take turns naming possible solutions (use jelly or honey, eat them plain, make toast instead). Keep going until you run out of ideas. Then, ask a new "what if" question.♥

Search for treasure

Finding hidden treasure is a fun way for your youngster to learn how maps show where things are located. An X marks the spot with this idea.

1. Help your child draw a map of a room or the park. Encourage him to include landmarks like doors and furniture or trees and fences.

2. Have him cover his eyes while you hide a "treasure," maybe a juicy apple, in the actual location. Put an X on the map where the treasure can be found.

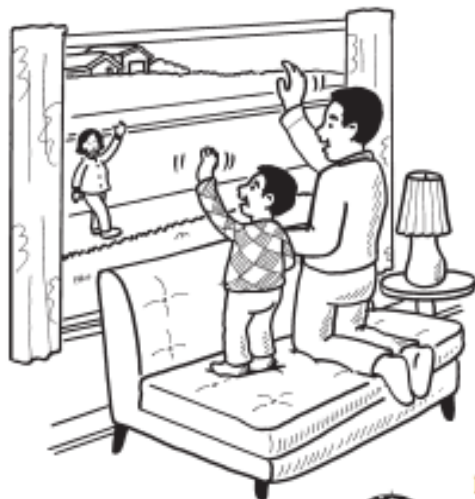
3. Challenge your youngster to use the map and find the treasure. When he locates it, let him erase your X, hide a treasure, and mark it on the map for you to find.♥



K is for kindness

Simple acts of kindness make the world a friendlier place—and give your youngster warm, fuzzy feelings. Here are ways to inspire him to be kind.

Pretend to be a superhero. Suggest that your child draw himself as a “kindness superhero.” He can make up a superhero name, maybe Captain Kindness. On his drawing, help him write what superpowers he has. (“Cares about others.” “Loves to help.”) Then, encourage him to step into the role and put his superpowers to work whenever he sees the



opportunity to be kind. Maybe Captain Kindness will help you look for your misplaced car keys or offer to take a photo of his big sister.

Make a kindness calendar. Together, think of a month’s worth of ways to show kindness, and write each one in a calendar square. *Examples:* Smile and wave at neighbors walking by. Compliment a family member. Make a card for a friend. (It’s okay to use ideas more than once!) Every day, read the tip on the calendar, and have your youngster do it. He can draw a heart on each one as he completes it.♥

Q & A Storytelling at home

Q: My son’s kindergarten class is working on storytelling. How can we tell stories at home?

A: Start by asking your child to tell stories about pictures he draws. Listen to his tale, then ask questions that spark his imagination. If he draws people in a car, for instance, you could ask where they’re going. This is good practice for storytelling now—and creative writing later.

Also, take a few minutes before bed to let him tell the story of his day. He might describe a game he played and what he ate for lunch.

Encourage him to keep going by asking questions like “What happened after lunch?”



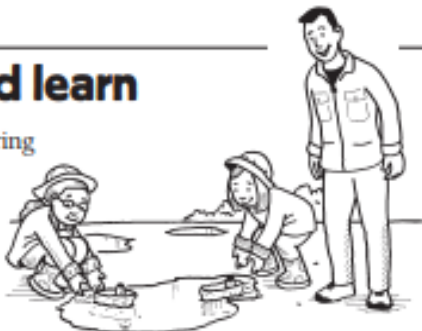
Share the story of your day, too, making sure to include lots of details. Listening to your story will help him learn to tell his own.♥

ACTIVITY CORNER

Splash and learn

April showers bring May flowers—and lots of learning opportunities for your youngster! Sprinkle these activities into the next rainy day:

- Together, listen to the rain and think of words (real or made up) to describe the sound it makes when it hits the windows or pavement. *Examples:* tap, plop, plink. Then, put on slickers and rain boots, and let your child set different containers out in the rain. What words come to mind when she hears raindrops land in a plastic bucket, tin can, or glass jar?
- Help your youngster make aluminum foil boats and sail them on puddles. Which design floats best? Can she create a boat that will carry a small toy across a puddle? Have her use chalk to draw circles around puddles. Let her check back periodically and trace around the puddles again. She’ll notice they get smaller and eventually disappear (*evaporate*). Do bigger puddles last longer than smaller ones?♥



PARENT TO PARENT

Help siblings get along

It seemed like my daughters Kate and Brianna were always bickering. My nieces, on the other hand, get along pretty well, so I asked my brother for advice.

He assured me that his girls don’t always get along. But he’s noticed their relationship is better when he lets them work out minor disagreements rather than taking sides. Sometimes, he pointed out, they seem to argue just to get his attention.

Now when my girls argue, I tell them to work it out. If they’re still fighting after 15 minutes, I send them to separate rooms to cool down, as my brother recommended. Afterward, I have them try again to solve their disagreement.

Knowing I won’t jump in and referee has cut down on my daughters’ arguments—and I’m hearing fewer complaints of “You always take her side!”♥



OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

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