



February Upcoming Events!

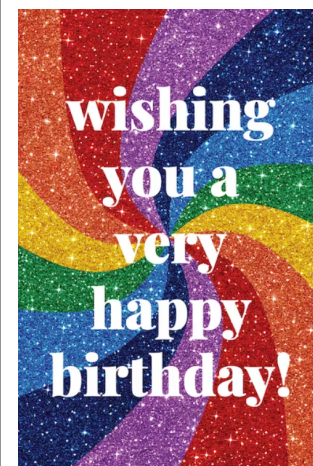
- Wednesday, February 8th, Alumni @ Van Buren High @10am
- Monday, February 13th. Parent Committee Meeting @8:30-9:30am
- Tuesday, February 14th, Happy Valentine's Day!
 - Thursday, February 16th, Health/Job Fair @ The Agriculture Ext Office from 9am-1pm.
- **NO SCHOOL** Monday, February 20th President's Day

January Perfect Attendance

**Knoxleigh
Gemma
Aurora
Patience
Wyatt
Connor**

February Birthday's

**Patience
Aurora
Damien**



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

This year your child will experience an important transition to Kindergarten. Van Buren Head Start wants to assist you and your child to make the transition a smooth one. At your home visit in January, all transitioning parents received one-on-one training and a transitional kit to help prepare their child for entrance into Kindergarten. Be sure to review the developmental progressions, do some of the suggested activities provided on the transition calendar, and work on the Kindergarten continuum skills provided inside the kit. We will also be introducing lunch trays in the classrooms for children to practice carrying their food to the table themselves. After a few weeks of classroom practice, your child will actually transition to cafeteria style lunch and eat in the gymnasium at Head Start to prepare for Kindergarten. We also now have available a “Transition to Kindergarten” power pack for you to work with your child on Kindergarten skills so please be sure to check it out to prepare your child for this important transition.

Rita Mayfield Assistant Mentor Coach/Education Supervisor



Importance of Reading with Kids

Reading aloud to children provides them with several key benefits, including increased literacy skills, improved academic performance, and enhanced creativity. In particular, reading aloud helps children develop an appreciation for literature and encourages them to explore different topics and points of view. It also gives them a better understanding of unfamiliar words and sentence structures — as well as why those structures are important. When it comes to literacy development, studies have found that children who hear stories read aloud often tend to be more successful readers than those who don't get regular exposure to books read aloud. This is because hearing stories read aloud helps kids build their vocabularies faster than simply reading on their own would. It also helps improve their comprehension by giving them more context for what they've read. Finally, research has shown that reading aloud can help children develop critical thinking skills by encouraging them to ask questions and make connections between what they hear and what they know from other sources (such as personal experience). This kind of active engagement allows children to gain new insights into both the text and the world around them — which in turn boosts their ability to think creatively when faced with challenging situations.

For many people teaching K-6 kids, making sure that reading aloud is fun can be one of the biggest challenges associated with this activity. Fortunately, there are a few simple things you can do to ensure that your kids stay engaged throughout the process. For instance, you can use props or puppets while reading certain passages (especially if they include animals or other characters). You can also try using different voices for each character to keep kids entertained while still emphasizing key points in the text. When it comes time for discussion afterward, try asking open-ended questions so that your kids feel empowered to express their own opinions rather than just responding “yes” or “no” all the time! Reading aloud is an invaluable tool for helping children develop literacy skills — and have fun doing it! By providing kids with engaging stories that challenge them intellectually and encourage creative thinking, teachers can foster a lifelong love of learning in their kids — which will benefit both them and their future endeavors alike! So, if you're looking for ways to engage your kids in meaningful discussions about literature (or anything else!), then give reading aloud a try today! It may just be one of the best investments you ever make in your classroom!

[Importance of Reading Aloud](#)



Nutrition



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



Cut fun shapes out of cheese slices.



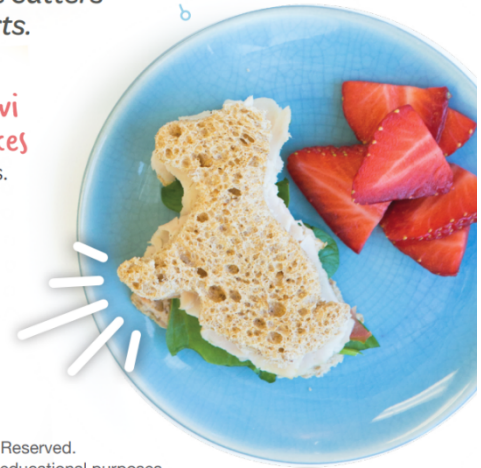
have fun with food!

Create shapes with a knife or cookie cutters - stars, small triangles or hearts.

Cut melons, kiwi or cucumber slices into hearts or stars.



Give your food a funny name, like "puppy sandwich."



© Nutrition Matters, Inc. All Rights Reserved. This tipsheet can be reproduced for educational purposes.



baked potatoes

use potatoes to create satisfying meals!

try russet potatoes for a fluffy baked potato with a crisp skin!

1. Scrub potatoes. Pierce potatoes with a fork on each side.
2. Place potatoes on a metal baking sheet.
3. Bake potatoes in a 400° oven for 45 minutes, or until tender.

top a baked potato with your favorite veggies:



taco meat, black beans & salsa

broccoli & shredded cheese



© Nutrition Matters, Inc. All Rights Reserved. This tipsheet can be reproduced for educational purposes.

FEBRUARY 2023

Activity Calendar

Books by the Bushel LLC
02009

2022 CERTIFIED
Ohio WBE
Women-Owned Business Enterprise

CERTIFIED
NWBOC
NORTHWEST BUSINESS OWNERS' CONFERENCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Fruit of the Month is Oranges and Star Fruit	National African American Read-In Month National Black History Month	1 National Black History Month	2 National River Day - draw and color a river, write what creatures would live in your river	3 Bubble Gum Day - Draw and color a self portrait. Blow up a balloon and tape to the picture for a bubble gum bubble	4 Thank a Mailman Day and Take your child to a library day - greet your Mailman with a treat. Be sure to visit a library also
5 National Fart Day - kids find this word funny - celebrate by reading a book such as "Toot" by Leslie Patricelli	6 National Dental Health Month - Time to get a new toothbrush and learn all about good teeth health	7 Charles Dickens Birthday - Celebrate by reading the "Christmas Carol"	8 Jule's Verne's Birthday Celebrate by reading "Around the World in Eighty Days"	9 National Pizza Day - Create a pizza out of construction paper. Then cut into triangle slices. How many slices make a whole pizza?	10 National Umbrella Day - Create an umbrella out of a paper plate half. Color. Create raindrops out of paper and hang from the umbrella with yarn	11 Thomas Edison's Birthday & Inventors Day - take a balloon, rub it through your hair and hold it close to a pop can. The can will pull to the balloon. Science!
12 Safety Pup Day - Go over some safety rules like never going with someone who doesn't know your family's secret word.- Child Safety Council	13 World Radio Day - celebrate the importance of the radio. Discuss the different occupations radio is used; for music; for emergency	14 International Book Giving Day - gift a book that you no longer read or one you want to share	15 Take time out to read a new book today!	16 Do a Grouch a Favor Day - chores are a good place to start. Create a chore chart and reward with stickers after completion.	17 No One Eats Alone Day - be sure to sit together during a meal and talk about your day and ideas	18 National Battery Day-learn the importance of why not to play with batteries and where to keep them in a safe place
19 Tug of War Day - what better way to celebrate than to do a friendly tug of war challenge	20 National Muffin Day - Nothing better than a muffin for breakfast! What would your favorite flavor be? What would be a not so favorite?	21 National Pancake Day -with help, make piggy pancakes! One large pancake and one small for the nose. Two chocolate chip eyes and banana slices for nose	22 Supermarket Employee Day - learn the value of a quarter, dime, nickel and penny. What can you buy with it and how many? Pair with a money count book	23 National Pinocchio Day - Make a face and hat with construction paper. Poke a hole where the nose goes. Insert a party horn and make Pinocchio's nose grow	24 Flag Day for Mexico and National Tortilla Chip Day -have a tortilla chip snack	25 Quiet Day - appreciate quiet day by reading your favorite book
26 Tongue Twister Contest Day - Five frantic frogs fled from fifty fierce fishes!	27 National Pokemon Day - create your own pokemon. Don't forget to add it's special powers	28 Celebrate the last day of the month by practicing the letters in your name				

Book of the Month

**Finn's Fun Trucks:
Mail Movers
by Finn Coyle**

Visit www.booksbythebushel.com for more!



National Pizza Day!

National Pizza Day is Thursday, Feb. 9th and what better way to celebrate than make your own pizza! Every family member can make their own personal pizza bites. All you need is English muffins, sliced in half, pizza sauce, shredded mozzarella cheese, and then any number of toppings: small pepperonis, chopped onions, chopped pieces of chicken, chopped green peppers, small chunks of pineapple, the sky's the limit! Your child can help with every part of this cooking activity, from spooning on the pizza sauce to covering the sauce with cheese to adding whatever toppings they like. Place their creation in a toaster oven or regular oven at 375 degrees for about 10 minutes. These treats are so small, your child can make multiple pizzas to try!





Peeling an Orange

There is nothing better than helping your child develop self-help skills. Learning to peel an orange promotes independence but it also strengthens fine-motor skills, which are crucial for tasks such as cutting with scissors and writing. Take an orange and pull away a small piece and show your child how to take that open peel and pull it until it tears off. Once the peeling is started, let your child take it from there! It doesn't matter if the pieces torn off are long, wide, or small. The point is that your child is doing it alone! You will need to supervise to make sure your child is not eating the peel but after a few successful "peelings", they will be able to perform this task without your watchful eye!

