



November

Upcoming Events

- **Parent Committee Meeting Friday, November 4th 8am and 5pm**
- **Veterans Day No School Friday, November 11th**
- **Cooking Class at UT AG Building in Spencer for Mother's, November 29th 9:30am - 11:30am**
- **Thanksgiving Break No School Wednesday, November 23rd through Friday, November 25th**

October Perfect Attendance

Ada
Kylan
Patience
Haisley
Nevaeh
Marie

November Birthdays

Garrick
Jase
Lexus
Connor



Van Buren County Head Start!

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Transition Talk



November- 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



Helping Kids Enjoy Reading

For many kids, reading doesn't come easily. Some kids have trouble making the connection between letters and their sounds. Other kids have not yet found a story that interests them and shows just how fun reading can be. For all kids, though, knowing letters, sounds, and words are important skills for learning throughout life.

Read with your kids often, and try these other simple ways to help them become excited about reading:

- **Start with your child's picks.** Kids are more likely to read something that interests them. For example, comics or joke books can be a fun pick for your child. A comic book can help kids understand that events take place in order because stories have a beginning, a middle, and an end. They also help build vocabulary and show that books can be fun to look at. Once your child is comfortable with reading, you can encourage other options with a variety of more challenging content.
- **Read and reread.** Many kids reach for the same books again and again. That's not only OK, it's a good thing! Repetition helps kids learn the text and in time read it with confidence. Each new reading of the book also may help them notice something new and understand the story a little better. And that positive experience can inspire kids to try new books.
- **Read aloud.** Reading aloud to your kids helps them build their vocabulary, introduces new facts and ideas, and helps them connect sounds with letters on the page. By reading with your children, you also show them that you enjoy reading for fun!
Reading aloud provides time together that you'll all enjoy.
- **Create opportunities to read and write beyond the pages.** Provide kids with many chances to read every day. Write notes and leave them on your child's pillow, in a lunchbox, or in a pocket. Ask friends and relatives to send postcards, letters, emails, or text messages. Leave magnetic letters and words on the fridge, and you may find your child also creating words, sentences, and stories. Teach your child to craft a thank-you note in return for a thoughtful gift.
- **On car/bus/train trips or errands, play word games that build language skills.** You might try "I Spy" ("I spy something that starts with an 'a' ...") or games where you pick a category (like "food") and everyone has to name foods that begin with a certain letter. Kids often enjoy reading the signs they see while outside (like those on restaurants and stores, plus road signs and billboards).
- **Sometimes electronic books (e-books) can help encourage reading.** When kids become interested in a book, regardless of the format, help make connections between the story and their life. Start conversations that build a love of reading and learning.
- **Get help if you're worried.** If you're concerned about your child's ability or willingness to read, get help. Talk to your child's doctor or teacher. They may be able to suggest ways to help your child to get excited about reading.



Nutrition



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



pumpkin pancakes

a yummy breakfast treat!

1 cup milk

1 egg

$\frac{3}{4}$ cup canned
pumpkin

$\frac{1}{2}$ cup vanilla yogurt

1 cup flour

1 tablespoon sugar

2 teaspoons
baking powder

$\frac{1}{2}$ teaspoon cinnamon

1. Combine the milk, egg, pumpkin and yogurt together in a large bowl.
2. Add the flour, sugar, baking powder and cinnamon to the bowl. Stir the batter until it is just moist. Add a little more milk if you want a thinner batter.
3. Heat a non-stick skillet over medium heat. Spoon batter onto the hot skillet to form pancakes. Cook pancakes until brown on both sides.



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NOVEMBER

2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Family Literacy Month	National Family Stories Month	1 Read a new book together as a family every week to celebrate National Family Literacy Month!	2 Look For Circles Day! How many can you find?	3 National Sandwich Day! Make and eat a sandwich together!	4 National Candy Day! Sort your Halloween candy!	5 Play Outside Day!
6 Daylight Saving Time Ends!	7 Hug A Bear Day! Spend the day with your favorite bear! Start by making your own Bear Oatmeal (See Recipe) and then read a bedtime story that has a bear in it!	8 National STEM/STEAM Day! Read a STEM/STEAM book together!	9 How many words can you think of that rhyme with "bear"?	10 Take pictures throughout the month and make your own picture book to celebrate Picture Book Month!	11 Veterans Day! Thank a Veteran!	12 Practice drawing different shapes outside using sidewalk chalk!
13 World Kindness Day! Read a book about being kind!	14 National Family PJ Day! Read a new bedtime story together!	15 America Recycles Day! Make your own crafts using recycled items!	16 National Button Day! Use buttons to practice math problems!	17 Take A Hike Day! Take a hike together as a family!	18 Make dot-to-dot outlines of the alphabet and have your child connect the dots!	19 How many words can you and your child think of that start with the letter "Y"?
20 Universal Children's Day!	21 National Games And Puzzles Week!	22 Play a game together to celebrate national games week!	23 National Jukebox Day! Dance and sing along to your favorite songs on the radio!	24 Happy Thanksgiving!	25 Put a puzzle together to celebrate national puzzles week!	26 Read a book that has a turkey in it!
27 Look for objects that are brown in and outside your house!	28 Read the story "Wind" and make your own wind sock! (See Activity)	29 Write a story together as a family to celebrate National Family Stories Month!	30 Go for a walk together and count how many leaves you pick up!	Picture Book Month		

Bear Oatmeal

Materials needed:

- 1 cup Water
- 1/2 cup Oatmeal
- Microwaveable Bowl
- Desired Fruit (Blueberries, Bananas, Strawberries)
- Honey (if desired)



Instructions:

- Measure a cup of water and put it in a microwaveable bowl
- Add the 1/2 cup of Oatmeal to the water, and stir together
- Microwave the water and oatmeal together for 2 minutes (Can microwave longer if oatmeal is desired thicker)
- Use an oven mitt to take the oatmeal out of the microwave, the bowl and contents will be hot!
- When oatmeal is cooled, use fruit, and honey, to make a bear face in your oatmeal!



Wind Sock

Materials Needed:

- Toilet Paper Tube
- Construction Paper (Red, Yellow, Orange)
- String/Crate Paper/Ribbon
- Glue
- Scissors



Instructions:

- Cut, wrap and glue construction paper around a toilet paper tube- decorate the piece of construction paper too!
- Add a piece of paper to the top of the tube for handle
- Add ribbon or crate paper to the bottom of the tube to make a tail
- Hang your wind sock outside to see which way the wind is blowing!

