



January Upcoming Events!

- Wednesday, January 3rd Children will return from Winter Break
- January 15th Martin Luther King Day No School

December Perfect Attendance

Aerabella
Mira
Abigail
Easton
Kylan

January Birthday's

John



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

One of the first things your child will be asked to do is write their name on all their papers when they enter the public-school system. There are 7 different stages of writing. They are (1) makes scribbles or marks, (2) makes controlled linear scribbles, (3) writes mock letters or letter-like forms, (4) writes letter strings, (5) writes partially accurate first name, (6) writes accurate first name, and (7) writes accurate first and last name. Practice with your child on capitalizing the first letter of their name with lower case letters for the remaining letters. An excellent resource for practicing writing skills can be found on our “Van Buren Head Start” website. Click on “Resources” then “For Parents” on the left-hand side of the page, under “Parents/Children “and Your Children to Enjoy”, choose “Handwriting Worksheets for Print Practice” which will allow you to print worksheets with dotted letters or solid lines depending on where your child is at developmentally on their writing skills. If you are unsure of what stage of writing your child is currently at, discuss with your child’s teacher here at Van Buren County Head Start and together we can help to ensure a smooth transition into kindergarten.

Rita Mayfield Assistant Mentor Coach/Education Supervisor



Importance of Reading with Kids

Reading to a child has been proven to improve cognitive skills and aid in cognitive development. Cognitive development is the emergence of the ability to understand and think, the construction of thought processes, including remembering, problem solving and decision-making, from childhood through adulthood. How a person perceives his world through areas such as information processing, reasoning, language development, attention span and memory are parts of cognitive development. Reading also stimulates brain cell activity. The more an adult reads to a child, the larger their vocabularies grow, and the more they understand about the world around them.

Reading exposes children to new speech patterns and vocabularies. They learn to absorb information on how to form a sentence and use words effectively, helping them develop better communication skills. Reading stimulates the part of the brain that allows children to understand the meaning of language and helps build key language, literacy, and social skills. This is especially important when you consider that, according to the American Academy of Pediatrics, more than one in three children start kindergarten without the skills they need to learn to read. Research has shown that kindergarten children who were read to at least three times a week had a significantly greater phonemic awareness than did children who were read to less often.

<https://mksallc.com/why-reading-to-children-is-so-important/>



Nutrition



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

nubites
nutrition tips for today's families No. 437

stack a snack!

Use whole grain crackers to make a snack with your child!

peanut butter and strawberry

peanut butter and pear

Use cookie cutters to create shapes!

nutrition matters
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nubites
nutrition tips for today's families No. 437
en Español

bocadillo con galletas!

Prepara un bocadillo con tu hijo utilizando galletas integrales.

mantequilla de maní y grasas

mantequilla de maní y pera






Usa cortadores de galletas para crear formas.

nutrition matters
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JANUARY 2024

❄️ WELCOME WINTER ❄️

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HAPPY NEW YEAR!!</p> 	<p>1 Countdown! 10-9-8-7-6-5-4-3-2-1</p> <p>Shout! <i>Happy New Year!</i></p>	<p>2 Ring, ring, ring the bells Ring them loud and clear Let's tell everyone around The New Year is here!</p>	<p>3 Put ½ cup yogurt, 1/8 cup orange juice, and a handful of fruit in blender. Count back from 10 to 1 while it mixes!</p>	<p>4 ACTIVITY PAGE</p> <p>Make salt fireworks!</p>	<p>5 Pour 1 cup of rice, 1tbsp vinegar and food coloring to each bag. Pour onto baking sheet to dry and then let your child play with their "confetti" in a small bin.</p>	<p>6 Weekend Wrap-Up</p> <p>Read and revisit all of the activities that helped your family ring in the new year!</p>
<p>7 WINTER WEATHER</p> 	<p>8 Mix 4 cups of frozen baking soda with 1-2 cups of cold water in a plastic bowl. Move to a small bin and then let your child play in the snow!</p>	<p>9 Little Snowflakes... Dance around, Touch the ground, In the air, Everywhere!</p>	<p>10 Balls of socks make great snowballs! Throw them, build a fort, and the best part is... they're not cold or wet!</p>	<p>11 ACTIVITY PAGE</p> <p>Book of the Month: <u>My Winter</u></p>	<p>12 Coats, scarves, hats, mittens, and more! So many clothes to keep us warm! Set a timer and see who can get dressed the fastest!</p>	<p>13 Weekend Wrap-Up</p> <p>Read and revisit all of the activities that helped your family explore winter weather!</p>
<p>14 WINTER SPORTS</p> 	<p>15 Remember the socks that turned into snowballs? Well, now they are ice skates! Slide all over the house</p>	<p>16 Two laundry baskets, two brooms, and one ball of socks...</p> <p>Indoor hockey!</p>	<p>17 Help your child practice ski jumping by teaching them to keep their legs together, crouch very low, and bend their arms to give the jump power!</p>	<p>18 ACTIVITY PAGE</p> <p>Snowman Ball Toss</p>	<p>19 Have your child put each foot on 2 pieces of wax paper. To be a cross- country skier, they can only move by sliding the paper forward, one foot at a time.</p>	<p>20 Weekend Wrap-Up</p> <p>Read and revisit all of the activities that helped your family work-out this week!</p>
<p>21 WINTER ANIMALS</p> 	<p>22 Build a fort using sheets and blankets and HIBERNATE with some favorite books!</p>	<p>23 Take a stuffed bear and hide him in a "cave" In your house. Tell your child they are warm when they are close to the bear!</p>	<p>24 Let your child spoon flour onto a flat surface and make tracks using plastic winter animals.</p>	<p>25 ACTIVITY PAGE</p> <p>Polar Bear, Polar Bear</p>	<p>26 Blow up a balloon and have your child place it between their legs so they can "waddle" like a penguin.</p>	<p>27 Weekend Wrap-Up</p> <p>Read and revisit all of the activities that you and your family did this week!</p>
<p>28 FROZEN</p> 	<p>29 Fill an ice cube tray with water and add a drop of food coloring to each well. Stir and freeze. Paint with colored ice later in the day.</p>	<p>30 Make a snow cone today with crushed ice and juice!</p>	<p>31 Dance to your favorite music but when it stops, FREEZE, and then dance again when the music starts!</p>	<p>Character Word of the Month:</p> <p>Cooperation- the process of working together to reach a common goal</p> <p>Calendar created by: Dr. Pamela B Connor, Educational Trainer and Consultant</p> <p>Calendar translated by: Manuela Rodriguez</p>		



My Winter

In the book My Winter, children enjoy everything from reading books in a tent to drinking hot cocoa. They make snow angels and go ice skating. They eat warm soup for dinner and snuggle up with an extra blanket when they go to bed. What does your child's winter look like? Even if you don't have snow, you can make winter memories of your own. After reading the book, ask your child which activities they would like to do that were in the book and then take pictures or help your child draw pictures of them drinking cocoa, reading books, and eating warm soup. Take the pictures and display them somewhere in your home. Maybe on the refrigerator or a corkboard in your child's room. Write on a separate piece of paper "Our Winter" and post it next to all of your child's pictures. What a wonderful way to enjoy the cold winter days with your child!



Snowman Ball Toss

It's a fact, snowmen melt into a puddle of water! But, in this game, your child gets to knock down snowmen and build them up again! You will need 10 white Styrofoam cups, a black marker and an orange marker, and a small foam or soft ball. Help your child draw snowman faces on the cups—two black eyes, a carrot nose, and a few black dots for a mouth. Let your child be creative with the mouth! Maybe they will create a smile, maybe a frown, or maybe one big circle to show surprise! Then, build a tower with 4 cups on the bottom; 3 cups balanced between the bottom 3; 2 cups balanced between the 3 cups; and, 1 cup on the top. Have your child stand at a designated spot and throw the ball to see how many cups they can knock over. Keep doing this until all of the cups are knocked down. If the spot where they are standing is not challenging enough, move them back further away from the cups. Once all of the snowmen have been knocked down, your child gets to rebuild the tower and play the game again!

