



# UCHRA Van Buren County Head Start



2/2/25

HELLO  
*February*

## February Events

February 14th-Valentine's Day

February 17th- No School

February 27th- Paula Trees @ 8:30 am

February 28th- Dr. Seuss Family Reading Night



## Transition Talk

This year your child will experience an important transition to Kindergarten. Van Buren Head Start wants to assist you and your child to make the transition a smooth one. At your home visit in January, all transitioning parents received one-on-one training and a transitional kit to help prepare their child for entrance into Kindergarten. Be sure to review the developmental progressions, do some of the suggested activities provided on the transition calendar, and work on the Kindergarten continuum skills provided inside the kit. We will also be introducing lunch trays in the classrooms for children to practice carrying their food to the table themselves. After a few weeks of classroom practice, your child will transition to cafeteria-style lunch and eat in the gymnasium at Head Start to prepare for Kindergarten. Also if you have not checked out the "Transition to Kindergarten" power pack to work with your child on Kindergarten skills please be sure to do so to help prepare your child for this important transition.

Rita Mayfield Assistant Mentor Coach/Education Supervisor

### January Perfect

#### Attendance

Brody

Kayo

Madeline

Michael

Eden

Macelynn

Kesslynn

Waylon

Axel

Aurora

### February Birthdays

Chloee

Aurora



**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 interests.





# Nutrition



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



## how to freeze oranges

1. Peel oranges and break into segments.
2. Pack tightly in freezer bags and freeze.
3. Store oranges in a freezer at 0° F for 4 to 6 months.

*Freeze extra oranges and use later in smoothies!*



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## 3 ways to eat fish from a can or pouch:



1

Make a tuna or salmon salad.



2

Add to a pasta salad.



3

Make tuna patties.










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# February

## Activity Calendar

# FAMILY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant Calendar Translated by: Manuela Rodriguez <div>    </div>						<b>1. Weekend Wrap-Up</b> This month is all about families so start the month with a visit to the library to pick up some great books about families!
<b>2. Families look like..</b> 	<b>3.</b> Go through family pictures with your child and point out members of your family and name them: sister, brother, cousin, aunt, etc. so they understand who is in a family.	<b>4.</b> "Some families are large (spread out arms) Some families are small (bring arms close together) But I love my family most of all (give yourself a big hug!)"	<b>5.</b> Have each family member create a paper bag puppet of another family member. What do you each think the other looks like?	<b>6. ACTIVITY PAGE</b>  <u>My Family</u>	<b>7.</b> Print 2 pictures of each family member. Lay them upside down and turn over 2 at a time to see if your child can match their family members different faces!	<b>8. Weekend Wrap-Up</b> Read and repeat any of the activities that your family enjoyed this week!
<b>9. Families like to...</b> 	<b>10.</b> Play "Mother May I" One person is the "mommy" and the other players ask "mother may I jump? Or skip? Or dance?" Mother has to give her permission!	<b>11.</b> Bake together! Either roll out homemade dough or place pre-cut circles on a tray, but do it together as a family and decorate after they come out of the oven with each other's favorite colors!	<b>12.</b> Help around the house! Every family member can have a job, whether it is putting toys away or taking out the trash, families like to help each other!	<b>13. ACTIVITY PAGE</b>  "Need a Hug"	<b>14.</b> Send love to family far away! What better day to send cards to family than on Valentine's Day! Let your child put them in the mailbox and maybe they will get some love back!	<b>15. Weekend Wrap-Up</b> Have a "Family Fun Day" where each family member gets to do something they like with the whole family. Maybe watch a movie or play a game!
<b>16. Families live in...</b> 	<b>17.</b> Make houses out of empty milk cartons, tissue boxes, etc. Use any spare materials to make as many different family spaces as your child can think of!	<b>18.</b> Square crackers, triangle pieces of cheese, and small pretzel rods are just what your child needs to make a yummy "house-shaped" snack!	<b>19.</b> Teach your child to clean-up by saying that everyone and everything has a home. Can they put their toys back in their homes?	<b>20. ACTIVITY PAGE</b>  "Roll for Fun"	<b>21.</b> Take an item from each room in your home and see if your child can put them back in the correct place. Where does the toothbrush go? What about the fork or spoon?	<b>22. Weekend Wrap-Up</b> Spend the day cleaning out old clothes, toys, books, etc. and donate them to a shelter.
<b>23. Families sing...</b> 	<b>24.</b> "Mommy, mommy, jump up and down, turn all around, and sit back down!" Do the same with sister, brother, cousins, etc.	<b>25.</b> "Daddy stole the cookie from the cookie jar." "Who me?" "Yes, you!" "Couldn't be." "Then, who?" Sing again guessing a different family member.	<b>26.</b> "These are the members of our family, of our family. These are the members of our family. And we love them all!" Then shout out all family names!	<b>27. ACTIVITY PAGE</b>  "Daily Schedule"	<b>28.</b> "I love my family. Yes, I do. I love my family. How about you?" Point to a family member. They sing the song and point to another family member!	



### **Happy, Sad, and Silly**

Your child has so many feelings, or emotions, and they may not know exactly what to call them. After reading Happy, Sad, and Silly, look back over the pictures and ask your child to make the same face as the person on each page. Take a picture of your child making each “feelings face” on your phone or with a camera. You can keep the photos on your phone to scroll through or have the photos printed, no larger than 3x5. Glue the photos onto a large piece of paper. Hang this poster somewhere in your home that is eye-level for your child. The next time they are having a big emotion- excited, sad, scared or any others- and they can’t seem to explain how they are feeling, ask your child to point to the picture on the poster that shows how they are feeling. This will help you help them identify their emotions! From this exercise, your child will become aware of what actions or events make them feel a certain way and then learn how to handle that feeling in a healthy way!



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### **Kindness Kits**

There are many people in communities all over the world who do not have many of the basic items that others may take for granted. Show your child how to show some kindness by helping them make some kindness kits. Next time you are at the grocery store, purchase any of the following items: large Ziploc bags, bottled water, granola bars, packs of crackers, gum or mints, small apples or oranges, and any other individually packed items you may see. Once you get home, put these items out on a table and help your child put one of each item in a Ziploc bag. Your child can even draw a heart on a small piece of paper to place inside of the bag. Keep these bags in your car or bring one with you during a walk, bike, or bus ride. When you and your child see someone less fortunate, hand that person a Kindness Kit. It will hopefully put a smile on their face and will certainly put one on the faces of you and your child!



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Van Buren Head Start February 2025 Menu					
February WEEK 1	Monday 2/3/25	Tuesday 2/4/25	Wednesday 2/5/25	Thursday 2/6/25	Friday 2/7/25
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Fruit/Vegetable/Both 1/2 c	Applesauce (C)	Diced Peaches (C)	Cooked Apple Slices (C)	Tomato Wedges (A, C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative	French Toast Sticks (WW)	Cream of Wheat	Pillsbury Frozen SS Busicuts	Pillsbury Frozen SS Biscuits (WGR)	Oatmeal (WGR)
Other/Notes	Syrup			Gravy	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq	Hamburger Patty (CN)	@ Orange Chicken	Tony's Smart Pizza Pepperoni and cheese( CN Label )	Pinto Beans(l)	Chef Boyardee Beef Ravioli ( CN)
Vegetable 1/4 c (2oz)	French Fries, Romaine Lettuce/Spinach mix	Mixed Green Peas & Carrots	Romaine Lettuce/Spinach mix, Tomato Wedges (A,C)	Corn (C), Turnip Greens (A,C)	Green Beans (A,C,K)
Fruit 1/4 c (2oz)	Pears (C )	Tropical Fruit (C )	Pineapple Tidbits (C)		Tropical Fruit (C )
Grain/Alternate 1/2 oz eq	(WW) Buns	WG Rice	(Pizza Crust) WGR	WGR Cornbread Muffiin	Sister Schubert's Roll (WGR)
Other/Notes	Ketchup, Mustard, Mayo *Serve as a sandwich	*Serve as Orange Chicken Asian Culture	Ranch Dressing		(Tomato sauce A,C)
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk (D) *Lactose Free Milk				1% Milk (D) *Lactose Free Milk
Fruit/Vegetable 1/2 c		Applesauce (C)	Tomato Sauce (C)		
Grain/Alternate 1/2 oz eq	Blueberry Muffin (WGR)	Goldfish Graham Crackers (WGR)	MaxStix (Cheese & Bread) (WGR)	Animal Crackers (WGR)	Rice Krispies
Meat/Alternate 1/2 oz				Yogurt (B12, C)	
Other/Notes	Water	Water	Water	Water	Water
February WEEK 2	Monday 2/10/25	Tuesday 2/11/25	Wednesday 2/12/25	Thursday 2/13/25	Friday 2/14/25
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Fruit/Vegetable/Both 1/2 c	Strawberries Slices (C )	Applesauce (C)	Banana Slices (B6,C)	Tomato Wedges (A, C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Oatmeal (WG)	French Toast Sticks (WW)	Cheerios Cereal (WGR)	Pillsbury Frozen SS Biscuits (WGR)	Cream of Wheat
Other/Notes		Syrup		Gravy	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq	@White Beans with Ham Chunks (I,P)	Chef Boyardee Beef Ravioli ( CN)	@ Orange Chicken	High Liner Fish Pollock Strip (CN)	Tony's Smart Pizza Pepperoni and cheese( CN Label )
Vegetable 1/4 c	@Coleslaw	Green Beans (A,C,K)	Mixed Green Peas & Carrots	Peas (C)	Romaine Lettuce/Spinach mix, Tomato Wedges (A,C)
Fruit 1/4 c	Tropical Fruit (C )	Pineapple Tidbits (C)	Tropical Fruit (C )	Tropical Fruit (C )	Pears (C )
Grain/Alternate 1/2 oz eq	Sister Schubert's Roll (WGR)	Sister Schubert's Roll (WGR)	WG Rice	Hushpuppie (WGR)	(Pizza Crust) WGR
Other/Notes		(Tomato sauce A,C)	*Serve as Orange Chicken Asian Culture	Ranch, Ketchup	Ranch Dressing
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk (D) *Lactose Free Milk			1% Milk (D) *Lactose Free Milk	
Fruit/Vegetable 1/2 c					Pineapple Tidbits (A,C)
Grain/Alternate 1/2 oz eq	Blueberry Muffin (WG)	Animal Crackers (WGR)	Lance Crackers (WG)	Rice Krispies	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WW)
Meat/Alternate 1/2 oz		Yogurt (B12, C)	String Cheese		
Other/Notes	Water	Water	Water	Water	Water
February WEEK 3	Monday 2/17/25	Tuesday 2/18/25	Wednesday 2/19/25	Thursday 2/20/25	Friday 2/21/25
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c		1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Fruit/Vegetable/Both 1/2 c		Applesauce (C)	Diced Peaches (C)	Banana Slices (B6,C)	Tomato Wedges (A, C)
Grain/Alternate/Meat Alternative 1/2 oz eq		French Toast Sticks (WW)	Cream of Wheat	Cheerios Cereal (WGR)	Pillsbury Frozen SS Biscuits (WGR)
Other/Notes		Syrup			Gravy
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c		1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq	No School Presidents' Day	Pinto Beans(l)	@ Orange Chicken	Tony's Smart Pizza Pepperoni and cheese( CN Label )	Chef Boyardee Beef Ravioli (CN)
Vegetable 1/4 c		Corn (C), Turnip Greens (A,C)	Mixed Green Peas & Carrots	Romaine Lettuce/Spinach mix, Tomato Wedges (A,C)	Green Beans (A,C,K)
Fruit 1/4 c			Tropical Fruit (C )	Orange Wedges (C )	Pineapple Tidbits (C)
Grain/Alternate 1/2 oz eq		WGR Cornbread Muffiin	WG Rice	(Pizza Crust) WGR	Sister Schubert's Roll (WGR)
Other/Notes			*Serve as Orange Chicken Asian Culture	Ranch	(Tomato sauce A,C)
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c					1% Milk (D) *Lactose Free Milk
Fruit/Vegetable 1/2 c			Tomato Sauce (C)	Applesauce	
Grain/Alternate 1/2 oz eq		Animal Crackers (WGR)		Goldfish Graham Crackers (WGR)	
Meat/Alternate 1/2 oz		Yogurt (B12, C)	String Cheese		Rice Krispies
Other/Notes		Water	Water	Water	Water
February WEEK 4	Monday 2/24/25	Tuesday 2/25/25	Wednesday 2/26/25	Thursday 2/27/25	Friday 2/28/25
Meal Pattern					
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Fruit/Vegetable/Both 1/2 c	Tomato Wedges (A, C)	Strawberries Slices (C )	Banana Slices (B6,C)	Oranges (C)	Diced Peaches (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Pillsbury Frozen SS Biscuits (WGR)	Oatmeal (WGR)	Cheerios Cereal (WGR)	Los Cabos Sausage, Egg, & Cheese Burrito (CN)	Cream of Wheat
Other/Notes	Gravy	Gravy			
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq	Chicken Patty (CN)	@White Beans with Ham Chunks (I,P)	Hamburger Patty (CN)	@ Orange Chicken	High Liner Fish Pollock Strip (CN)
Vegetable 1/4 c	Corn (C)	@Coleslaw	Romaine Lettuce/Spinach mix, French Fries	Mixed Green Peas & Carrots	Peas (C)
Fruit 1/4 c	Pineapple Tidbits (C)	Tropical Fruit (C )	Pears (C )	Tropical Fruit (C )	Hushpuppie (WGR)
Grain/Alternate 1/2 oz eq	Sister Schubert's Roll (WGR)	Sister Schubert's Roll (WGR)	(WW) Buns	WG Rice	Diced Peaches (C)
Other/Notes	Ranch, Ketchup		Ketchup, Mustard, Mayo *Serve as a sandwich	*Serve as Orange Chicken Asian Culture	Ranch, Ketchup
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk (D) *Lactose Free Milk			1% Milk (D) *Lactose Free Milk	
Fruit/Vegetable 1/2 c		Applesauce (C)	Tomato Sauce (C)		
Grain 1/2 oz eq	Blueberry Muffin (WGR)	Goldfish Graham Crackers (WGR)		Kellogg Rice Krispies Cereal	Animal Crackers (WGR)
Meat/Alternate 1/2 oz			String Cheese		Yogurt (B12, C)
Other/Notes	Water	Water	Water	Water	
@= Recipe in recipe book, Substitutions will be made in accordance with individually identified needs.	(l)=High Source of Iron, (A)=High Source of Vitamin A, (C)=High Source of Vitamin C, CN=Child Nutrition Label WGR= Whole Grain Rich WW=Whole Wheat or Whole Grain			* Indicates CULTURE FOOD Asian	* Indicates Allergy replacement