



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 end of the year picnic. 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. The 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.

April Upcoming Events

- 4/2 Parenting Classes with UT Ag. Ext. 8:30 AM
 - 4/6 MVP/Derby day 9:00 AM
 - 4/18 Chattanooga Food Bank Distribution @
Van Buren Fair Grounds
 - 4/19 Family reading night 5:00 PM
 - 4/27 National Pill Take Back Day 10:00 AM – 2:00 PM
- We will have a box at the Head Start for you to drop off any unwanted pills.

March Perfect Attendance

Kesslynn
Aerabella
Mira
Kylan
Harmon
Connor

April Birthday's

Ada
Aarya
Calvin
Jackson



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

We began using the lunch trays in the dramatic play area in March for children to practice balancing play food and drinks to assist them with carrying their trays once they transition to kindergarten. We will introduce cafeteria style lunch and eating in the gym sometime in April for an actual hand on experience with using lunch trays. Classroom activities preparing them for kindergarten will take place here in the Head Start classrooms. We are unable to visit the

Spencer Elementary Kindergarten classrooms this year, however we will be taking transitioning children to Wheeler Elementary for a hands-on experience of interacting with Kindergarten students and teachers in May. Kindergarten Registration date for Spencer Elementary is April 29th and 30th and we will advise Wheeler Elementary 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



Reading



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.



Nutrition



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



stovetop carrots *a tasty side dish!*

1 pound fresh carrots
1 tablespoon butter
¼ teaspoon salt
¼ teaspoon
black pepper

1. Peel carrots and cut into slices.
2. Place the carrots, ¾ cup water, salt and black pepper in a skillet. Cover and cook over medium heat until carrots are tender, about 4 to 5 minutes.
3. Remove the cover and add the butter. Stir and cook until water is absorbed, about 2 to 3 minutes.



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let's go outside & play!

- **Wash and Clean -**
Make buckets of soapy water to wash our car and toys.
Let me rinse with the water hose.
- **Sweep and Rake -**
I can sweep the sidewalk with a child size broom, or rake leaves with a small rake.



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April 2024

Activity Calendar



Healthy Habits



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Eating Healthy 	1 Make a rainbow lunch! Think red strawberries, green dill pickle, yellow sliced cheese, and a glass of white milk!	2 Have a healthy food taste test! Place small servings of fruits and vegetables, blindfold your child, and see if they can figure out what they are eating!	3 Create a healthy food bingo card. Each time your child eats a healthy food, mark off the square and a full row gets them a prize!	4 ACTIVITY PAGE Vegetable Garden	5 Cookies, ice cream, and other sweets don't have to be off limits. Just tell your child they are "sometimes" foods!	6 Weekend Wrap-Up Read and repeat any of the activities you did this week to learn how to eat healthy!
7 Staying Active 	8 April showers bring... PUDDLE JUMPING! What better way to get your child's heart pumping than to let them put on rainboots and jump in some puddles!	9 Blow bubbles up high and way down low! Let your child pop them with a flyswatter. Cardio and strengthening muscles at the same time!	10 Do the "Hokey-Pokey". Putting hands in and hands out. Feet in and feet out. Heads in and heads out. This is quite the workout!	11 ACTIVITY PAGE Let's Get Physical	12 Simon Says—touch your toes; jump up and down; run in place; do 10 jumping jacks—you get the picture! What a fun way to get moving!	13 Weekend Wrap-Up Read and repeat any of the activities you did this week to learn ways to stay active!
14 Getting Rest 	15 Make quiet time boxes made up of books, puzzles, fidget toys, small stuffed animals, etc. that only come out for rest time.	16 Make good use of a toy wand and use it to "cast a sleep spell" over your child for naps. They won't be able to fight the sleep fairy's magic!	17 Create a sensory bin using a bag of lavender Epsom salt and some pouring and measuring cups. Supervision is necessary but the scent will lead to a restful sleep	18 ACTIVITY PAGE How to Stay Healthy	19 Nothing like letting your child shine light in their bed with a small flashlight. They can quietly chase the light with their eyes until they fall asleep!	20 Weekend Wrap-Up Read and repeat any of the activities you did this week that helped you get some rest!
21 Stopping Germs 	22 Sing while washing hands. "The more we wash our hands, our hands, our hands. The more we wash our hands, the healthier we'll be"	23 Blow into a handful of pom-pom balls to show your child how an uncovered sneeze spreads germs everywhere!	24 Show your child how to sneeze and cough into the crease of their arm where their elbow is to prevent the spread of germs!	25 ACTIVITY PAGE Stop Spreading Germs!	26 Teach your child how to set an egg timer to 20 seconds each time they wash their hands. Now, they can "hear" and see how long 20 seconds really is!	27 Weekend Wrap-Up Read and repeat any of the activities you did this week to help you stop spreading germs!
29 Help your child: DRINK LOTS OF WATER	29 Help your child: BRUSH THEIR TEETH!	30 Help your child: LIMIT SCREEN TIME!	Character Word: Compassion- concern for others Calendar created by: Dr. Pamela B Connor, Educational Trainer and Consultant Calendar translated by: Manuela Rodriguez 			

How to Stay Healthy

by Helen Jaeger

A great way to help your child get ready to rest is to read a book with them. The book How to Stay Healthy is full of ideas and information and fun activities you can do with your child when they are not resting. One activity is simply called “Go take a walk” but this walk will let your child use their 5 senses. What do they **see** on the walk? What do they **hear** on the walk? What can they **feel** on the walk? What do they **smell** on the walk? Is there anything they can **taste** on the walk? When you return from the walk, ask your child how they feel. Calm? Happy? A walk is a great physical and mental activity for you and your child to do together. Look through the entire book to find more healthy activities to do with your child!



Vegetable Garden

This is a great fine motor activity for your child and they can learn about vegetables while playing! First, wrap a shoe box or tissue box with green wrapping paper and help your child paint or color the top of the covered box brown (this is the soil). Next, glue pictures or place stickers of different types of vegetables on the tops of popsicle sticks. Cut slits in rows on the top of the box that are big enough for the popsicle sticks to be placed into. Now, let your child plant their vegetables and pull them out when they have grown! Another way to use this box is to have your child plant their vegetables and then you ask them to hand you each one and help them learn the names of the vegetables. You can also tell them to pick one or two each day that they would like to try with their lunch or dinner!

Van Buren Head Start April 2024 Menu					
April WEEK 1	Monday 4/1/24	Tuesday 4/2/24	Wednesday 4/3/24	Thursday 4/4/24	Friday 4/5/24
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk
Fruit/Vegetable/Both 1/2 c	Diced Peaches (C)	Cooked Apple Slices (C)	Oranges (C)	Tomato Wedges (A, C)	Banana Slices (B6,C)
Grain/Alternate/Meat Alternative	French Toast Sticks (WW)	Pillsbury Frozen SS Biscuits (WGR)	Los Cabos Sausage, Egg, & Cheese Burrito (CN)	Pillsbury Frozen SS Biscuits (WGR)	Cheerios Cereal (WGR)
Other/Notes	Syrup			Gravy	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk
Meat/Alternate 1 1/2 oz eq	Tony's Smart Pizza Pepperoni and cheese(CN Label)	Hamburger Patty (CN)	Chef Boyardee Beef Ravioli (CN)	Pinto Beans(l)	High Liner Breaded Fish Fillet (CN)
Vegetable 1/4 c (2oz)	Raw Broccoli (A,C)	Romaine Lettuce/Spinach mix French Fries	Green Beans (A,C,K)	Corn (C)	@Cole Slaw
Fruit 1/4 c (2oz)	Pineapple Tidbits (C)	Pears (C)	Mixed Fruit (C)	Turnip Greens (A,C)	Pears (C)
Grain/Alternate 1/2 oz eq	(Pizza Crust)	(WW) Buns	Sister Schubert's Roll (WGR)	WGR Cornbread Muffin	Hushpuppie (WGR)
Other/Notes	Ranch	Ketchup, Mustard, Mayo *Serve as a sandwich	(Tomato sauce A,C)		
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c			1% Milk (D) *Almond Milk		1% Milk (D) *Almond Milk
Fruit/Vegetable 1/2 c	Tomato Sauce (C)	Pineapple Tidbits (A,C)			
Grain/Alternate 1/2 oz eq	MaxStix (Cheese & Bread) (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Cheerios Cereal (WGR)	Animal Crackers (WGR)	Blueberry Muffin (WGR)
Meat/Alternate 1/2 oz				Yogurt (B12, C)	
Other/Notes	Water	Water	Water	Water	Water
April WEEK 2	Monday 4/8/24	Tuesday 4/9/24	Wednesday 4/10/24	Thursday 4/11/24	Friday 4/12/24
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk
Fruit/Vegetable/Both 1/2 c	Strawberries Slices (C)	Orange Wedges (C)	Banana Slices (B6,C)	Mixed Fruit (C)	Tomato Wedges (A, C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Oatmeal (WG)	Toasted English Muffin (WW)	Cheerios Cereal (WGR)	Cream of Wheat	Pillsbury Frozen SS Biscuits (WGR)
Other/Notes		Jelly			Gravy
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk
Meat/Alternate 1 1/2 oz eq	@White Beans with Ham Chunks (l,P)	Chicken Tenders (CN)	@Tuna Salad	Hamburger Patty (CN)	Tony's Smart Pizza Pepperoni and cheese(CN Label)
Vegetable 1/4 c		Corn (C)	Tomato Wedges (A,C)	Romaine Lettuce/Spinach mix	
Vegetable 1/4 c	@Coleslaw		Romaine Lettuce/Spinach mix	French Fries	Raw Broccoli (A,C)
Fruit 1/4 c	Tropical Fruit (C)	Pineapple Tidbits (C)	Tropical Fruit (C)	Pears (C)	Pears (C)
Grain/Alternate 1/2 oz eq	Sister Schubert's Roll (WGR)	Cornbread Muffin (WGR)	Wheat Bread (WW)	(WW) Buns	(Pizza Crust) WGR
Other/Notes			*Serve as a sandwich	Ketchup, Mustard, Mayo *Serve as a sandwich	Ranch Dressing
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk (D) *Almond Milk		1% Milk (D) *Almond Milk		
Fruit/Vegetable 1/2 c				Tomato Sauce (C)	Pineapple Tidbits (A,C)
Grain/Alternate 1/2 oz eq	Kellogg Rice Krispies Cereal	Animal Crackers (WGR)	Blueberry Muffin (WG)	MaxStix (Cheese & Bread) (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WW)
Meat/Alternate 1/2 oz		Yogurt (B12, C)			
Other/Notes	Water	Water	Water	Water	Water
April WEEK 3	Monday 4/15/24	Tuesday 4/16/24	Wednesday 4/17/24	Thursday 4/18/24	Friday 4/19/24
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk
Fruit/Vegetable/Both 1/2 c	Applesauce (C)	Banana Slices (B6,C)	Diced Apricots (C)	Applesauce (C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	French Toast Sticks (WW)	Cheerios Cereal (WGR)	Cream of Wheat	Blueberry Muffin (WGR)	Cheerios Cereal (WGR)
Other/Notes	Syrup				
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk
Meat/Alternate 1 1/2 oz eq	Hamburger Patty (CN)	Pinto Beans(l)	Tyson WG Chicken Patty (CN)	Tony's Smart Pizza Pepperoni and cheese(CN Label)	@White Beans with Ham Chunks (l,P)
Vegetable 1/4 c	Romaine Lettuce/Spinach mix	Corn (C)	Lima Beans (A,K)	Corn (C)	@Cole Slaw
	French Fries				
Fruit 1/4 c	Pears (C)	Turnip Greens (A,C)	Carrots (C)	Pineapple Tidbits (C)	Tropical Fruit
Grain/Alternate 1/2 oz eq	(WW) Buns	WGR Cornbread Muffin	Sister Schubert's Roll (WGR)	(Pizza Crust) WGR	WGR Cornbread Muffin
Other/Notes	Ketchup, Mustard, Mayo *Serve as a sandwich			Ranch	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk (D) *Almond Milk			1% Milk (D) *Almond Milk	
Fruit/Vegetable 1/2 c			Pineapple Tidbits (A,C)		Diced Pears (C)
Grain/Alternate 1/2 oz eq	Blueberry Muffin (WGR)	Animal Crackers (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WW)	Goldfish Graham Crackers (WGR)	
Meat/Alternate 1/2 oz		Yogurt (B12, C)			Shredded Sharp Cheese
Other/Notes	Water	Water	Water	Water	Water
April WEEK 4	Monday 4/22/24	Tuesday 4/23/24	Wednesday 4/24/24	Thursday 4/25/24	Friday 4/26/24
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk
Fruit/Vegetable/Both 1/2 c	Oranges (C)	Diced Peaches (C)	Tomato Wedges (A, C)	Strawberries Slices (C)	Banana Slices (B6,C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Los Cabos Sausage, Egg, & Cheese Burrito (CN)	French Toast Sticks (WW)	Pillsbury Frozen SS Biscuits (WGR)	Oatmeal (WG)	Cheerios Cereal (WGR)
Other/Notes		Syrup	Gravy		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk	1% Milk (D) *Almond Milk
Meat/Alternate 1 1/2 oz eq	Tony's Smart Pizza Pepperoni and cheese(CN Label)	@Ground Beef Chili with Beans (P) (l)	Tyson WG Chicken Patty (CN)	Pinto Beans(l)	Cooked Turkey (CN Label)
Vegetable 1/4 c	Corn (C)	(Tomatoes (A,C) Beans in Chili (l)	Lima Beans (A,K)	Corn (C)	Diced Tomatoes (A, C); Lettuce
Fruit 1/4 c	Pineapple Tidbits (C)	Diced Apricots (C)	Carrots (C)		Pears (C)
Grain/Alternate 1/2 oz eq	(Pizza Crust) WGR	Zesta Crackers	Sister's Schubert's Roll (WGR)	Turnip Greens (A,C)	Corn Tortilla (WG)
Other/Notes	Ranch	Shredded Sharp Cheese		WGR Cornbread Muffin	Shredded Cheese/Salsa
		* Serve as Chili			Serve as Burito
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c		1% Milk (D) *Almond Milk		1% Milk (D) *Almond Milk	
Fruit/Vegetable 1/2 c	Pineapple Tidbits (A,C)		Applesauce (C)		Diced Pears (C)
Grain 1/2 oz eq	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Kellogg Rice Krispies Cereal	Goldfish Graham Crackers (WGR)	Blueberry Muffin (WGR)	
Meat/Alternate 1/2 oz					Shredded Sharp Cheese
Other/Notes	Water	Water	Water	Water	Water
April WEEK 5	Monday 4/29/24	Tuesday 4/30/24	Wednesday	Thursday	Friday
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)			
Fruit/Vegetable/Both 1/2 c	Banana Slices (B6,C)	Tomato wedges (A,C)			
Grain/Alternate/Meat Alternative 1/2 oz eq	Cheerios Cereal (WGR)	Pillsbury Frozen SS Biscuits (WGR)			
Other/Notes		Gravy, Sausage Pattie			
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)			
Meat/Alternate 1 1/2 oz eq	High Liner Breaded Fish Fillet (CN)	Hamburger Steak (CN)			
Vegetable 1/4 c	@ Cole Slaw	Mashed Potatoes			
Fruit 1/4 c	Diced Apricots (C)	Green Peas (A & C)			
Grain/Alternate 1/2 oz eq	Hushpuppie (WGR)	Sister Schubert's Roll (WGR)			
Other/Notes	Ranch, Ketchup	Cooked Sweet Peppers & Onions			
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c		1% Milk (D)			
Fruit/Vegetable 1/2 c	Applesauce (C)				
Grain 1/2 oz eq	Goldfish Graham Crackers (WGR)	Blueberry Muffin (WGR)			
Meat/Alternate 1/2 oz					
Other/Notes	Water	Water	NO SCHOOL	* Indicates CULTURE FOOD	* Indicates Allergy replacement
©= Recipe in recipe book. Substitutions will be made in accordance with individually identified needs.		(l)=High Source of Iron, (A)=High Source of Vitamin A, (C)=High Source of Vitamin C, CN=Child Nutrition Label WGR= Whole Grain Rich WW=Whole Wheat or Whole Grain			

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