



This year is off to a great start! We hope you are as excited as we are to begin this journey towards school readiness with you and your child. With only the first few weeks behind us, we have already had several new experiences: meeting and making new friends, learning about safety, teaching the children about good hygiene, meeting the dentist, getting visual screenings, plus so much more... and there is much more to come! Remember to check the school calendar online to view upcoming activities in the classroom and events @ www.ucvbheadstart.org

Hours of Service

- All children should arrive at the center between the hours of 7:00 a.m. and 7:30 a.m.
 - Children should leave the center by 2:00 p.m. no later than 2:15 p.m.
- Guardians who will be late picking up their child, or need to make any changes to their bus route should call the center no later than 1:00 p.m.
 - Children will not be allowed into the classroom before their scheduled time.

Reminder

In order to receive the benefits of the program, Head Start children are expected to attend all Monday through Friday class sessions. Regular attendance helps our program schedule an individualized education curriculum ensuring your child's academic success, field trips, appointments, and meal plan. You must notify Head Start as early as possible if your child is ill or will be absent for a day or more. If a child misses four (4) days of school without prior notice from the guardian, or five (5) days in a two-week period, or your child misses more than half the school days within a month attendance period or excessive absences within an indicated time frame the Family/Community Partnership Specialist will contact the guardian by telephone, letter, or home visit and without response, the child can be dropped from the program. PLEASE SEE PARENTS HANDBOOK FOR FURTHER DETAILS @ www.ucvbheadstart.org

September Events

- Friday, September 1st: **NO SCHOOL**
- Labor Day, Monday, September 4th: **NO SCHOOL**
- Friday, September 8th: **NO SCHOOL** Professional Development Day
- Tuesday, September 12th: Picture Day! @9am @Head Start
- Friday, September 15th: Family Reading Night @5pm @Head Start
- Monday, September 18th: Little Caesar Alumni Fundraiser Begins!
- Wednesday, September 20th: Muffins for Mom @8am/Noodles for Nana @5pm @Center
- Thursday, September 21st: Donut for Dad @8am/Pizza for Pops @5pm @Center

August Perfect Attendance

Emmitt
Garrick
Easton
Elliot
Corbin
Korbyn
John
Eli
Mira
Connor
Kylan
Aurora
Emi

September Birthday's

Mira
Autumn
Kayo



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

Van Buren County Head Start, a NAEYC (National Association of Education for Young Children) accredited preschool provides many opportunities to assist parents in preparing their child to transition to Kindergarten. Each month we will list some activities/ways in which you can partner with us in helping your child prepare for this important transition. During the year, we will help them transition from family style meals to carrying their food trays in the lunchroom, host a county bus training to help them prepare for riding the “big” bus, and meet the principal and kindergarten teachers during a “kindergarten visit”, just to name a few.

Earlier this month you were given the opportunity to serve on our policy council which introduces you to governing body responsibilities such as the school board members at the Elementary School. You also set educational goals for your child and partnered with us in our Reading program in reading to your child 20 minutes daily which the Elementary School will also request when they enter kindergarten. Participating in our home activities helps introduce your child to having “homework” as they do in kindergarten and the “Power Packs” list the Tennessee Early Learning Developmental Standards (TN-ELDS) that are being addressed as you do the activities with your child.

The “TN-ELDS” are the standards for preschool which are called “Common Core Standards” once your child reaches Elementary School. By participating in these activities, you are preparing your child for a smooth transition into kindergarten. Thank you for choosing us as your preschool option before entering kindergarten. Keep up the good work and don’t forget to look for “Transition Talk” monthly in our newsletter for tips on how you may help your child transition to kindergarten!

Rita Mayfield, Assistant Director/Mentor Coach/Education Supervisor



Importance of Reading with Kids



Parents hear all the time that it’s important to read to kids. But why exactly is that? The benefits of reading together go far beyond learning to read.

Reading to young children is an important way to help them build language skills. It exposes them to new words and ways of using language. It also helps them learn general information about the world, which makes it easier for them to learn about new subjects once they get to school.

Books also help children build empathy and learn how to handle challenging feelings. Parents can use reading time as a chance to talk about emotions and how to cope with them. For example, you might say: “Have you ever felt as angry as the girl in this book? What would you do if you did?” Even a few minutes of reading together gives you and your child a chance to slow down and connect with each other. And the sensory experience of sitting with you and hearing your voice also engages their brain in a way that makes learning easier.

There’s no one right way to read to your child. You can read to them in any language, or multiple languages. You can do it at the same time every day or change up the routine. Your child doesn’t even need to be sitting with you — just sitting nearby with a book while they play can be a way to connect. The important thing is for your child to hear words and language and to have books be part of their daily life. Any steps you’re able to take can make a big difference.

<https://childmind.org/article/why-is-it-important-to-read-to-your-child/>



Nutrition



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



nubitesTM
No. 428
nutrition tips for today's families


got
too much
watermelon?

Puree it in a blender
and freeze in containers.

Use in slushies or
smoothies later.

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nubitesTM
No. 427
nutrition tips for today's families

roasted
kohlrabi strips
a mild and delicious flavor!

2 medium kohlrabi
1 tablespoon vegetable or olive oil
¼ teaspoon garlic powder
¼ teaspoon paprika
¼ teaspoon salt

1. Preheat the oven to 450° F. Remove the root and leaves from the kohlrabi. Peel off the outer layer. Cut the kohlrabi into strips and pat dry.
2. Toss the kohlrabi with oil, garlic powder, paprika and salt. Spread out on a metal baking sheet. Place in the oven and roast for 25 to 30 minutes. Turn a couple times while roasting.

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SEPTEMBER 2023

ACTIVITY CALENDAR






Book of the Month

Alicia's Happy Day

by Meg Starr

Visit www.booksbythebushel.com for more!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  			Fruit of the Month - Grapes Vegetable of the Month - Tomatillos Flower of the Month - Forget-me-not	Hispanic Heritage Month (Sept 15-Oct 15)	1 Emma M. Nutt Day - first woman telephone operator	2 National Beard Day - create a beard out of a paper plate and yarn to wear
3 Skyscraper Day- build a skyscraper out of items around the house	4 Newspaper Carrier Day- how much does a newspaper weigh and how many newspapers can you carry?	5 Cheese Pizza Day- how many slices makes up a whole pizza?	6 Read a Book Day- Take 15 minutes to read a book	7 Neither Snow Nor Rain Day- at what temperature does rain turn into snow? How much snow would it take to make a cup of water?	8 National Pardon Day- a great day to practice saying "excuse me"	9 Find 10 items around the house that are purple
10 National Grandparents Day- make a picture of you and your grandparent(s)	11 Emergency Number Day- practice emergency numbers and when it's appropriate to call these numbers	12 Day of Encouragement- make 5 positive notes to read to yourself today	13 National Kids Take Over the Kitchen Day- learn how to safely make a lunch/dinner today.	14 Gobstopper Day: read the book "Willie Wonka and the Chocolate Factory" for a gobstopper adventure	15 Read a book today	16 Mexican Independence Day- create a colorful yarn painting by gluing yarn on paper to make a picture of choice. More colorful the better!
17 National Clean Up Day- find a way to help clean. Your room or outside.	18 National Cheeseburger Day- draw a picture of your most creative cheeseburger. Would you put oranges on it? Or celery?	19 National Dance Day- wake up and dance today!	20 National Pepperoni Pizza Day- make a pizza, predict and count how many pepperoni's can fit on a whole pizza	21 World Gratitude Day- write about what you are thankful for. Or read the book "Bear Says Thank You"	22 Car Free Day- list other ways to get to destinations that don't use a car, then brainstorm and create a new way to travel	23 National Checkers Day- make your own checkerboard out of paper and pom poms.
24 National Punctuation Day- Read the book "Where Are The Words?"	25 World Dream Day- create a dream catcher out of a paper plate and yarn. Add color and beads or feathers	26 Johnny Appleseed Day- have an apple snack, save the seeds and plant them!	27 Find 10 items around the house that are green	28 National Good Neighbor Day- list ways you could be a good neighbor	29 World Heart Day- have a heart shaped snack today	30 National Family Health and Fitness Day- do 20 jumping jacks and then relax with a healthy snack



Howdy, Neighbor!

September 28th is “National Good Neighbor Day” Take a trip to the grocery store the day before this special day. Let you child pick out a few of their favorite snacks, some lemonade, a sleeve of to-go cups, and a piece of poster board. Go home and write on the poster board in large letters, “Howdy, neighbor! Stop and have a snack with me!” and let your child color rainbows and sunshines or whatever they want on the sign. On the morning of September 28th, set up a small table outside on your porch, at the end of your driveway, or in the hallway of your apartment. Put out the lemonade, special snacks, and to-go cups and sit with your child. When a neighbor comes outside of their house or drives by in their car, tell your child to hold the sign up high! Hopefully, a few of your neighbors will take a minute to stop and have a snack with your child and this small show of neighborly love will leave a lasting impression for your child.





What's for Dinner?

On September 18th, what's for dinner is a juicy cheeseburger because it is "National Cheeseburger Day!" This delicious dish is an easy one to let your child help you make for the whole family. They can help roll ball of hamburger meat and then flatten them to make patties. They can lay out cheese slices, tear off pieces of lettuce and spread ketchup, mayonnaise, and mustard on the buns. Once the patties are fried or grilled, they can use tongs (great fine-motor development skill) to pick up the burger and place it on the bun. And when the whole family is sitting down to enjoy a delicious cheeseburger on National Cheeseburger Day, your child will know that they helped to make that happen!

