



Upcoming Events

Tuesday, May 2nd from 4pm-6pm Cooking with kids Mother involvement @ UT Ag Building

Thursday, May 4th High School Senior Head Start Alumni Banquet @ Latimer Reservation @6pm

Monday, May 8th **NO SCHOOL!** Teacher/Staff Professional Development Day

Wednesday, May 10th Last Day of School! School will dismiss @9:30am

Busses will run the morning of the 10th, but will not run in the afternoon. We need your support in picking up your child by 9:30a.m.

Sunday, May 14th Happy Mother's Day!

Monday, May 29th Memorial Day

April Perfect Attendance

Ada
Charlotte
Cody
Kylan
Marsali
Connor



May Birthday's

Ivorey
Jazzelle
Teagan
Kenslie
Kylan



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

Transitioning to kindergarten is a big step for children. Remember to use the resources you were provided in your Kindergarten Transition Packet in January. Also, if your child will attend Spencer Elementary and you have not called and made an appointment for Kindergarten registration please do so now. The dates for Spencer Elementary (931-946-2171) are May 8th and May 22nd. The date for Mary V. Wheeler (423-881-3394) is May 25th and you do not need to schedule an appointment; you just visit the school on that day and the teachers will be waiting to give you further instruction. Also, we will be providing a Transition Backpack with school supplies to your child at the end of this school to assist with this important transition. We want to express that it has been our pleasure to give your child a “head start” in preparing them for future success on their educational journey. We will be forwarding your child’s preschool records to the school you have chosen to enroll your child in sometime in May. If we can be of further assistance please let us know.

Rita Mayfield Assistant Mentor Coach /Education Supervisor



Learning Never Stops: Why Summer Reading is Important for Children



Summer is a time for outdoor fun, vacations, and a break from the daily school routine, but it’s also important to keep your children’s mind active. There are many advantages to keeping your children engaged in reading during the summer months and avoiding the “summer slide,” or a dip in their educational learning.

Benefits to summertime reading:

Builds long lasting reading habits. We are always learning so it’s important to continue reading no matter what your age.

Increases social-emotional development. According to Scholastic, 83% of educators agree that reading helps students understand people that are different from them, and 81% say it helps students develop empathy.

Helps encourage reluctant readers. For those children that may be wary of reading, it can help build their confidence and keep them interested.

Provides a summer activity. It’s important to have a balance of both fun and educational activities.

Ways to Keep Children’s Interest in Summer Reading:

Try breaking the summer up into weekly themes to help create, build, and maintain an interest in books.

Children can increase their ability to read by spending just a few minutes a day reading.

Here are some examples of weekly themes you can add to your summer routine.

Celebrate summer. Read while on vacation or during road trips. Make a summer scrapbook and encourage your child to write down what they saw, what they liked, and favorite memories.

Keep in touch. Write your child a daily letter, or have others send them a letter, and have them read it to you. You can also help your child write letters back to friends and family members.

Travel the world. Encourage children to read about different travel destinations. Introduce maps and ask your local tourist bureau for information on travel destinations to read and discuss with your children.

<https://acendahealth.org/learning-never-stops-why-summer-reading-is-important-for-children/>



Nutrition



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

nubites™ No. 419

nutrition tips for today's families

Frozen Berry Cups:

Place crushed graham crackers, yogurt and berries in muffin liners. Freeze.



Baked Apples:

Toss apple slices with a little cinnamon. Microwave for 2 minutes.



Let your child help in the kitchen.

- Rinse the berries
- Toss apples slices with cinnamon
- Place fruit in bowl or on top of the yogurt cups



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Find more recipes & tips like this in our *Kids in the Market* booklet!

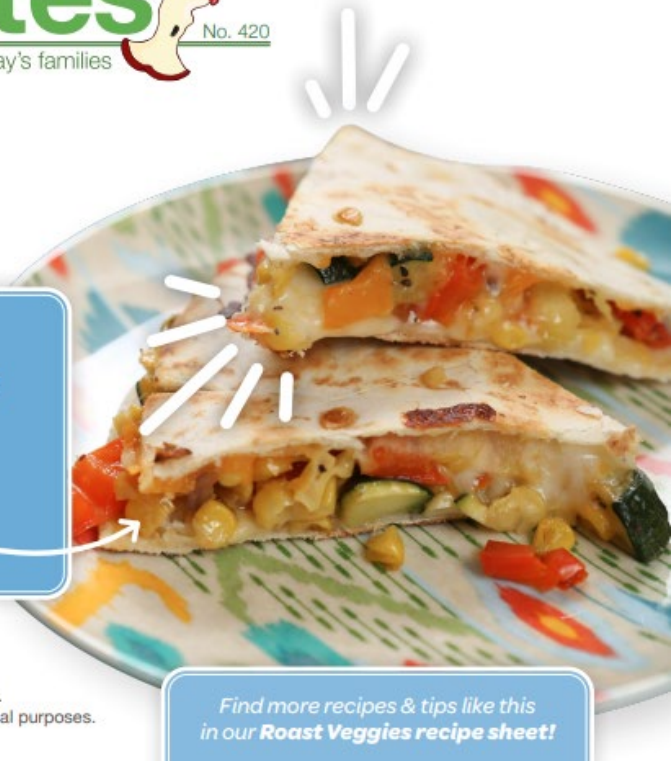
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nutrition tips for today's families

waste less & save money!

Got extra vegetables?
Roast them for a delicious side dish or snack.

Add roasted vegetables into tacos and quesadillas.



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Find more recipes & tips like this in our *Roast Veggies* recipe sheet!

MAY 2023

ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fruit of the Month: Mangoes & Limes Vegetable of the Month: Potatoes Flower of the Month: Lily of the Valley	1 Asian American and Pacific Islander Heritage Month	2 Brothers and Sisters Day -read a book	3 National Two Different Colored Shoes Day - wear two different shoes	4 National Orange Juice Day - enjoy a glass with breakfast	5 Cinco De Mayo National Astronaut Day - Draw a picture of what you think Space would look like	6 National Laughter Day - learn about emotions today
7 Find items around the house that rhyme with "Lime"	8 World Red Cross Day / World Red Crescent Day - Find all objects red in your home today	9 National Lost Sock Day - Where do you think your lost socks go? Create a story about it	10 Clean up Your Room Day - help clean your room, you never know what you may find!	11 Time to read! Pick a book and read for 15 minutes	12 Make a Mother's Day card for someone you care about	13 National Frog Jumping Day - hop around like a frog, talk about how many leg muscles a frog must have
14 Mother's Day - Celebrate all the important ones to you who may be mothers	15 National Chocolate Chip Day - make chocolate chip pancakes today for a snack	16 Love a Tree Day- take time to read a book under a tree today	17 Mango is the Fruit of the Month - have a mango for a snack	18 No Dirty Dishes Day - wash and put away dishes after every meal today	19 World Plant a Vegetable Garden Day- Draw and color a garden with all your favorite vegetables in it	20 World Bee Day - learn why bees are important to have
21 World Baking Day - help bake with an adult then draw a picture about it	22 Sherlock Holmes Day - do a word search today or find items in your home that start with "S"	23 World Turtle Day- Color a turtle shell on a paper plate. Make the body out of construction paper	24 National Scavenger Hunt Day - have an adult create a hunt and find all the items - Good Luck!	25 Africa Day - try balancing a book or empty basket on your head	26 National Paper Airplane Day - make paper airplanes and see whose can go the farthest	27 National Grape Popsicle Day - enjoy a tasty treat
28 World Hunger Day - use only 4 ingredients to come up with 3 meals today	29 Memorial Day Learn About Composting Day	30 National Hole In My Bucket Day - draw a picture on how you could use a bucket with holes	31 World Otter Day - read our book "Good Night, Little Sea Otter" for bed.	 <div style="text-align: right;"> <p>Book of the Month</p> <p>Roaring Rockets by Tony Mitton</p> <p>Visit www.booksbythebushel.com for more!</p> </div>		



National Laughter Day

How to make your child laugh on May 6th, National Laughter Day!

- Play peek-a-boo!
- Tickle, tickle, tickle!
- Ahh,Ahh,Ahh-Choo! Children love big sneezes!
- Make silly faces! Stick your tongue out whenever possible!
- Sing funny songs! Here's one where you use their name (for this example I'm going to use the name Pam):

“Pam, Pam, oh mo Pam,
Banana, fana, oh fi fam
Me, my, mo, fo, fam,
Pam!”

Put in any name to use with the silly words and your child will laugh until they cry!

- Play freeze dance and make sure to freeze in funny positions!





National Lost Sock Day

Did you know that May 9th is National Lost Sock Day? Well, it is, and I bet you have quite a few socks without their matches! You may have heard that children have trouble focusing when they have something to fidget with their fingers. Children can also feel comforted when something that is weighted, like a blanket, is laid on their legs, back, or tummy. You can use mismatched socks to make these items for your child. Purchase or look in your pantry for uncooked rice, beans, and elbow noodles. Let your child put a small funnel in the opening of a sock and fill the entire sock with one of these items. While you sew the open end of the sock shut with a few easy stitches, have your child fill another sock with a different food item. If the sock is larger, it can be used to lay over your child's legs, tummy, or back when they are trying to get comfortable to take a nap or listen to a story. Smaller socks can be filled and used as a sensory ball or fidget toy for your children to squeeze and run their fingers over when they are nervous or afraid. You have put your mismatched socks to good use!

