



**UC HRA**  
Van Buren County  
Head Start



## November Events

- Tea Dying Wednesday, November 3rd
- Parent Committee Meeting Tuesday, November 9th
- Veteran’s Day No School Thursday, November 11th
- Parent Teacher Conferences  
Monday November 15th through Friday November 19th
- Male Involvement Meeting 8 AM at the center  
Tuesday, November 16th
- Thanksgiving Break No School  
Wednesday, November 24th through Friday, November 26th
- Birdhouse Building  
Tuesday, November 30th 8:30 AM

## October Perfect Attendance

Franklen  
Tiffany  
Briarr  
Legacy  
Colton  
Caynen  
Bentley  
Eli  
Autumn  
Bryson  
Ava



## November

Stella

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 partners with our local Elementary schools to provide a smooth transition for you and your child to the local school system. We work on kindergarten readiness skills that the local school system has considered to be skills that will enable success in kindergarten. Among these skills are color, shape and letter recognition. This document is called "Van Buren School Kindergarten Readiness Skills Checklist". These skills are incorporated into our weekly individualization that the teachers work with your child on. The teachers will be reviewing this document with you at the Parent Teacher Conference in November. We also provide power packs that work on these skills for you to check out. When families work on these kindergarten readiness skills at home as we work on them at school, your child accomplishes these skills and continues to progress with the next emerging skill. Together we prepare your child for this transition to kindergarten. Rita Mayfield Assistant Mentor Coach/Education Supervisor



## Importance of Reading with Kids



The importance of reading cannot be emphasized enough in young children, and we as parents need to make every day reading a high priority. Many studies show that toddlers and preschoolers who are read to every day have a larger vocabulary than those who aren't read to at all. It turns out that reading there are many advantages and benefits of reading. Not only does reading enhance a child's vocabulary, and to help them understand how to read and write, but reading aloud to children also helps them to understand different topics about the world and everyday life. Below are some benefits and advantages that highlight the importance of reading with kids.

- Reading to young children sets them up to succeed the more you read to your children, the more knowledge they absorb, and knowledge is important in all aspects of life. There have many studies that show reading to babies and toddlers gives them a head start and helps to prepare them for school later down the line. After all, reading with your children gives them the skills needed for when they start to read themselves. It is important that children learn to follow words across the page from left to right, and turn pages which are pre-reading skills that benefit children and help them to become better readers later on. Children who enjoy reading not only do better in language and literacy subjects, but in all of the different subjects as well.
- Reading is important to develop language skills While you may speak with your children every day, the vocabulary you use is often limited and repetitive. Reading books ensures that your child is exposed to vocabulary on different topics, which means they hear words or phrases which they may not hear otherwise in their day to day lives. The more words they know, the better. For children who speak more than one language, reading is an easy way to help their language skills and is important to develop their fluency. These skills alone show the importance of reading.
- Exposure to reading exercises your child's brain Reading to young children affects their brain activity and may just give them that boost they need to support and promote their early reading skills. Research on the importance of reading shows that specific areas of the brain are affected when young children have reading exposure at home from an early age. These areas are critical for a child's language development.
- Reading enhances a child's concentration While you may think it is useless reading to a toddler who wants to constantly turn pages, swap books, or throw them around altogether, reading with your little one is extremely important at this age. By consistently reading to your child every day, your child will learn to concentrate and sit still for longer periods of time, which can help later on when they go to school.
- Reading together encourages a thirst for knowledge Reading to your children leads to questions about the book and the information within. It gives you a chance to speak about what is happening and use this as a learning experience. It may also develop an interest in different cultures or languages. There is nothing better seeing a child who loves to learn. • A range of books teaches children about different topics Don't underestimate the importance of reading diverse books. Providing your child with different types of books on different topics, or even in different languages for bilingual kids, gives them a wide range of information for them to learn.

**\*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 forms and return to your child's teacher.**



# Nutrition



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



## baked apples and squash

*An easy way to cook and serve squash!*



Let's eat what's in season!

- 2 cups squash cubes
- 2 cups apple cubes
- 1 tablespoon olive oil or vegetable oil
- ½ teaspoon ground cinnamon
- 1 tablespoon sugar
- ½ teaspoon salt

- Step 1** Peel the squash, remove the seeds, and cut into bite sized pieces.
- Step 2** Peel the apples, remove the core, and cut into bite sized pieces.
- Step 3** Combine the squash and apple pieces, oil, cinnamon, sugar and salt together in a bowl. Toss to coat evenly.
- Step 4** Spread the mixture on a metal baking pan.
- Step 5** Bake in a 425° oven for 20 to 30 minutes, or until squash is soft.  
*Makes 4 servings.*



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## build a quesadilla

*Create an easy meal with whole wheat tortillas.*

1. Place cheese and fillings on a tortilla.
2. Top with another tortilla.
3. Cook in a skillet on both sides until warm.
4. Cut into slices.



Place a small bowl of fruit or vegetables on the table. Let your child spoon food onto his plate.



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# November

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 National Family Literacy Day! Read a book together as a family!	2 Cookie Monster Day- Eat a cookie for a snack!	3 Tell a story using shadow puppets!	4 Draw different shapes on a piece of paper and have your child color and cut them out	5 National Doughnut Day- Eat doughnuts for breakfast!	6 Book Lovers Day- Read your favorite book!
7 Look for objects that start with the first letter of your name!	8 National STEM/STEAM DAY- Read a STEM/STEAM book!	9 Young Readers Day- Read a new book today!	10 Collect a pile of leaves and use them to practice math problems!	11 Veteran's Day-Thank a Veteran!	12 Write a story together as a family to celebrate National Family Stories Month!	13 World Kindness Day! Read the book "Loving Kindness" and complete the maze! (See Activity)
14 Read a new book that has a turkey in it!	15 National Recycling Day- Discuss the importance of recycling with your child	16 National Button Day- Use buttons to make different patterns for your child to finish!	17 National Take A Hike Day- Take a hike together as a family!	18 Apple Cider Day!	19 Use leaves to draw leaf rubbing pictures!	20 Universal Children's Day!
21 National Game And Puzzle Week!	22 Play a new game together as a family!	23 Make Turkey Treats together! (See Recipe)	24 Read the story "The Night before Thanksgiving"	25 Thanksgiving Day! Make a list of things you are thankful for!	26 National Cake Day- make a cake together!	27 Put a puzzle together as a family!
28 National French Toast Day- Make French Toast for breakfast!	29 Build a fort using blankets, and read a book together in your fort!	30 Hold up an object and ask your child what word(s) rhyme with it!	National Family Literacy Month	Native American Heritage Month	National Family Stories Month	

# Turkey Treats

## Ingredients:

- Graham Crackers (1/2 Per Turkey)
- Chocolate Icing
- Candy Corn (About 5/6 Per Turkey)
- Candy Eyes (2 Per Turkey)



## Directions:

- Break your graham cracker in half
- Spread icing on top of the graham cracker
- Place Candy Corn on top half of iced graham cracker- these will be your turkey's feathers
- Place two Candy Eyes in the middle of the iced graham cracker
- Add another piece of Candy Corn below the Candy Eyes, for your turkey's beak
- Make as many treats as you desire and enjoy!