



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 award 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.

Upcoming Events for April

Friday, April 7th Good Friday NO SCHOOL

Thursday, April 13th Family Reading Night @5pm-6:30pm

Friday, April 21st Children will be planting a tree in celebration of Earth Day

Saturday, April 22nd MVP Day @Head Start @10am-1pm

February Perfect

Attendance

Gemma
Mira
Kylan
Eli
Wyatt
Connor

March Perfect

Attendance

Knoxleigh
Mira
Connor
Marie
Wyatt

March Birthday's

Louis
Noah
Remington

April Birthday's

Franklen
Ada
Hayden
Wyatt
James



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 began using the lunch trays in the classroom the last week of March and will 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.

Spencer Elementary Kindergarten Registration date is May 8th and 22nd and we will advise Wheeler Elementary’s date as soon as they set it. 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. Volunteer your time.** Get involved with other parents in your community. Help vulnerable children and their families. Start a playgroup.
- 2. Discipline your children thoughtfully.** Never discipline your child when you are upset. Give yourself time to calm down. Remember that discipline is a way to teach your child. Use privileges to encourage good behavior and time-outs to help your child regain control.
- 3. Examine your behavior.** Abuse is not just physical. Both words and actions can inflict deep, lasting wounds. Be a nurturing parent. Use your actions to show children and other adults that conflicts can be settled without hitting or yelling.
- 4. Educate yourself and others.** Simple support for children and parents can be the best way to prevent child abuse. After-school activities, parent education classes, mentoring programs, and respite care are some of the many ways to keep children safe from harm. Be a voice in support of these efforts in your community.
- 5. Teach children their rights.** When children are taught they are special and have the right to be safe, they are less likely to think abuse is their fault, and more likely to report an offender.
- 6. Support prevention programs.** Too often, intervention occurs only after abuse is reported. Greater investments are needed in programs that have been proven to stop the abuse before it occurs - such as family counseling and home visits by nurses who provide assistance for newborns and their parents.
- 7. Know what child abuse is.** Physical and sexual abuse clearly constitute maltreatment, but so does neglect, or the failure of parents or other caregivers to provide a child with needed food, clothing, and care. Children can also be emotionally abused when they are rejected, berated, or continuously isolated.
- 8. Know the signs.** Unexplained injuries aren't the only signs of abuse. Depression, fear of a certain adult, difficulty trusting others or making friends, sudden changes in eating or sleeping patterns, inappropriate sexual behavior, poor hygiene, secrecy, and hostility are often signs of family problems and may indicate a child is being neglected or physically, sexually, or emotionally abused.
- 9. Report abuse.** If you witness a child being harmed or see evidence of abuse, make a report to your state's child protective services department or local police. When talking to a child about abuse, listen carefully, assure the child that he or she did the right thing by telling an adult, and affirm that he or she is not responsible for what happened.
- 10. Invest in kids.** Encourage leaders in the community to be supportive of children and families. Ask employers to provide family-friendly work environments. Ask your local and national lawmakers to support legislation to better protect our children and to improve their lives.



Nutrition

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



roasted sugar snap peas

- 1 pound sugar snap peas
 - 1 teaspoon vegetable oil
 - 1 teaspoon soy sauce
 - ½ teaspoon salt
 - ¼ teaspoon black pepper
1. Place the sugar snap peas in a large bowl. Sprinkle the peas with oil, soy sauce, salt and black pepper. Toss to coat.
 2. Place the peas on a metal baking sheet.
 3. Bake in a 400° F oven for 8 to 10 minutes. Turn peas a couple times while roasting.



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make snacks with iron & vitamin C

Help your child grow healthy and strong!
Offer plenty of foods high in **iron** and **vitamin C** every day.

peanut butter
on toast with chopped
strawberries & kiwi



iron
fortified
cereal



refried beans
with carrots,
bell peppers &
sugar snap peas



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MARCH 2023

Activity Calendar

Books by the Bushel LLC
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2022 CERTIFIED
Ohio WBE
Women-Owned Business Enterprise

CERTIFIED
NWBOC
WOMAN OWNED BUSINESS

Book of the Month

**Good Knight,
Mustache Baby**
by Bridget Heos

Visit www.booksbythebushel.com for more!



Book of the Month			WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5 Mustache March - celebrate by reading the book "Good Knight Mustache Baby"</p>			<p>1 National Pig Day Create a piggy out of a paper plate. Paint the plate pink, add a nose and ears. Don't forget the curly tail!</p>	<p>2 Dr. Seuss's birthday, author of Cat in the Hat; Also Read Across America Day</p>	<p>3 If Pets Had Thumbs Day - what would it be like if a cat or dog had hands? Write a silly story about it.</p>	<p>4 National Womens History Month - celebrate by reading "My Name is Malala"</p>
SUNDAY	MONDAY	TUESDAY				
<p>5 Mustache March - celebrate by reading the book "Good Knight Mustache Baby"</p>	<p>6 National Oreo Cookie Day- how do you eat your oreo's? With milk?- have a cookie snack today</p>	<p>7 National Cereal Day- Make a fun jigsaw puzzle out of your cereal box cover</p>	<p>8 International (Working) Women's Day</p>	<p>9 National Meatball Day- read the story "Cloudy with a chance of meatballs"</p>	<p>10 National Pack Your Lunch Day - pack your own lunch! Pack 4 items and don't forget the drink!</p>	<p>11 Johnny Appleseed Day- make a pot hat out of gray paper; cut a strip of paper to fit your head, glue together, glue on a handle, add a red apple to the front</p>
<p>12 Plant a Flower Day -cut the side of a milk or juice carton off. Add dirt and a seed. Water, place in sun and watch your flower grow!</p>	<p>13 National Napping Day - time to read a new book such as "The Very Long Sleep"- then make a paper plate look like a sleeping bear face</p>	<p>14 Learn about Butterflies Day - visit Books by the Bushel's interactive page "Caterpillar to Butterfly" for butterfly activities</p>	<p>15 National Shoe the World Day- draw a shoe, punch holes for laces, add string and learn how to tie your new shoe!</p>	<p>16 Absolutely Incredible Kids Day - list 5 things that makes you incredible!</p>	<p>17 Saint Patricks Day- Cut the center out of a paper plate. Paint it orange. Create a green hat out of paper to glue onto the plate. Now you can be a leprechaun</p>	<p>18 National Sloppy Joe Day- enjoy a sloppy joe lunch!</p>
<p>19 Let's Laugh Day - tell a joke, make someone you love laugh</p>	<p>20 Earth Day- celebrate by making blue and green sugar cookies</p>	<p>21 World Down Syndrome Day- wear mismatched colorful socks for "Rock your socks" to support awareness</p>	<p>22 World Water Day- read a book such as "Why Should I Save Water"</p>	<p>23 World Meteorological Day - create a rain cloud with a glass of water, shaving cream on top then add droplets of food coloring. STEM Activity</p>	<p>24 National Chocolate Covered Raisin Day - have a snack</p>	<p>25 National Medal of Honor Day- draw your own medal -What would it be for? Cleanest room?</p>
<p>26 Make Up Your Own Holiday Day- What would your holiday be? What would your holiday card look like?</p>	<p>27 National Flower of the Month is a Daffodil - Find all things yellow around your home</p>	<p>28 National Paws to Read Month - read to your pet - OR - a pretend stuffed animal/pet</p>	<p>29 National Vegetable of the month is asparagus - list all the fruits and vegetables that start with the letter "A"</p>	<p>30 National Pencil Day How would we write without the pencil? Make a pencil topper today</p>	<p>31 National Crayon Day- make art! OR melt old crayons down into new star, square, or circle shaped crayons with a silicone mold</p>	<p>National Women's History Month National Paws to Read Month - read to your pets Fruit & Vegetable of the Month: Kiwi, Asparagus</p>



“Johnny Applesauce”

John Chapman, or better known as Johnny Appleseed, is many times celebrated in March since that is apple tree planting season and that is what he is historically known for! While apples are a tasty fruit to crunch into, some people prefer the smoother texture of applesauce. You and your child can easily make some homemade applesauce to enjoy together! First, peel, core, and chop about 4 apples. Let your child help you as much as possible in this step. Then, place the chopped apples in a medium sauce pan with $\frac{3}{4}$ cup of water, $\frac{1}{3}$ cup of sugar and $\frac{1}{2}$ teaspoon of cinnamon. Bring to a boil and then reduce to a simmer, cover, and let cook for about 20 minutes. Move this mixture to a blender or use a handheld one, and blend until smooth. This delicious applesauce can be served warm or cold.





Rainbow Sensory Bottles

The month of March is all about leprechauns, pots of gold, and rainbows! Help your child create their own sensory bottles using all the colors of a rainbow! You will need a few water bottles with their labels torn off, liquid food coloring, baby oil, and water! Using a funnel, help your child fill each bottle about 1/3 full of water. Then, add in a few drops of different colors of food coloring and fill the rest of the bottle with baby oil. Before securing the lids, your child may like to pour in glitter to each bottle to make the colors sparkle. Finally, secure the lids on each bottle with either hot glue or electric tape. Have your child place the bottles on a window ledge where the sun can shine on all of the colors of the rainbow. Of course, they can pick them up at any time and give them a good shake to watch the glitter move through the liquid. This is a great activity to learn colors and to see how water and baby oil interact in the bottles!



APRIL 2023

Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Vegetable of the Month: Green Onion Fruit of the Month: Asian Pear Flower of the Month: Daisy	National Arab American Heritage National Frog Month National Autism Awareness Month	1 National One Cent Day - Learn about the penny. What is it worth?
2 National Peanut Butter and Jelly Day- Time to have a sandwich, use cookie cutters to make fun shapes to eat	3 National Find a Rainbow Day- or make a rainbow	4 World Rat Day- read the book "If You Give A Mouse A Cookie" Or any mouse book will do	5 National Dandelion Day- paint a picture, use (6) cotton swabs bunched together with a rubber band. Dab in yellow paint and dab onto paper. Next paint stems and leaves	6 National Burrito Day -create a burrito to have for lunch	7 World Health Day -make a food pyramid, get a few snacks and figure out what part of the pyramid they go to.	8 National Zoo Lovers Day- read an animal or zoo book, such as "Two at the Zoo"
9 Easter National Name Yourself Day- Give yourself a fun name and pretend to be this name all day	10 National Farm Animals Day- practice your farm animal sounds	11 National Pet Day- Read to your pet or pretend stuffed pet	12 Grilled Cheese Sandwich Day- make a rainbow grilled cheese by adding food color to shredded cheese	13 National Scrabble Day- fun way to learn new words - play a family scrabble game	14 National Reach as High as You Can Day - write down how high you can reach then in 3 months reach again. How much did you grow?	15 World Circus Day National Junior Ranger Day - what does it mean to be a park ranger?
16 Save the Elephant Day- make big ears out of gray construction paper. Attach to a strip of paper and tape around your head. Now you have elephant ears	17 National Bat Appreciation Day- did you know bats are blind? Use sound to try to get from one side of a room to the other.	18 National Animal Crackers Day- time for a snack!	19 Banana Day - Read a book with the words banana or yellow in it	20 National High Five Day- try to give 10 high fives today	21 National Kindergarten Day	22 National Jelly Bean Day- Draw a jelly bean and come up with your own wacky flavor. Would it be mac and cheese?
23 National English Muffin Day- have one for breakfast	24 National Pigs in a Blanket Day- make pigs in a blanket snack. What if pigs really did use blankets?	25 National Library Workers Day - Thank your library workers with a nice homemade card	26 National Kids and Pets Day - plan a fun activity such as a visit to the park	27 National Tell a Story Day - read a story and put your own twist on it	28 National Superhero Day- make a paper bag superhero, give it a superhero name	29 National Sense of Smell Day - grab 5-10 items around, close your eyes and try to name what they are by smelling
30 International Jazz Day - read a music-type book	<div data-bbox="546 1250 1186 1356" data-label="Text"> <h1>Books by the Bushel</h1> <p>LLC ©2009</p> </div> <div data-bbox="714 1364 1176 1453" data-label="Image"> </div>					

Book of the Month

Baby Loves: The Five
Senses Smell!
by Ruth Spiro



Find the book activity online at
www.booksbythebushel.com





Daisy Door Wreath

The daisy is the flower for the month of April. You may not have daisies available to you, but your child can create their own and make a beautiful wreath for your front door. The daisy is a white petaled flower with a yellow center. All you need for this project is some yellow and white tissue paper, glue, and a paper plate. First, cut the center out of the paper plate, leaving a ring for the wreath. Then, cut the yellow and white tissue paper into 2x2 squares. Now, have your child squeeze glue all over the paper plate ring, scrunch the white tissue paper squares with their fingers, and then glue them around the ring. Next, your child will squeeze glue in the center of each white tissue paper on the ring, scrunch the yellow tissue paper squares with their fingers, and glue them in the center of each white flower on the ring. Finally, punch a small hole in the top center of the ring and put a piece of ribbon through the hole. Hang the wreath on your front door and enjoy your beautiful daisy door wreath!





Leap Frog

April is “National Frog Month” so what better way to celebrate than by playing leap frog? First, cover an empty square-shaped tissue box with a solid color wrapping paper. Let your child pick their favorite colors of crayons to color each side of the box and then you write numbers 1 through 6 on each side of the box. Look, you’ve made a large die to roll for the game of leap frog! Now, show your child how to squat down, put their hands on the ground, and then leap forward like a frog. If you have more than one child, make this game into a race! Have a starting point and a finish line. Roll the die and have your child leap that many times. If it is a race, roll the die and have your other child leap that many spaces. The game continues until someone reaches the finish line. For a prize, give your child a handful of raisins. You know how much frogs love flies!

