



UC HRA
Van Buren County
Head Start



This year is off to a great start! We hope you are as excited as we are to begin this journey towards school readiness with you and your child. With only the first few weeks behind us, we have already had several new experiences: meeting and making new friends, learning about safety, teaching the children about good hygiene, met the dentist, plus so much more... and there is much more to come! Remember to check the school calendar online to view upcoming activities in the classroom and events @

www.ucvbheadstart.org

***Reminder we are submitting in-kind this year through our Learning Genie App, if you have not downloaded this app or need assistance, please call Ms. Teresa at the center. Don't forget: We need in-kind to keep grant funding-Show your engagement& support!!!**

Hours of Service

- All children should arrive at the center between the hours of 7:00 a.m. and 7:30 a.m.
 - Children should leave the center by 2:00 p.m. no later than 2:30 p.m.
- Guardians who will be late picking up their child, or need to make any changes to their bus route should call the center no later than 1:00 p.m.
 - Children will not be allowed into the classroom before their scheduled time.

In order to receive the benefits of the program, Head Start children are expected to attend all Monday through Friday class sessions. Regular attendance helps our program schedule an individualized education curriculum ensuring your child's academic success, field trips, appointments, and meal plan. You must notify Head Start as early as possible if your child is ill or will be absent for a day or more. If a child misses four (4) days of school without prior notice from the guardian, or five (5) days in a two-week period, or your child misses more than half the school days within a month attendance period or excessive absences within an indicated time frame the Family/Community Partnership Specialist will contact the guardian by telephone, letter, or home visit and without response, the child can be dropped from the program.

PLEASE SEE PARENTS HANDBOOK FOR FURTHER DETAILS @

www.ucvbheadstart.org

September Events

Vision Screening w/ Lion Club September 2nd

No School Labor Day September 3rd – Sept. 6th

Family Reading Night 5:00 PM September 10th @ the center w/Special Guest

Parent Committee Meeting 8:00 AM September 14th

Doughnut's w/ Dads 8:30 AM September 14th

Pizza with Pops 4:30 PM September 14th

Fall Pictures September 16th

(Don't forget your smile!!!) 😊

August Perfect Attendance

Gemma
J.J.
Bentley
Eli
Briarr
Maeleigh
Cain
Legacy
Damien
Amara
Evangeline



July, August, September

Ava
Amara
Evangeline
Gemma
J.J.
Bentley
Bryson
Tiffany
Jayden
Laken

Van Buren County Head Start!

If you are currently not following us on Facebook please Like and Follow Us. 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

Van Buren County Head Start, a NAEYC (National Association of Education for Young Children) accredited preschool provides many opportunities to assist parents in preparing their child to transition to kindergarten. Each month we will list some activities/ways in which you can partner with us in helping your child prepare for this important transition. During the year, we will help them transition from family style meals to carrying their food trays in the lunchroom, host a county bus training to help them prepare for riding the “big” bus, and meet the principal and kindergarten teachers during a “kindergarten visit”, just to name a few. Last month you were given the opportunity to serve on our policy council which introduces you to governing body responsibilities such as the school board members at the Elementary School. You also set educational goals for your child and partnered with us in our Reading program in reading to your child 20 minutes daily which the Elementary School will also request when they enter kindergarten. Participating in our home activities helps introduce your child to having “homework” as they do in kindergarten and the “Power Packs” list the Tennessee Early Learning Developmental Standards (TN-ELDS) that are being addressed as you do the activities with your child. The “TN-ELDS” are the standards for preschool which are called “Common Core Standards” once your child reaches Elementary School. By participating in these activities, you are preparing your child for a smooth transition into kindergarten. Thank you for choosing us as your preschool option before entering kindergarten. Keep up the good work and don’t forget to look for “Transition Talk” monthly in our newsletter for tips on how you may help your child transition to kindergarten!

Rita Mayfield, Assistant Mentor Coach/Education Supervisor



There is no more important activity for preparing your child to succeed as a reader than reading aloud together. Fill your story times with a variety of books. Be consistent, be patient, and watch the magic work. It's no secret that activities at home are an important supplement to the classroom, but there's more to it than that. There are things that parents can give children at home that the classrooms cannot give.

At just a few months of age, an infant can look at pictures, listen to your voice, and point to objects on cardboard pages. Guide your child by pointing to the pictures, and say the names of the various objects. By drawing attention to pictures and associating the words with both pictures and the real-world objects, your child will learn the importance of language.

Children learn to love the sound of language before they even notice the existence of printed words on a page. Reading books aloud to children stimulates their imagination and expands their understanding of the world. It helps them develop language and listening skills and prepares them to understand the written word. When the rhythm and melody of language become a part of a child's life, learning to read will be as natural as learning to walk and talk.

Even after children learn to read by themselves, it's still important for you to read aloud together. By reading stories that are on their interest level, but beyond their reading level, you can stretch young readers' understanding and motivate them to improve their skills. Follow link for full article:

<https://www.readingrockets.org/>

***Be sure to try each of our Power Pack options for a fun variety of books and don't forget, we also offer a lending library to help keep it interesting too! Also, reading time = in-kind, so be sure to complete your in-kind in the Learning Genie App.**



Nutrition



Healthy recipes to try at home with your child/children.



family salad platter

Your child can learn to love salad!

Create a family salad platter.

Serve a salad platter as part of your family's meal. Use a large plate to set out groups of colorful vegetables. At mealtime, pass the platter around the table. Everyone can choose the foods for their own salad. Let your child serve veggies onto his or her plate.

Make vegetables safe and easy for your child to eat:

- Slice tomatoes into 2 or 4 small pieces.
- Microwave or steam raw vegetables like carrots and broccoli until slightly soft.
- Roast pea pods and broccoli.
- Shred raw vegetables like carrots.
- Cut vegetables into thin strips or tiny pieces that are easy to bite and chew.



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confetti corn

Use leftover sweet corn, cut off the cob, when it is in season!

- 1 teaspoon vegetable oil
- ½ cup diced red bell pepper
- 2 cups cooked corn, fresh or frozen
- 1 teaspoon dried basil
- 1 teaspoon butter

1. Heat the vegetable oil in a skillet over medium-low heat. Cook the diced red bell pepper until tender, about 2 minutes.
2. Add the corn, basil and butter. Stir together. Cook until they are well mixed and butter has melted.



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September

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Library Card Signup Month!	Good Manners Month	Better Breakfast Month	1 World Letter Writing Day. Read the story, "Write on Carlos" and make your own letter treats! (See Activity)	2 Eat breakfast together as a family to celebrate Better Breakfast Month!	3 Use different colored buttons to make different patterns with your child!	4 National Wildlife Day! Draw a picture of your favorite animal!
5 National Cheese Pizza Day- Make a pizza together!	6 Labor Day Read A Book Day!	7 Read a book about good manners with your child for Good Manners Month	8 International Literacy Day! Read your favorite book together!	9 Using dots, outline different shapes, and have your child connect the dots!	10 National Swap Ideas Day!	11 National Make Your Bed Day!
12 Grandparent's Day! Make a card for a grandparent today!	13 Happy Birthday Roald Dahl!	14 National Ants On A Log Day! Read a book that has ants in it!	15 International Dot Day! Do Dot Art together!	16 National Play Dough Day! Use playdough to make different letters!	17 How many words can you and your child think of that rhyme with the word "ant"	18 National Dance Day! Dance to your favorite song together!
19 Talk Like A Pirate Day!	20 Go on a walk and pick up leaves, then count how many leaves you picked up.	21 World Gratitude Day!	22 Fall Begins! Make your own wreath for fall! (See Activity)	23 How many words can you and your child come up with that rhyme with "fall"	24 Make a new bookmark for fall!	25 National Comic Book Day! Make a comic book together!
26 National Pancake Day! Make pancakes together for breakfast!	27 National Family Day! Do your favorite family activity together!	28 Discuss together your favorite things about fall!	29 National Goose Day! Read a book that has a goose in it!	30 Read a new fall book!	Hispanic Heritage Month	



Play Dough

Ingredients Needed:

- 1 Cup Flour
- 1/3 Cup Salt
- 2 Teaspoons Cream of Tartar
- 1 Cup Boiling Water
- 1 Tablespoon Oil
- Food Coloring (if desired)

Directions:

- Combine Flour, Salt and Cream of Tarter in a large container.
- Add the Boiling Water and Oil to the mixture. Stir until mixture becomes sticky/combined dough
- Wait for dough to cool, then knead dough until the stickiness is gone
- If dough is still sticky add a little more flour
- If desired add food coloring to the dough- before you knead it



Double the recipe for more Play Dough!

Wreath

Materials Needed:

- Paper Plate
- Yellow, Red, Orange, Brown Construction Paper
- Pencil
- Scissors
- Glue



Instructions:

- Cut the inside middle out of your paper plate
- On your choice of construction paper, trace and cut as many leaves that you would like to glue to your wreath
- Glue your leaves to the outside of your paper plate
- Using your hole punch, punch a hole in the top of the paper plate
- Tie a string through the hole, then hang up your wreath!

