



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.



Saturday, April 9th MVP Day 10 AM- 1 PM

Friday, April 15th No School Good Friday

Tuesday, April 19th Parent Committee Meeting 8 AM

Friday, April 29th Family Reading Night 5 PM – 6 PM

February Perfect

Attendance

Gemma
Caynen
JJ
Logan
Bryson
Ava
Hayden Sh.
Legacy

March Perfect

Attendance

Garrick
Cody
Cain
Logan
Ava
Hayden Sh.
Legacy
Andrew

March Birthday's

Eli
Briarr
Silvia
Rose

April Birthday's

Franklen
Caynen
Hayden Sm.



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



March- Your child will have the hands-on experience of practicing carrying a lunch tray in the dramatic play area in April. They will place play food and drink on the tray to assist them in learning to handle the tray with different weights on it and keep the tray level as they walk to the table carrying the tray. This is one of the transitional activities that they experience at Head Start to help prepare them for kindergarten where they will eat cafeteria style using lunch trays. We are also working on children putting their papers/items from their cubbies daily in their own backpacks, zipping them and getting them ready to take with them at the end of the day. Self-help skills are some of the first things mentioned as necessary skills for success by Kindergarten teachers. Another self-help skill we are working on is putting on their own coats and hats and zipping or buttoning them. Allowing your child to go to the bathroom, adjusting their clothing for themselves, washing and drying their hands and throwing away the paper towel when they are finished are all self-help skills they will use daily at kindergarten. Also remember to check out our "Transition to Kindergarten" power pack to work on kindergarten readiness skills. We also have self-help skills power packs that will promote independence in this area. Together we can help your child have a smooth transition to kindergarten. Rita Mayfield Assistant Mentor Coach/Education Supervisor

April- 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



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.



Nutrition

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



banana oatmeal cups

- 3 cups rolled oats
- 3 ripe, mashed bananas
- 1 cup milk
- 2 eggs
- 1 tablespoon brown sugar
- 1 tablespoon baking powder

1. Preheat oven to 375° F. Spray a 12-cup muffin pan with cooking spray.
2. Mix all ingredients together. Scoop the batter into muffin cups evenly.
3. Bake for 20 to 30 minutes, until the edges start to brown and the muffins are firm.
4. Let the oatmeal cups cool before removing from the pan.

Your child can help peel and mash soft bananas!



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Let your child create art too!



have fun with colorful fruits and veggies

- Slice baby carrots and bell peppers into thin sticks.
- Slice cherry tomatoes, grapes and berries in half.
- Cut cucumbers into thin slices.
- Try one or two baby spinach leaves at a time.
- Thaw frozen peas under running water.

Cut whole wheat bread, tortillas or cheese slices into triangles and squares with a knife. Make circles and hearts with cookie cutters.

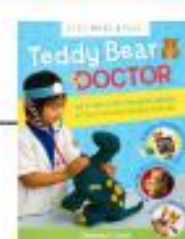
Make letters, animals, bugs, flowers, cars, or houses!



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MARCH 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Craft Month	Music In Our Schools Month	1 Share A Smile Day! Read a book that makes you happy!	2 Happy Birthday Dr. Seuss! Read Across America Day!	3 Go through your toys and sort them from smallest to biggest!	4 Marching Music Day! Read the story "The Ants Go Marching" and make Ants On A Log for a snack! (See Recipe)	5 National Play Outside Day! Play outside together!
6 National Dentist's Day! Read a story about going to the Dentist!	7 National Cereal Day! Use different types of cereal to create different patterns for your child!	8 Read a book about nutrition and discuss with your child the importance of nutrition!	9 How many words can you and your child come up with that start with the first letter of their name!	10 National Pack Your Lunch Day! Help your child pack their lunch!	11 For National Craft Month, make a craft together as a family!	12 National Plant A Flower Day! Make your own flowerpot and plant a flower in it (See Activity)
13 Day Light Savings Times Begins!	14 National Pi Day! Eat a piece of pie today because 3.14 is the value of Pi!	15 Tea For Two Tuesday! How many words can you and your child think of that rhyme with the word "tea"	16 National Panda Day! Read a book that has a panda in it!	17 Saint Patrick's Day!	18 After reading a story together, have your child retell the story to you in their own words!	19 Read and sing along to your child's favorite nursery rhyme story!
20 Spring Begins!	21 National Bubble Week! Go outside and blow bubbles!	22 National Goof Off Day! Read a book that makes you laugh!	23 Discuss with your family spring activities that you can do together!	24 Take a walk together and count how many birds you see!	25 Waffle Day! Make and eat waffles together for breakfast!	26 Make a new bookmark for spring!
27 Count how many red objects you and your child can find in each room!	28 Read a new spring book together!	29 Go outside and use sidewalk chalk to practice drawing different shapes!	30 National Doctors Day!	31 Go on a Spring Scavenger Hunt together!	National Nutrition Month	National Women's History Month

Ants On A Log

Ingredients Needed:

- Celery Sticks
- Peanut Butter
- Raisins or Chocolate Chips



Directions:

- Cut Celery into 3 or 4 inch sticks
- Spread Peanut Butter into the inside of each Celery Stick
- Add the desired amount of Raisins, or Chocolate Chips, on top of the Peanut Butter
- Make as many as you like and enjoy!

Ladybug Flower Pot

Materials Needed:

- Red Plastic Cup
- Black Construction Paper
- Black Pipe Cleaner
- Glue
- Scissors



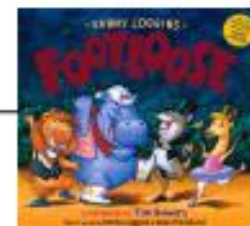
Instructions:

- Using black construction paper, cut out black dots
- Glue the black dots onto the red plastic cup to make it look like a ladybug
- Cut your pipe cleaner in half and glue both halves to the inside of the cup- these will be the ladybug's antennae
- Plant a flower in your new pot and watch it grow!





APRIL 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Poetry Month	National Kite Month	National Garden Month			1 April Fool's Day!	2 International Children's Book Day! Read a new book together as a family!
3 Find A Rainbow Day! Look for all the colors of the rainbow!	4 National Library Week! Visit your local library and pick out a new book to read together!	5 How many words can you and your child think of that start with the letter "a"	6 National Walking Day! Take a walk outside together and count how many flowers you see!	7 Use chalk to make an obstacle course outside for your child!	8 National Zoo Lovers Day! Draw a picture of your favorite zoo animal!	9 Read a new book that has a butterfly in it!
10 National Farm Animals Day! Make your own Straw Stack Snacks! (See Recipe)	11 National Pet Day! How many words can you and your child think of that rhyme with the word "pet"	12 Drop Everything And Read Day! Read your favorite book together!	13 National Scrabble Day! Use letters from scrabble to practice spelling different words!	14 Look Up At The Sky Day! Draw a picture of what the sky looks like today!	15 National Laundry Day! Have your child sort their socks by color!	16 Make dot-to-dot outlines of your child's name, and have them connect the dots!
17 Easter Sunday!	18 National Animal Crackers Day! Use animal crackers to practice math problems, and then eat them as a snack!	19 Make a to do list together with your child!	20 Pour flour onto a baking sheet and have your child practice drawing different shapes!	21 National Kindergarten Day!	22 Earth Day!	23 World Book Day! Read your favorite book(s) together!
24 Look for green objects in and around your house!	25 Read the story "I See Spring" and make your own Umbrella Puzzle! (See Activity)	26 Go outside and fly a kite together!	27 National Tell A Story Day! Use stuffed animals to tell your own story!	28 National superhero day! Read a book about superheroes!	29 International dance day! Play your child's favorite songs and dance together	30 National Raisin Day! Use raisins to practice math problems, and eat them as a snack!

Straw Stack Snacks

Ingredients Needed:

- 1/2 Cup Chocolate Chips
- 1/2 Cup Butterscotch Chips
- 1/2 Cup Peanut Butter
- 2 Cups Chow Mein Noodles



Directions:

- In a microwaveable bowl, melt chocolate and butterscotch chips together- bowl will be hot!
- Mix peanut butter into bowl with melted chips, until smooth
- Add Chow Mein Noodles to mix and stir until the noodles are well coated
- Scoop out mix, using a cookie scoop or two spoons, onto a baking sheet and let set
- Once cookies are set and cooled, enjoy!

Umbrella Puzzle

Color the below umbrella and background. Cut out and glue the pieces of the puzzle together on a separate piece of construction paper!

