



## March Upcoming Events!

- Monday, March 18<sup>th</sup> -22<sup>nd</sup> **NO SCHOOL**  
Spring Break
- Friday, March 29<sup>th</sup> **NO SCHOOL** Good Friday

### February Perfect Attendance

Finan  
Elliot  
Kesslynn  
Aerabella  
Mira  
Autumn  
Kylan  
Kayo  
Abigail  
Easton  
Harmon  
Corbin  
Connor W.

### March Birthday's

Christopher  
Aubrey  
Elliot  
Connor M



Van Buren County Head Start!

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# Transition Talk

## **Transition Talk**

Your child will have the hands-on experience of practicing carrying a lunch tray in the dramatic play area in March. 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



## Reading



Importance of Reading with Kids

## **Developing a special bond with your child**

It goes without saying that reading to your young child on a regular basis can help you forge a stronger relationship with them. When it comes to children, one of the most important things you can do to positively influence their development is spend time with them. Reading to your children provides a great opportunity to set up a regular, shared event where you can look forward to spending time together. With shared reading, your child will trust and expect that you will be there for them. The importance of trust to small children cannot be overstated.

Reading a favorite book to your children not only helps you bond with them, but also gives your children a sense of intimacy and well-being. This feeling of intimacy helps your child feel close to you, and the feelings of love and attention encourage positive growth and development.

With babies specifically, although they may not be able to understand what you're saying when you read to them, reading aloud provides a level of invaluable nurturing and reassurance. Very young babies love to hear familiar voices, and reading is the perfect outlet to create this connection.

<https://www.ces-schools.net/the-importance-of-reading-to-your-children/>



# Nutrition



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

**nubites**<sup>TM</sup>  
nutrition tips for today's families

No. 437

## stack a snack!

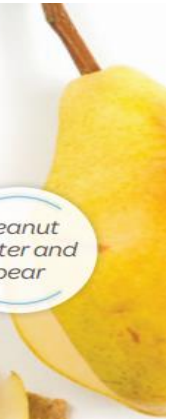
*Use whole grain crackers to make  
a snack with your child!*

peanut  
butter and  
strawberry



Use cookie  
cutters to  
create shapes!

peanut  
butter and  
pear



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**nubites**<sup>TM</sup>  
nutrition tips for today's families

No. 436

## black bean salsa

*Serve the black bean salsa with Enchiladas,  
Taco Salad, Burritos or as a side dish.*

1. Drain and rinse 1 can (15 ounces) black beans. Drain 1 can (11 ounces) corn and 1 can (10 ounces) diced tomatoes with green chili peppers.
2. Combine the beans, corn and tomatoes together in a bowl.
3. Add 1 to 2 tablespoons of lime juice and chopped fresh cilantro to salsa if desired.










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# MARCH 2024

## Welcoming Spring

### Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Character Word: Courage-</b> strength to carry on in spite of difficulty, danger, or fear  <b>Calendar created by: Dr. Pamela B Connor, Educational Trainer and Consultant</b> <b>Calendar translated by: Manuela Rodriguez</b>					1 Get ready to welcome Spring by finding some books on this month's themes!	2 Collect items you will need for this month's activities!
<b>3 Bees and Flowers</b> 	<b>4 Honey Playdough</b> Mix 2 cups water, ¾ cup salt, 1 tbsp. olive oil, 1 cup water, & ¼ cup honey. Knead on a floured surface until soft and pliable.	<b>5 Spread the pollen</b> Have your child move yellow pompoms (pollen) into the sections of an egg carton using plastic tweezers.	<b>6 Wrap with Flowers</b> Use flowers dipped in paint to make designs on white wrapping paper. Let dry and then use to wrap gifts for special events!	<b>7 ACTIVITY PAGE</b>  <u>My Spring</u>	<b>8</b> Fill jars half-way with water. Drop food coloring in each jar. Place the stem of a white flower into the water and watch it change color!	<b>9 Weekend Wrap-Up</b> Read and repeat any of the fun activities you did this week to learn about bees and flowers!
<b>10 Worms and Dirt</b> 	<b>11</b> Put a gummy worm in the bottom of a cup. Layer crumbled Oreos and chocolate pudding to cover the worm. Eat and find the worm!	<b>12</b> Set up an obstacle course in your home and let your child "wiggle" over, under, and around it!	<b>13</b> Fill a plastic bin with dirt and hide cooked spaghetti noodles in the dirt. Let your child use tweezers to find all of the "worms"!	<b>14 ACTIVITY PAGE</b>  <i>"Little Wiggle Worm"</i>	<b>15</b> Find a good patch of dirt. Give your child a spray bottle full of water. Let them spray and play with the mud they make!	<b>16 Weekend Wrap-Up</b> Read and repeat any of the fun activities you did this week to learn about worms and dirt!
<b>17 Frogs</b> 	<b>18</b> Color paper plates green. Lay them out like lily pads. Your child can leap from one to the other!	<b>19</b> Help your child eat flies like a frog by spreading peanut butter or cream cheese on a stalk of celery and lining raisins on it.	<b>20</b> Put small plastic frogs in a bin of water. Let your child "slap" the water with a flyswatter to make the frogs jump!	<b>21 ACTIVITY PAGE</b>  <b>Catching Bugs</b>	<b>22</b> Frogs are slimy! Mix a cup of glue with 1 tbsp. baking soda and add drops of green food coloring to see what a frog feels like!	<b>23 Weekend Wrap-Up</b> Read and repeat any of the fun activities you did this week to learn about frogs!
<b>24 Birds and Bugs</b> 	<b>25</b> Let your child build a "nest" by putting pretzels, Chex cereal, and yogurt covered raisins for the eggs in a muffin liner.	<b>26</b> Buy a bag of multi-colored feathers and then: count them, sort by color, tickle with them, and paint with them!	<b>27</b> Let your child make thumbprint bugs by using different colored stamp pads.	<b>28 ACTIVITY PAGE</b>  <b>What do ants eat?</b>	<b>29</b> Play "Mother May I" and have your child fly like a bird or crawl like a bug to get to the finish line!	<b>30 Weekend Wrap-Up</b> Read and repeat any of the fun activities you did this week to learn about birds and bugs!
<b>31 READ</b>						



## Catching Bugs

Frogs use their tongues to catch their food so help your child see what that would be like! For this activity, you will need some party horns (the kind that rolls out), some Velcro dots, and small, plastic bugs. Stick a Velcro dot on the bottom of the blow-out part of the party horn. Place the matching part of the Velcro dot on top of the bugs. Have your child blow the horn and try and catch a bug by matching the two Velcro dots together. You can give it a try as well and see which of you two frogs can catch the most bugs! Ribbit!





## Little Wiggle Worm

*Sung to the tune "Itsy, Bitsy Spider"*

The little wiggle worm (wiggle a stuffed animal worm or playdough worm or pipe cleaner worm)

Went crawling underground (wiggle worm under hand)

Down came the rain (wiggle fingers downward)

And then mud was all around (open arms wide)

The rain filled their tunnels (open hand; move fingers together)

And pushed out the little worm (push worm through other hand)

And soon the puddles on the ground (make an O shape for a puddle with your hand)

Were the only place to squirm (wiggle worm into the puddle)

