



UCHRA Van Buren County Head Start



November

11/3/25

UPCOMING EVENTS

- **11/7/25 Open House**
- **11/11/25 Veteran's Day :: No School**
 - **11/14/25:: Mom's Cooking Class**
- **11/20/25 Food Bank @ Fair Grounds 9-11**
- **11/26-11/28 Thanksgiving Break: No School**



Perfect Attendance October

Rodrick
Kesslynn
Skyler
Ellie
Ruthie
Roy Jr
Zaylee

November Birthdays

Grace
Kesslynn
Emmanuel
Remi

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

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 out 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!*

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 for the feathers (between 5 and 10)
- Glue together the hands that you will be using for the Turkey's body
- 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



www.booksbythebushel.com

ideas by the Bushel



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 some cereal like Cheerios or Cinnamon Toast Crunch and add in some of the fruit. Your child can fill their trucks with the "harvest" and take loads to the barn.



Grocery store harvest: Find pictures 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)*

November

Activity Calendar

Thankful

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> <div>    </div>						<p>1. This month is all about being thankful for family, friends, fun, and food! Let the thankfulness season begin!</p>
<p>2. FAMILY</p> 	<p>3. Before bed each night, sit as a family and each member tells another member something they are grateful for about them or for something that they did that day!</p>	<p>4. On a small whiteboard, write a short message each night to a family member thanking them for a kind act. Then, read the message from the "Thankful Fairy" each morning!</p>	<p>5. If you don't already do this, start taking family pictures TODAY! Print the pictures and write the family members in the picture and the date on the back. These will become priceless memories!</p>	<p>6. ACTIVITY PAGE</p> <p>"And the award goes to..."</p>	<p>7. You've heard of a family tree, right? Well, why not plant your own family tree?? Choose a small tree of any kind from your local nursery, and choose a place to plant it as a family!</p>	<p>8. Weekend Wrap-Up Take a trip with your family to your local library and check out some books on families and friends, fun things to do, and food to enjoy reading this month!</p>
<p>9. FRIENDS</p> 	<p>10. You can be a friend to people you don't know. Take your child to volunteer at a local food bank, fill a backpack with school supplies, and donate it to a school!</p>	<p>11. Prepare for future gifts from friends by making "thank you" cards! Your child can draw pictures or stamp smiley faces on index cards to give to friends to say thanks!</p>	<p>12. Challenge your child to say "thank you" to at least one friend each day, for holding a door or sharing a toy! At the end of the day, ask them which friend they said thank you to and why!</p>	<p>13. ACTIVITY PAGE</p> <p>"High-Five T-shirts!"</p>	<p>14. Take your fingers to your chin and then pull them down. That is sign language for "thank you". Teach them to your child so they can communicate thank you to all of their friends!</p>	<p>15. Weekend Wrap-Up If possible, plan a fun day with your child's friends and their families. Perhaps a picnic, going to see a movie, or just a day at a park!</p>
<p>16. FUN</p> 	<p>17. It's Music Monday! Put on your child's favorite tunes, bring out the microphone, and invite family and friends for some fun karaoke!</p>	<p>18. Terrific Tuesday has everything from board games to freeze tag! Basically, anything that puts smiles on everyone's faces!</p>	<p>19. Wacky Wednesday is for fun and laughter! Tickling, joke-telling, making funny faces, and more are encouraged today!</p>	<p>20. ACTIVITY PAGE</p> <p>Why Do I Feel Happy</p> 	<p>21. Have a freaky, fun Friday by doing everything backwards! Dessert for breakfast (add some whipped cream to waffles and eat dinner in your pajamas! So much fun!</p>	<p>22. Weekend Wrap-Up Plan a weekend full of fun family activities, whether hiking, watching movies, or reading books. Whatever is fun for your family goes!</p>
<p>23. FOOD</p>	<p>24. Anytime your family sits down for a meal, have a "please and thank you" rule whenever someone asks for anything at the table.</p>	<p>25. Sing this before every meal: "I am thankful for this meal; that is how I really feel. Good food makes us strong. Good friends sing along. I am thankful for this meal!"</p>	<p>26. Find out if any food banks will allow your child to come with you to volunteer time to stock shelves or distribute food in your community.</p>	<p>27. ACTIVITY PAGE</p> <p>Thankful Placemats</p>	<p>28. Teach your child to take a "no, thank you" bite when offered new foods. They take one small bite, and if they don't like it, they will kindly say, "No, thank you!"</p>	<p>29. Weekend Wrap-Up Take your child to your local humane society to donate canned or bagged food for the animals. You might even play with some puppies while you are there!</p>
<p>30.</p>						