



UCHRA Van Buren County Head Start



1/2/25

January

1/10 Parenting Classes @ 8 am
1/20 MLK Day: No School
1/23 Paula Buildings @ 8:30 am



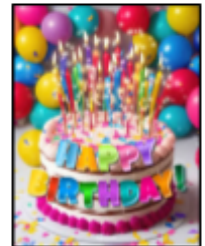
December Perfect

Attendance

Emmanuel
Stetson
Harmon
Kesslynn
Rexx
Ruthie
Aurora
Madeline
Michael
Remi

January Birthdays

Eden
Skyler



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



One of the first things your child will be asked to do is write their name on all their papers when they enter the public school system. There are 7 different stages of writing. They are (1) makes scribbles or marks, (2) makes controlled linear scribbles, (3) writes mock letters or letter-like forms, (4) writes letter strings, (5) writes partially accurate first name, (6) writes accurate first name, and (7) writes accurate first and last name. Practice with your child on capitalizing the first letter of their name with lower case letters for the remaining letters. An excellent resource for practicing writing skills can be found on our “Van Buren Head Start” website. Click on “Resources” then “For Parents” on the left hand side of the page, under “Parents/Children” and “Your Children to Enjoy”, choose “Handwriting Worksheets for Print Practice” which will allow you to print worksheets with dotted letters or solid lines depending on where your child is at developmentally on their writing skills. If you are unsure of what stage of writing your child is currently at, discuss with your child’s teacher here at Van Buren County Head Start and together we can help to ensure a smooth transition into kindergarten. Rita Mayfield Assistant Mentor Coach/Education Supervisor



Nutrition



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



mighty meatballs

1/2 pound ground turkey or beef
1/2 cup fresh chopped spinach
1 egg
1/4 cup bread crumbs
1/4 teaspoon garlic powder
1/4 teaspoon salt
1/2 teaspoon black pepper
1/4 cup grated Parmesan cheese

- Combine ingredients in a bowl. Shape into meatballs.
- Spray a metal baking sheet with a nonstick cooking spray. Place the meatballs on the baking sheet.
- Bake in a 425° oven for 16 to 18 minutes. Turn meatballs a couple times while baking so they brown evenly.





satisfy your hunger with protein



pretzels



carrots



crackers



peppers



cucumbers

Dip vegetables, pretzels and crackers in hummus!



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January

Activity Calendar

HIBERNATION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant Calendar Translated by: Manuela Rodriguez</p> <p>Books 'n' Bushel, NWBOC, 2022 CERTIFIED Ohio WBE Women-Owned Business Enterprise</p>			1. Start this month off by wearing pajamas all day and staying in bed with your child as long as you can!	2. ACTIVITY PAGE <u>The Very Long Sleep</u>	3. When animals hibernate, their breathing slows down. Do some deep breathing exercises with your child to calm them.	4. Weekend Wrap-Up Gather some books about hibernation to read this month!
5 Bears 	6. Make a bear cave using blankets and sheets draped over chairs and other furniture. Curl up inside with some favorite snacks and books!	7. "Bears are sleeping, bears are sleeping, All winter long, all winter long. They are hibernating, they are hibernating. Snug and warm, snug and warm!"	8. Help your child "feed" a brown paper bag bear pictures of foods from magazines. Seal the bag shut, draw two dark lines for shut eyes, and lay the bear down for a long winter's sleep.	9. ACTIVITY PAGE "Wake up Sleepy Bear"	10. Teddy Trail Mix- Honeycombs cereal; mini marshmallows; raisins; pretzels; and teddy graham's! Yum, yum!	11. Weekend Wrap-Up Now, the focus is on bears! Gather some books about bears and learn more about how they hibernate!
12 Groundhogs 	13. Groundhogs hibernate underground. Fill a bin with dirt and let your child dig holes and drop small plastic animals in them, cover them up, and then dig to find them!	14. Groundhogs love carrots, lettuce, peas, and zucchini. Sounds like ingredients for a tasty salad! Mix the ingredients and let your child eat like a groundhog!	15. Let your child help you make chocolate instant pudding and use a vanilla wafer (groundhog) to dig into the pudding (dirt) when it's time to eat!	16. ACTIVITY PAGE "Awake, Asleep!"	17. Line up kitchen chairs into 2 rows. Attach masking tape from each chair to the chairs across from them, making a tunnel. Have your child army crawl under the tape like a groundhog!	18. Weekend Wrap-Up Groundhog Day is coming soon! Find some books about this famous animal!
19 Snakes 	20. Snakes find a place to hide when they hibernate. Sounds like a good time to teach your child how to play hide-and-seek!	21. Play a game of freeze tag to teach your child that the best thing to do if they see a snake is to freeze in place until they slither away.	22. Playdough is a great material to create snakes of all sizes and put them into different shapes, too!	23. ACTIVITY PAGE "Paper Chain Snake"	24. Snakes shed their skin as they grow. Purchase a rubber snake and let your child squeeze layers of liquid glue on the snake. Let it dry overnight. Peel and see if you can keep the skin in one piece!	25. Weekend Wrap-Up Read, read, read about snakes! Fiction and non-fiction books are great resources to learn about snakes!
26 Bats 	27. Have your child lay on their back in a chair with their head hanging upside down. This is how bats sleep!	28. Soak cotton balls in extracts or sprinkle spices on them and have your child identify them by smelling, like a bat!	29. Pour black food coloring into a baggy of bow-tie pasta, shake it, and let it dry. Now, your child has bats to play with!	30. Color coffee filters black. Clip a clothespin in the middle to make the bat's wings. Fly around and then hang them upside down!	31. Hide and shake a rattle. Your child will use their sense of hearing, like a bat uses theirs, to find you!	

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!

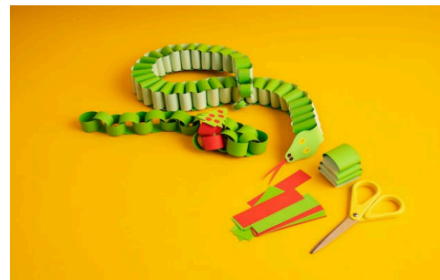


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Paper Snake

Cut construction paper into 2-inch strips. Show your child how to bring the ends of the strips together to make a circle. For the first circle, use a glue stick to stick the ends together. The second strip needs to be inserted into the first circle and then ends are glued together. The chain can be as long as your child would like it to be. Once the chain is done, flatten the first circle and draw two beady eyes and two dots for nostrils. Finally, cut a small strip of red for the snake's tongue. Now, have your child find a hiding spot where their snake can hibernate!



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