



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](http://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 2:15 p.m. no later than 2:30 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](http://www.ucvbheadstart.org)

### **September Events**

- Labor Day Monday, September 2nd : **NO SCHOOL**
- Wednesday, September 4th : Picture Day
- Friday, September 6th : NO SCHOOL Professional Development Day
- Friday, September 20th Family Reading Night at 5 pm at Head Start

### **August Perfect Attendance**

Ava  
Katie  
Chloee  
Aarya  
Kesslynn  
Ruthie  
Eden  
Harmon  
Emma  
Rexx  
Grace  
Stetson

### **September Birthdays**

Kayo  
Rexx  
Abigail  
Axel



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 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. Last 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. 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 children



**nubites**  
nutrition tips for today's families No. 428

*got*  
**too much  
watermelon?**

Puree it in a blender  
and freeze in containers.

Use in slushies or  
smoothies later.

**nutrition  
matters**  
nutrition education that matters

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## Family Coupons





Cut a few pieces of paper into 3 equal-sized strips. Help your child draw a picture of a different family member on each strip. This should include parents, brothers, sisters, grandparents, etc. Any family member that your child has close and frequent contact with. Then, ask them what they like to do with that family member. Maybe they like to have ice cream with daddy. Perhaps watch a special movie with their sister. What about sleeping the whole night in mommy's bed? Write each of these favorite things to do on each family member's strip of paper. Punch a hole in the top left corner of each strip; pull a piece of yarn or ribbon through the hole; and then tie it. Explain that when your child does something kind or is helpful to a family member or a friend, they can use one of their coupons to share a special activity with a family member. This is a fun way for you to discover what your child enjoys doing with each member of your family!



# September

# All About Me

## Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 My Body</b> 	<b>2</b> Play music, and when the music stops, call out a body part for your child to touch or show you!	<b>3</b> Playdough is the perfect tool to use to create body parts. Your child can roll out their arms and legs, create an oval for their body, a circle for their face, and more!	<b>4</b> Get a few colors of stamp pads and let your child create patterns or practice counting using their fingerprints!	<b>5</b> <b>ACTIVITY PAGE</b> <u>What I Like About Me</u>	<b>6</b> "Simon says, clap your hands! Simon says, stomp your feet. Simon says, rub your tummy. Simon says, pat your head. Simon says, pull on your ear." The list goes on and on!	<b>7 Weekend Wrap-Up</b> Read and prepare healthy foods to keep your child's body strong!
<b>8 My Feelings</b> 	<b>9</b> Have your child spread cheese spread on some crackers. Let them add raisins for eyes and nose, and then place pieces of shredded cheese on each cracker to show a smile, frown, or surprise. Then, talk about these feelings!	<b>10</b> Draw simple emotion faces (sad, happy, silly, surprised, scared, angry) on each section of plastic, multi-colored beach ball. Play catch with your child and have them act out the emotion they land on!	<b>11</b> Teach your child how to catch a bubble (take a deep breath) and then blow it out whenever they are feeling angry or upset.	<b>12</b> <b>ACTIVITY PAGE</b> <u>"If You're Happy and You Know it"</u>	<b>13</b> Play different tempos of music and have your child dance their feelings. Stomp their feet for an angry dance! Jump up and down for an excited dance! Swing their arms slowly side to side, looking down for a sad dance!	<b>14 Weekend Wrap-Up</b> Read and plan activities that make your child happy!
<b>15 My Family</b> 	<b>16</b> Some families are big (spread arms wide) Some families are small (bring arms close together) But, I love my family (cross arms over chest) Best of all!	<b>17</b> Cut out a paper doll for each member of your family. Let your child decorate each doll using yarn, fabric scraps, crayons, and any other materials you have available!	<b>18</b> Let your child help you cook a "family" recipe. Go to the grocery store together to get the ingredients and tell them the story of where the recipe came from.	<b>19</b> <b>ACTIVITY PAGE</b> <u>Family Coupons</u>	<b>20</b> Create a sensory bin using rice, pictures of family members, small dolls, and magnetic letters. Your child can pull out pictures/dolls and use the letters to spell their names!	<b>21 Weekend Wrap-Up</b> Read and enjoy a family day! Maybe go on a family picnic or watch a movie all together!
<b>22 My Favorites</b> 	<b>23</b> Glue a picture of your child on the middle of a piece of construction paper. Give them a magazine and have them tear or cut pictures of their favorite things and glue them all around their photo!	<b>24</b> Spend the day reading your child's favorite books, dancing to their favorite music, and watching their favorite movies or television shows!	<b>25</b> Play "I Spy" with your child using the favorite colors of all of their family members!	<b>26</b> <b>ACTIVITY PAGE</b> <u>This or That?</u>	<b>27</b> Go to your local Humane Society and you and your child can play with some of the animals there. Take a picture of your child with their favorite animal. You could make this an activity you do each week!	<b>28 Weekend Wrap-Up</b> Read and let your child choose their favorite foods for breakfast, lunch, and dinner!
<b>29</b> Make today all about you! Share stories and pictures of you when you were growing up with your child!	<b>30</b> End the month by showing your child pictures of them when they were a baby. Tell them the story of the day they were born.	<b>Character Word: Confident- feeling sure of yourself and your abilities</b> <b>Calendar created by: Dr. Pamela B Connor, Educational Trainer and Consultant</b> <b>Calendar translated by: Manuela Rodriguez.</b>				

UCHRA Van Buren Head Start Menus 2024-2025					
SEPTEMBER WEEK 1					
Meal Pattern	Monday 9/2	Tuesday 9/3	Wednesday 9/4	Thursday 9/5	Friday 9/6
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c		1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D)	
Fruit/Vegetable/Both 1/2 c		Diced Peaches (C )	Cooked Apple Slices (C)	Tomato Wedges (A, C)	
Grain/Alternate/Meat Alternative		Oatmeal (WGR)	Pillsbury Frozen SS Basicuts	Pillsbury Frozen SS Biscuits (WGR)	
Other/Notes				Gravy	
Lunch	Lunch	Lunch	Lunch	Lunch	
Milk, Fluid 3/4 c		1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	
Meat/Alternate 1 1/2 oz eq		Chef Boyardee Beef Ravioli ( CN)	Tony's Pizza Pepperoni and cheese( CN Label )	Ground Beef (P) (CN)	
Vegetable 1/4 c (2oz)		Green Beans (A,C,K), (Tomato sauce A,C)	Corn (A,C), Tomato Wedges (A,C) in Tossed salad :	Carrots (C), Tomato Sauce	
Fruit 1/4 c (2oz)		Mixed Fruit (C )	Shredded carrots & mixed greens	Pineapple Tidbits (C)	
Grain/Alternate 1/2 oz eq		Sister's Schubert's Roll (WGR)	(Pizza Crust)	Spaghetti Noodles (WW)	
Other/Notes					
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	
Milk/Fluid 1/2 c		1% Milk (D) *Soy Milk			
Fruit/Vegetable 1/2 c			Applesauce (C)	Tomato Juice (C)	
Grain/Alternate 1/2 oz eq		Blueberry Muffin (WGR)	Goldfish Graham Crackers (WGR)	MaxStix (Cheese & Bread) (WGR)	
Meat/Alternate 1/2 oz					
Other/Notes		Water	Water	Water	
SEPTEMBER WEEK 2					
Meal Pattern	Monday 9/9	Tuesday 9/10	Wednesday 9/11	Thursday 9/12	Friday 9/13
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Soy Milk	1% Milk (D)	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk
Fruit/Vegetable/Both 1/2 c	Applesauce with Cinnamon (C)	Tomato Wedges (A, C)	Cooked Apple Slices (C)	Orange Wedges (C )	Diced Peaches (C )
Grain/Alternate/Meat Alternative 1/2 oz eq	French Toast Sticks (WW)	Pillsbury Frozen SS Biscuits (WGR)	Pillsbury Frozen SS Basicuts	Toasted English Muffin (WW)	Oatmeal (WGR)
Other/Notes	Syrup	Gravy		Jelly	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk
Meat/Alternate 1 1/2 oz eq	Tyson WG Chicken Patty (I)	Ground Beef (P)	Tony's Pizza Pepperoni and cheese( CN Label )	Ground Beef (P) (CN)	Pinto Beans(I)
Vegetable 1/4 c	Shoestring French Fries	@ Cabbage Stew	Corn (A,C), Tomato Wedges (A,C) in Tossed salad :	Carrots (C), Tomato Sauce	Turnip Greens (A,C)
Fruit 1/4 c	Pineapple Tidbits (C)	Tropical Fruit (C, K)	Shredded carrots & mixed greens	Pineapple Tidbits (C)	Corn (E,K)
Grain/Alternate 1/2 oz eq	Sister's Schubert's Roll (WGR)	Cornbread Muffin (WGR)	(Pizza Crust)	Spaghetti Noodles (WW)	Cornbread Muffin (WGR)
Other/Notes		*Serve as Ground Beef & Cabbage Stew	Ranch	Parmesean Cheese, *Serve as @Spaghetti	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c		1% Milk (D) *Soy Milk			1% Milk (D) *Soy Milk
Fruit/Vegetable 1/2 c	Applesauce (C)			Tomato Juice (C)	
Grain/Alternate 1/2 oz eq	Goldfish Graham Crackers (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Animal Crackers (WGR)	MaxStix (Cheese & Bread) (WGR)	Blueberry Muffin (WGR)
Meat/Alternate 1/2 oz			Yogurt (B12, C)		
Other/Notes	Water	Water	Water	Water	Water
SEPTEMBER WEEK 3					
Meal Pattern	Monday 9/16	Tuesday 9/17	Wednesday 9/18	Thursday 9/19	Friday 9/20
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk
Fruit/Vegetable/Both 1/2 c	Diced Peaches (C )	Strawberries Slices (C )	Tomato wedges (A,C)	Banana Slices (B6,C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Oatmeal (WGR)	Pillsbury Mini Pancakes (WW)	Pillsbury Frozen Southern Style Biscuit	Cheerios Cereal (WGR)	Cream of Wheat
Other/Notes		Syrup	Gravy, Jelly		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk
Meat/Alternate 1 1/2 oz eq	Los Cabos Sausage, Egg, & Cheese Burrito (CN)	@Tuna Salad	Tony's Smart Pizza Pepperoni and cheese( CN Label )	@White Beans with Ham Chunks (I,P)	Chef Boyardee Beef Ravioli ( CN)
Vegetable 1/4 c	Baked Hashbrown	Corn (C)	Green Beans (A,C,K)	@Cole Slaw	Green Beans (A,C,K), (Tomato sauce A,C)
Fruit 1/4 c	Orange Wedges (C )	Tomato Wedges (A,C)	Tropical Fruit (C )	Tomato Wedges (A,C)	Mixed Fruit (C )
Grain/Alternate 1/2 oz eq	(Burrito wrap)	Wheat Bread (WW)	(Pizza Crust) (WGR)	Cornbread Muffin (WGR)	Sister's Schubert's Roll (WGR)
Other/Notes	Ketchup, Salsa	*Serve as a sandwich Mayo, Mustard			
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk		
Fruit/Vegetable 1/2 c					Tomato Sauce (C)
Grain/Alternate 1/2 oz eq	Rice Krispies Cereal	Goldfish Graham Crackers (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Animal Crackers (WGR)	Monzerella Cheese Stick
Meat/Alternate 1/2 oz				Yogurt (B12, C)	
Other/Notes	Water	Water	Water	Water	Water
SEPTEMBER WEEK 4					
Meal Pattern	Monday 9/23	Tuesday 9/24	Wednesday 9/25	Thursday 9/26	Friday 9/27
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk
Fruit/Vegetable/Both 1/2 c	Cooked Apple Slices (C)	Applesauce with Cinnamon (C)	Orange Wedges (C )	Tomato wedges (A,C)	Banana Slices (B6,C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Pillsbury Frozen SS Biscuits (WGR)	French Toast Sticks (WW)	Toasted English Muffin (WW)	Pillsbury Frozen Southern Style Biscuit	Cheerios Cereal (WGR)
Other/Notes		Syrup	Jelly	Gravy, Jelly	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk
Meat/Alternate 1 1/2 oz eq	Tyson WG Chicken Patty (I)	Ground Beef (P)	High Liner Breaded Fish Fillet (CN)	Los Cabos Sausage, Egg, & Cheese Burrito (CN)	Pork Chop (CN)
Vegetable 1/4 c	Shoestring French Fries	@ Cabbage Stew	Raw Broccoli (A,C), @Cole Slaw	Baked Hashbrown	Lima Beans (A,K)
Fruit 1/4 c	Pineapple Tidbits (C)	Tropical Fruit (C, K)		Orange Wedges (C )	Tropical Fruit (C, K)
Grain/Alternate 1/2 oz eq	Sister's Schubert's Roll (WGR)	Cornbread Muffin (WGR)	Hushpuppie (WGR)	(Burrito wrap)	Wheat Bread (WW)
Other/Notes		*Serve as Ground Beef & Cabbage Stew	Ketchup, Ranch	Ketchup, Salsa	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c		1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk	
Fruit/Vegetable 1/2 c	Pineapple Tidbits (A,C)				Tomato Juice (C)
Grain 1/2 oz eq	1/2 Pillsbury Bagel (WW)	Blueberry Muffin (WGR)	Rice Krispies Cereal	Animal Crackers (WGR)	MaxStix (Cheese & Bread) (WGR)
Meat/Alternate 1/2 oz					
Other/Notes	Water	Water	Water	Water	Water
SEPTEMBER WEEK 5					
Meal Pattern	Monday 9/30	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Soy Milk				
Fruit/Vegetable/Both 1/2 c	Orange Wedges (C )				
Grain/Alternate/Meat Alternative 1/2 oz eq	Wheat Bread (WW)				
Other/Notes	Cheese				
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Soy Milk				
Meat/Alternate 1 1/2 oz eq	Tony's Smart Pizza Pepperoni and cheese( CN Label )				
Vegetable 1/4 c	Mixed Vegetables (A,C,K)				
Fruit 1/4 c	Pineapple Tidbits (C)				
Grain/Alternate 1/2 oz eq	(Pizza Crust) (WGR)				
Other/Notes					
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk (D) *Soy Milk				
Fruit/Vegetable 1/2 c					
Grain 1/2 oz eq	Rice Krispies Cereal				
Meat/Alternate 1/2 oz					
Other/Notes	Water				
@= Recipe in recipe book      WW=Whole Wheat or Whole Grain    (I)=High Source of Iron, (A)=High Source of Vitamin A, (C)=High Source of Vitamin C, CN=Child Nutrition Label    WGR= Whole Grain Rich Substitutions will be made in accordance with individually identified needs.					
			* Indicates CULTURE FOOD Russian	No School	Absent