



UCHRA Van Buren County Head Start



12/6/24

December

December Events

- 12/3 Paula Clothes @ 8:30 am
- 12/13 Dad's Birdhouse Building
- 12/16 Wreath Making Class w/Paula May@AG Ext@9AM
 - 12/17 Breakfast with Santa
 - 12/19 Pictures w/ Santa
- 12/20-1/3 Winter Break: No School



November Perfect

Attendance

Brody
Kayo
Ava
Lillian
Chloee
Stetson
Macelynn
Harmon
Kesslynn
Madelyn
Skyler
Rexx
Beau
Corbin
Aurora

December Birthdays

None

Van Buren County Head Start! If you have not liked/followed us on Facebook please do so. 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



Your child will experience many changes as they transition to kindergarten in the public-school system. One of the most significant changes will be their daily routine. At Van Buren County Head Start our daily schedule currently consists of 2 hours and 10 minutes of center choice time where teachers interact with children and work on language, fine motor, pre-writing, cognitive, self-help and personal social skills. The schedule also reflects one hour of gross motor time where children work on their gross motor skills through active play. We also have two 15-minute group times where children work on social skills as well as academics. There are transition times where children are moving from one activity to another and meal times which tallies up to our 6.5-hour day. The kindergarten schedule consists of 1 hour of English Language Acquisition Skills and Knowledge; 1 hour of Guided Reading and Literacy Stations/RTI, 1 hour of Math, 30 minutes of outdoor time, and 30 minutes of finishing Knowledge and Math. There is a 30-minute lunch and breakfast schedule. Also 45 minutes fluctuates between Guidance, STEM, PE, and Library on different days of the week. They do have a 1-hour nap time as well. Their schedule tallies to a 7.25-hour day. As you can see their schedule reflects increased times requiring your child to remain focused for longer increments of time. They also will have less active play time which helps burn some energy off and adds to their attention span. To assist your child in lengthening their attention span, you might want to try the following techniques:

1. Play focus games (example: blow bubbles and ask your child to wait until you tell them to pop them - at first allow them to pop as soon as you blow them, then increase to a few seconds, halfway to the ground, almost on the ground, etc.)
2. Divide bigger tasks into smaller tasks.
3. Understand your child's method of learning (visual (have to see it), auditory (hear what is expected), or kinesthetic (involves movement with learning). Once your child's method of learning is determined, play games using their preferred method.

Working together we can assist your child with a smooth transition into kindergarten. Thanks for your support.

Rita Mayfield Assistant Mentor Coach/Education Supervisor



Nutrition



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

Easy Overnight Oats



Here's what went into the mix:

- 4-6oz container of your favorite yogurt
- 1/4 oats
- 2 tablespoons chopped dates (you can use raisins, or any dried fruit you like)
- 1/2 tsp honey
- 2-3 tablespoons milk

Mix all ingredients together, store in an airtight container and let the oats set in the fridge overnight. The oats will become nice and soft and all those delicious flavors will blend together.

Pull the oats out the next morning. If it's too thick for you, stir in a little milk until you get the consistency you or your kid likes. Top with fresh fruit, a drizzle of honey, and dig in.



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Frozen Yogurt Banana Bites



The best thing about this treat is you can use any type of yogurt you like. For this batch I used strawberry and mango yogurt, but you or your kid's can pick their favorite flavor of the day. This is also a great snack for the kiddos to make. My girls love dipping the bananas in the yogurt, and their favorite part is the sprinkles.

You can freeze a large batch of them and store them in a freezer bag. It makes for easy freezer storage and an easy to reach snack.

Ingredients:

- 2 bananas (sliced 1/2 inch thick)
- 2 cups yogurt (your favorite flavor)
- sprinkles

Using a spoon, dip your banana slice into the yogurt and place banana on cookie sheet covered with wax or parchment paper. Repeat process with each banana. Top each banana with sprinkles. Place cookie sheet in freezer for 2-3 hours or overnight.

Enjoy!






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December

Hope, Love, Joy, and Peace

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> 	<p>2 Use the word "hope" as often as possible. "I hope you have a good day!" "What do you hope will happen today?"</p>	<p>3 Regular exercise lifts your spirits! Take walks, runs, and bike rides with your child. Kick and throw a ball around with them. Move their bodies!</p>	<p>4 Hopes are like wishes! "Star light, star bright, first star I see tonight. I wish I may, I wish I might, have the wish I wish tonight!"</p>	<p>5</p> <p>ACTIVITY PAGE</p> <p>"Hopes and Dreams Board"</p>	<p>6 Help your child come up with a "mantra" they can say to themselves to keep them hopeful like, "I've got this!" or "Just try!"</p>	<p>7 Weekend Wrap-Up</p> <p>Read books this weekend that have "happy endings". We all hope for happy endings!</p>
<p>8</p> 	<p>9 Sit with your family and pass around a flashlight. Have each family member flash the "love" light on each other and say something that they love about the person they shine the light on.</p>	<p>10 "Mirror, mirror on the wall. What do I love about myself most of all?" Start each day by having your child look in the mirror and say one thing they love about themselves!</p>	<p>11 Use lunch size paper bags, yarn, crayons, etc. to make family puppets. Each family member creates a puppet of a different family member so they show their love for them in the way they make them look!</p>	<p>12</p> <p>ACTIVITY PAGE</p> <p><u>I Love You Just the Way You Are!</u></p>	<p>13 Print photos of special people in your child's life and create an album by placing photos in small Ziploc bags that are clipped together. As you and your child look at the photos, talk about what you both love about each person.</p>	<p>14 Weekend Wrap-Up</p> <p>This weekend, have each family member choose something they love to do and all family members will do it with them and maybe you all will love it, too!</p>
<p>15</p> 	<p>16 You can't know joy if you don't know pain. Let your child feel painful moments. They can be sad or disappointed and know that joy will always follow the pain.</p>	<p>17 Spread joy with smiley face stickers! Wherever you take your child, give them a sheet of smiley face stickers to place wherever they like- even on a person!</p>	<p>18 Have a "free to choose joy" day. What does your child want to wear? What do they want to eat? Whatever will bring your child JOY, within reason, let them do it, just for today!</p>	<p>19</p> <p>ACTIVITY PAGE</p> <p>"Joy Rock Walk"</p>	<p>20 Can your child make a joyous face using a pancake, cut strawberries cut bananas, chocolate chips, or any other foods you might have? They can make joy and then eat it!</p>	<p>21 Weekend Wrap-Up</p> <p>Choose a charity of some sort and take your child to make a donation of what is needed to bring joy to someone less fortunate.</p>
<p>22</p> 	<p>23 Plant a small peace garden, indoors or outdoors. Let your child pick the flowers that go in it. Taking care of it will create a peaceful feeling.</p>	<p>24 Blowing bubbles can help your child learn to take a deep breath and then let it go!</p>	<p>25 Have your child color an envelope and place dried lavender buds in it and seal it shut. Place under your child's pillow to calm them before sleep.</p>	<p>26</p> <p>ACTIVITY PAGE</p> <p>"Peaceful Playdough"</p>	<p>27 Use your words! When your child is upset or angry and they are lashing out, help give them the words to explain how they are feeling rather than allowing physical actions like hitting or biting!</p>	<p>28 Weekend Wrap-Up</p> <p>Wake up your child before sunrise. Wrap them up in a blanket and go watch the sunrise. So peaceful.</p>
<p>29</p> 	<p>30 Help your child fill empty water bottles with rice or dried beans and some glitter to shake in the New Year!</p>	<p>31 Nothing is more fun to ring in the New Year than having a glow stick dance party! Happy New Year!!</p>	<p>Character Word: Attentive- paying close attention to something</p> <p>Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant</p> <p>Calendar Translated by: Manuela Rodriguez</p> <div>    </div>			

Hot Cocoa

Ingredients: (Makes about 3 Cups)

- 1/3 Cup Sugar
- 2 Tablespoons Cocoa Powder
- 2 oz Hot Water
- 2 Cups Milk
- 1/4 Teaspoon Vanilla
- Optional: Minature Marshmallows and Whipped Cream



Instructions:

- In a medium saucepan, combine sugar and cocoa
- Add water, bring to a boil over low heat- cook and stir for 2 minutes
- Stir in milk- bring to a serving temperature (do not boil)
- Remove from heat and stir in vanilla- whisk until the mixture is frothy
- Optional: Add minature marshmallows and whipped cream for the perfect winter treat!



Gingerbread House

Items needed:

- 5 Popsicle Sticks
- Glue
- Brown, Red & White Construction Paper
- 2 Red & 1 White Pipecleaners
- Snowflake, Candy or Christmas Stickers



Instructions:

- Using the 5 popsicle sticks, make a house shape and glue together.
- Cut and glue brown construction paper behind the popsicle stick house frame. Add a red square chimney. Cut and glue a red half oval door to the front of the house. Glue a white square (window) to the front of house.
- Cut and glue red pipecleaners to frame window. Use white pipecleaner to frame door.
- Decorate your house with stickers