



UCHRA Van Buren County Head Start

9/30/21



Learning experiences can be fun for everyone. Children and parents can share the joy of learning and playing while they communicate and grow together. By working together with your child, you are helping to build his/her language and literacy, social and emotional, gross motor, fine motor, and cognitive skills. Remember, you are your child's first and most important teacher and your home is a primary learning place! Their learning will depend on the opportunities and support that you offer them at home and in their surroundings. So, get out there and play together!

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 receive 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.

September Perfect Attendance

- Charlotte Cain
- Damien Andrew
- Briarr Legacy



October Birthday's

- Elizabeth Andrew



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.





**No School Staff Training
Friday, October 8th**

**No School Fall Break
Monday, Oct. 11th- 15th**

**Fall and Group Picture Money Due Thursday, October 7th
Checks/Money Order/Cash**

**Parent Committee
Tuesday, Oct. 19th 8AM**

**Family Reading Night @ Center
Friday, Oct 22nd 5PM-6PM**

**St. Jude Trike-A-Thon
Thursday, Oct. 28th**



Transition Talk



The greatest factor in learning to read and language development is early exposure to language. By reading to your child every day, you promote and build on your child's language and literacy skills. When you take time to read to your child, sitting them in your lap, holding them, allowing them to turn the pages, asking them questions about the story, you are instilling in them a love for reading. You are your child's first and most influential teacher, they are watching you and when you have a love for reading, they see that and often portray that in their everyday life. How many times has your child repeated what you were saying when you had no idea they were even listening? They are always watching, listening and learning what is important to you and that will be important to them. At Head Start, we promote reading to your child through our "Reading Program". We have an onsite library which has books available for check out or request access to books on your Learning Genie account. Remember to enter your daily reading log time into Learning Genie. We also work with our local library in Spencer and ensure that each one of you has a library card that enables you to check out books. You are preparing them for kindergarten when you help them listen for sounds of the letters making the words. Children need to hear the sounds of the letters to establish strong reading skills. Don't forget to review letter sounds using Zoo-phonics at <https://zoo-phonics.com> to strengthen early literacy skills. You are preparing them for their "transition" to kindergarten and establishing excellent "school readiness" skills. **READ! READ! READ!**

Rita Mayfield, Assistant Mentor Coach/ Education Supervisor

Pumpkin is packed with vitamins, minerals and fiber. Bake with pumpkin to add a little more vegetables to your family's day!



Ingredients:

- 2 cups oats
- 1 cup canned pumpkin
- ¼ cup honey
- 1 ½ teaspoons ground cinnamon
- ¼ cup mini chocolate chips

Instructions:

1. Spray an 8 inch by 8 inch square baking dish with cooking spray. Preheat the oven to 350°F.
2. Combine all ingredients in a mixing bowl. Stir well. Press into the baking dish.
3. Bake for 18 to 20 minutes until the top is golden and firm.
4. Let cool. Slice into 9 bars.
5. Store in an airtight container for up to 3 days.



warm up with soup!

Add one or more veggies to your favorite soup. Cook until veggies are warm and soft.

- shredded carrots
- chopped spinach
- frozen peas
- corn
- pinto beans
- diced tomato

October

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Happy Halloween!	National Reading Group Month	Family History Month	National Book Month	National Pizza Month	1 World Smile Day! Homemade Cookies Day!	2 World Card Making Day! Make a card for a friend!
3 Look At The Leaves Day! Take a walk and see how many different leaves you find!	4 Read a book with a group of friends to celebrate National Reading Group Month!	5 World Teacher's Day!	6 Celebrate Family History Month by discussing family memories together!	7 Read the story "Cows Can't Spin Silk" And Make your own Spider Snacks! (See Activity)	8 American Touch Tag Day! Play a game of touch tag outside!	9 Fire Prevention Day! Read a book about a firefighter!
10 Read a book about opposites together, then look for opposites!	11 Make your own pizza together to celebrate National Pizza Month	12 Go outside and use chalk to write down words that make you think of fall!	13 National M&M Day! Use M&M's to practice math problems!	14 National Dessert Day! Make and eat your favorite dessert together!	15 Rake together a pile of leaves, and jump in them!	16 National Learn A Word Day!
17 Cut out small paper pumpkins. Write a word on each pumpkin and ask you child what word(s) rhyme with the word on the pumpkin!	18 Have your child arrange their books in order from smallest to biggest!	19 Read a story together and pause halfway. Have your child predict how the story is going to end, then finish the story.	20 Have your child look for different shapes in and around your house!	21 National Apple Day! Eat an Apple for a snack!	22 National Color Day- Color a picture together!	23 Read a new book together to celebrate National Book Month!
24 National Food Day! Discuss with your child the different food groups!	25 Look for objects that are orange in and around your house!	26 National Pumpkin Day- Make a Pumpkin Lantern (See Activity)	27 How many words can you and your child think of that start with the letter "p"	28 Write your own silly Halloween story!	29 National Cat Day! Read a book that has a cat in it!	30 National Candy Corn Day!

Paper Pumpkin

Materials Needed:

- Orange Construction Paper
- Black Marker
- Glue
- Scissors
- Ruler

Directions:

- Fold A piece of orange construction paper in half (lengthwise)
- Cut 2 inch slits, from the fold of the paper, the length of the paper (each slit should be made about 1/2 inch apart from each other)
- Unfold the paper and glue the ends together to make the pumpkin
- Draw 2 eyes, a nose, and a mouth on the paper using a marker to make a face for your pumpkin
- Cut a handle from orange construction paper and glue the ends to the inside of the pumpkin

