



UCHRA Van Buren County Head Start



November

UPCOMING EVENTS

- **11/5 Election Day: No School**
- **11/11 Vetern's Day: No School**
- **11/13 Parent Committee Meeting**
- **11/15 Cooking class with Paula May @ 9 am**
- **11/22 Parent-Teacher Conference: No school**
- **11/25-11/29 Thanksgiving Break: No School**



Perfect Attendance

October

Anthony
Lillian
Jahden
Eden
Stetson
Macelynn
Kesslynn
Rexx
Grace
Corbin
Aurora

November Birthdays

Grace
Kesslynn
Emmanuel

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

Van Buren County Head Start partners with our local Elementary schools to provide a smooth transition for you and your child to the local school system. We work on kindergarten readiness skills that the local school system has considered to be skills that will enable success in kindergarten. Among these skills are color, shape and letter recognition. This document is called “Van Buren School Kindergarten Readiness Skills Checklist”. These skills are incorporated into our weekly individualization that the teachers work with your child on. The teachers will be reviewing this document with you at the Parent Teacher Conference in November. We also provide power packs that work on these skills for you to check out. When families work on these kindergarten readiness skills at home as we work on them at school, your child accomplishes these skills and continues to progress with the next emerging skill. Together we prepare your child for this transition to kindergarten. Rita Mayfield Assistant Mentor Coach/Education Supervisor



Importance of Reading with Kids



Helping Kids Enjoy Reading

For many kids, reading doesn't come easily. Some kids have trouble making the connection between letters and their sounds. Other kids have not yet found a story that interests them and shows just how fun reading can be. For all kids, though, knowing letters, sounds, and words are important skills for learning throughout life.

Read with your kids often, and try these other simple ways to help them become excited about reading:

- **Start with your child's picks.** Kids are more likely to read something that interests them. For example, comics or joke books can be a fun pick for your child. A comic book can help kids understand that events take place in order because stories have a beginning, a middle, and an end. They also help build vocabulary and show that books can be fun to look at. Once your child is comfortable with reading, you can encourage other options with a variety of more challenging content.
- **Read and reread.** Many kids reach for the same books again and again. That's not only OK, it's a good thing! Repetition helps kids learn the text and in time read it with confidence. Each new reading of the book also may help them notice something new and understand the story a little better. And that positive experience can inspire kids to try new books.
- **Read aloud.** Reading aloud to your kids helps them build their vocabulary, introduces new facts and ideas, and helps them connect sounds with letters on the page. By reading with your children, you also show them that you enjoy reading for fun! Reading aloud provides time together that you'll all enjoy.
- **Create opportunities to read and write beyond the pages.** Provide kids with many chances to read every day. Write notes and leave them on your child's pillow, in a lunchbox, or in a pocket. Ask friends and relatives to send postcards, letters, emails, or text messages. Leave magnetic letters and words on the fridge, and you may find your child also creating words, sentences, and stories. Teach your child to craft a thank-you note in return for a thoughtful gift.
- **On car/bus/train trips or errands, play word games that build language skills.** You might try “I spy” (“I spy something that starts with an ‘a’..”) or games where you pick a category(like “food”) and everyone has to name foods that begin with a certain letter. Kids often enjoy reading the signs they see while outside (like those restaurants and stores, plus road signs and billboards).
- **Sometimes electronic books(e-books) can help encourage reading.** When kids become interested in a book, regardless of the format, help make connections between the story and their life. Start conversations that build a love of reading and learning.
- **Get help if you're worried.** If you're concerned about your child's ability or willingness to read, get help. Talk to your child's doctor or teacher. They may be able to suggest ways to help your child to get excited about reading.

Nutrition

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



baked apple chips



2 large apples | cinnamon sugar

1. Rinse apples and cut into thin slices. Cut the core with a cookie cutter. The thinner you cut the apple slices the crunchier they will be.
2. Arrange apple slices in a single layer on parchment lined baking sheets. Sprinkle lightly with cinnamon sugar.
3. Bake in a 200° F oven for about 2 hours, or until apple slices are dry and crisp. Flip apple slices over after the first hour.
4. Remove from the oven and cool. Store in an airtight container for up to 3 days.



© Nutrition Matters, Inc. All Rights Reserved.
This tipsheet can be reproduced for educational purposes.

*Smells delicious while baking
and your family will love them!*



Here is a harvest of activities picked just for you!



Sensory Bin: Your child will have fun bringing in the harvest with this activity. Let your child fill the bottom of a plastic bin with grass they can pull right out of the yard! If they don't already have a play farm set then give them some small empty juice boxes or milk cartons to create a farm and a barn. Pour out a few handfuls of cereals like Cheerios or Cinnamon Toast Crunch and add in some of their toy trucks and tractors. Your child can fill their trucks with the "harvest" and take loads to the barn!

Grocery store harvest: Find pictures, or take your own, of different fruits and vegetables that you can gather from the grocery store. Take your child grocery shopping with you and each time you show them a picture card, help them find that fruit or vegetable in the store. They can even help you count how many apples, peppers, tomatoes, etc. to put in your buggy!

Apple Picking: First, let your child have fun creating a tree. They can draw it, paint it, glue down pieces of paper, or use whatever materials you have handy to create a tree. Then, help your child roll up some balls of red playdough to be the apples on the tree and place the apples all over the branches and leaves. Bring out a die and two small bowls to be your baskets. Take turns rolling the die and taking that many apples off of the tree. The player with the most apples harvested wins!

Being Thankful: The fruits and vegetables harvested in the fall end up in our homes for us to enjoy with our families. Here is a song your family can sing before every meal:

We are thankful for this meal, for this meal (clap, clap)

This is how we really feel, really fell (clap, clap)

Good food makes us strong (show muscles)

Good friends sing along (move fingers like a music conductor)

We are thankful for this meal, for this meal (clap, clap)

Created exclusively for Books By The Bushel, LLC by Pamela B Connor, Ed.D

Hand Puppet Turkey

Materials Needed:

- Colored Construction Paper- Your Choice
- Scissors
- Glue
- Black Marker
- Pencil
- Hole Punch



Instructions:

- Using a pencil, trace your hand on the different colors of construction paper you picked
- Cut out the hands that you traced
- You will need one hand for the Turkey's body, and the rest of the hands will be for the Turkey's feathers (between 5 and 10)
- Glue together the hands that you will be using for the Turkey's feathers
- Glue the group of feathers to the back of the Turkey's body
- Draw a face for your turkey
- Using the hole punch, punch two holes at the bottom of the Turkey's body
- Now the turkey can be a puppet by putting your fingers through the holes!