



UC HRA
 Van Buren County
 Head Start



December Events

- Monthly Family Reading Night 12/6
 - Parent Meeting 12/7
- School dismisses 12/16 @ 9:30am

Busses will run the morning of the 16th, but will not run in the afternoon. We need your support for picking up your child by 10 a.m. along with their holiday gifts.

- Winter break 12/17 – 1/3/22

School will be closed beginning Friday, December 17th, 2021 through Monday, January 3rd, 2022. School will resume on Tuesday, January 4th, 2022

November Perfect Attendance

**Andrew
 Gemma
 Briarr
 Knoxleigh
 Cain
 Legacy
 Logan**



December

**Cody
 Miraclelyn
 Logan**

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.



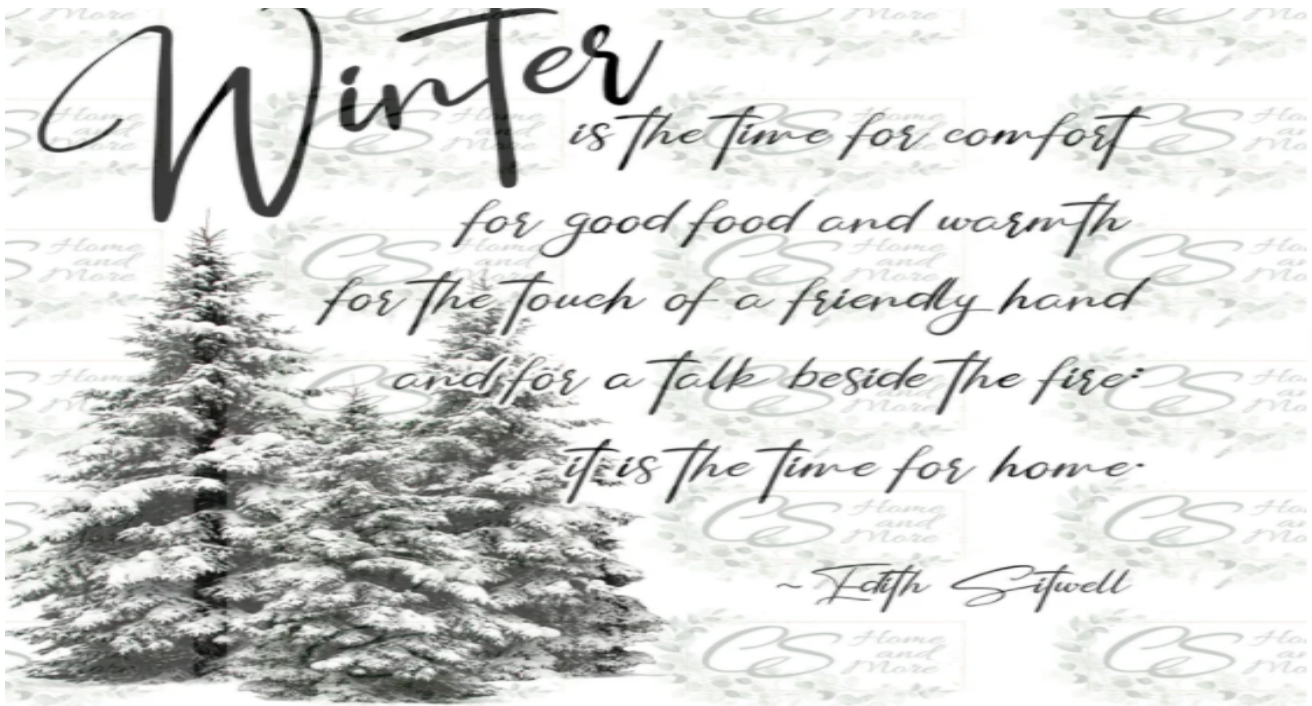


Transition Talk

Your child will experience many changes as they transition to kindergarten in the public school system. One of the most significant changes will be their daily routine. At Van Buren County Head Start our daily schedule currently consists of 1 hour and 45 minutes of center choice time where teachers interact with children and work on language, fine motor, pre-writing, cognitive, self-help and personal social skills. The schedule also reflects one hour of gross motor time where children work on their gross motor skills through active play. We also have two 15-minute group times where children work on social skills as well as academics. There are transition times where children are moving from one activity to another and meal times which tallies up to our 6.5-hour day. The kindergarten schedule consists of two group times, one for Math which is 30 minutes and one for Reading which is 45 minutes. Their schedule houses a 1-hour center time working on language arts; 30 minutes of outdoor time, and 35 minutes of Art. Also 45 minutes fluctuates between Guidance, Computer, PE, and Library on different days of the week. As you can see their schedule reflects longer group times which will require your child to remain attentive for longer increments of time. They also will have less active play time which helps burn some energy off and adds to their attention span. To assist your child in lengthening their attention span, you might want to try the following techniques:

1. Play focus games (example: blow bubbles and ask your child to wait until you tell them to pop them - at first allow them to pop as soon as you blow them, then increase to a few seconds, halfway to the ground, almost on the ground, etc.)
2. Divide bigger tasks into smaller tasks.
3. Understand your child's method of learning (visual (have to see it), auditory (hear what is expected), or kinesthetic (involves movement with learning)). Once your child's method of learning is determined, play games using their preferred method.

Working together we can assist your child with a smooth transition into kindergarten. Thanks for your support.
Rita Mayfield Assistant Mentor Coach/Education Supervisor





Nutrition



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



creamy avocado dip

- 1 avocado
- ½ cup plain yogurt
- 1 tablespoon lime juice
- 1 teaspoon chopped cilantro
- ½ teaspoon garlic powder

1. Remove core and peel from avocado. Mash avocado.
2. Stir all ingredients together, or blend in a food processor.



Dip raw veggies. Top your burrito or taco with a spoonful of this dip.



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cookie cutter box

Fill a plastic container with a variety of cookie cutters. Keep them in the kitchen. Your child can use them to cut shapes out of a sandwich, fruit, pancake, tortilla or toast.

Let your child cut out different shapes with cookie cutters!



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December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read A New Book Month	Bingo Month		1 National Pie Day- Eat your favorite pie together!	2 Read the story "Animal Antics" and make your own Animal Cube! (See Activity)	3 Make A Gift Day- Make a gift for a friend or family member!	4 National Cookie Day!
5 Play the game BINGO together to celebrate BINGO month!	6 Go outside and draw different shapes in the snow!	7 Read a new book to celebrate read a new book month!	8 National Brownie Day!	9 National Llama Day- Read a book that has a Llama in it!	10 Look for objects in your house that are green!	11 Use coffee filters to make cut out snowflakes!
12 National Gingerbread House Day- Make your own Gingerbread house! (See Activity)	13 Go outside and build a family of snowmen!	14 Use construction paper and markers to make your own holiday cards!	15 Write a word on a piece of paper and ask your child what word(s) rhyme with that word!	16 Make and drink Hot Cocoa together!	17 National Maple Syrup Day- Make Pancakes for breakfast and top with Maple Syrup!	18 Bake Cookies Day- Bake your favorite cookies together!
19 Go outside and take a sled ride!	20 Games Day- Play your favorite game(s) together!	21 Winter Begins!	22 Make a new bookmark for winter!	23 Practice writing your name in the snow!	24 Christmas Eve! Read the story "Twas The Night Before Christmas"	25 Christmas Day!
26 Kwanzaa Begins!	27 Discuss together your favorite things about winter!	28 Card Playing Day! Play a card game together!	29 Read a new winter book!	30 Discuss what was your favorite book you read this year and read it together!	31 New Year's Eve! Discuss your favorite 2021 Memories!	

Christmas Wreaths

Ingredients

$\frac{1}{2}$ cup butter

30 large marshmallows

$1\frac{1}{2}$ teaspoons green food coloring

1 teaspoon vanilla extract

4 cups cornflakes cereal

2 tablespoons cinnamon red-hot candies or M & M's



Step 1: Melt butter in a large saucepan over low heat. Add marshmallows, and cook until melted, stirring constantly. Remove from heat, and stir in the food coloring, vanilla, and cornflakes.

Step 2: Quickly drop heaping tablespoonfuls of the mixture onto waxed paper, and form into a wreath shape with lightly greased fingers. Immediately decorate with red hot candies. Allow to cool to room temperature before removing from waxed paper, and storing in an airtight container.