



# UCHRA Van Buren County Head Start



## Upcoming Events

9/1/25: Labor Day-No School

9/9/25: Fall Picture Day

9/19/25: Little Caesars Fundraiser Start  
Date

9/22/25: Paula May-MyPlate w/children

9/26/25: Donuts for Dad/Pizza for Pops

9/30/25: Shoe Distribution

## August Perfect

### Attendance

Chloee

Kesslynn

Skyler

Ellie

Rexx

Remi

Ruthie

Aaliyah

Clara

Roy

Braxton

Brayden

Axel

Eleanor

Jasper

## April Birthdays



Van Buren County Head Start!

If you are currently not following us on Facebook please Like and Follow Us. 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, a NAEYC (National Association of Education for Young Children) accredited preschool, provides many opportunities to assist parents in preparing their child to transition to Kindergarten. Each month, we will list some activities/ways in which you can partner with us in helping your child prepare for this important transition. During the year, we will help them transition from family-style meals to carrying their food trays in the lunchroom, host a county bus training to help them prepare for riding the “big” bus, and read stories that help them prepare to go to kindergarten. Last month, you were allowed to serve on our policy council, which introduced you to governing body responsibilities such as the school board members at the Elementary School. You also set educational goals for your child and partnered with us in our Reading program in reading to your child 20 minutes daily which the Elementary School will also request when they enter kindergarten. Participating in our home activities helps introduce your child to having “homework” as they do in Kindergarten and the “Power Packs” list the Tennessee Early Learning Developmental Standards (TN-ELDS) that are being addressed as you do the activities with your child. The “TN-ELDS” are the standards for preschool which are called “Common Core Standards,” once your child reaches Elementary School. By participating in these activities, you are preparing your child for a smooth transition into kindergarten. Thank you for choosing us as your preschool option before entering kindergarten. Keep up the good work and don’t forget to look for “Transition Talk” monthly in our newsletter for tips on how you may help your child transition to kindergarten! Rita Mayfield, Assistant Director/Mentor Coach/Education Supervisor

sausage,  
black beans,  
scrambled eggs,  
pepper, corn



pinto beans,  
refried beans,  
scrambled eggs,  
avocado,  
tomato



## add beans to a breakfast tortilla

Beans are a  
low cost source  
of protein, iron  
and fiber.



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## cooking with kids

*Prepare safe meals at home,  
and keep your family healthy.*

1. Clean - wash hands, utensils and surfaces often.
2. Separate - keep foods separate. Use a separate board for cutting raw meat, poultry and seafood. Use a clean plate for cooked foods.
3. Cook to a safe temperature. Undercooked meats can cause food poisoning.
4. Chill foods - Never leave perishable foods out of the refrigerator for more than 2 hours.

*Clean - Separate - Cook - Chill*



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# September

# All About Me

## Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>My Body</b> 	2 Play music, and when the music stops, call out a body part for your child to touch or show you!	3 Playdough is the perfect tool to use to create body parts. Your child can roll out their arms and legs, create an oval for their body, a circle for their face, and more!	4 Get a few colors of stamp pads and let your child create patterns or practice counting using their fingerprints!	5 <b>ACTIVITY PAGE</b> <u>What I Like About Me</u>	6 "Simon says, clap your hands! Simon says, stomp your feet. Simon says, rub your tummy. Simon says, pat your head. Simon says, pull on your ear." The list goes on and on!	7 <b>Weekend Wrap-Up</b> Read and prepare healthy foods to keep your child's body strong!
8 <b>My Feelings</b> 	9 Have your child spread cheese spread on some crackers. Let them add raisins for eyes and nose, and then place pieces of shredded cheese on each cracker to show a smile, frown, or surprise. Then, talk about these feelings!	10 Draw simple emotion faces (sad, happy, silly surprised, scared, angry) on each section of plastic, multi-colored beach ball. Play catch with your child and have them act out the emotion they land on!	11 Teach your child how to catch a bubble (take a deep breath) and then blow it out whenever they are feeling angry or upset.	12 <b>ACTIVITY PAGE</b> <u>"If You're Happy and You Know it"</u>	13 Play different tempos of music and have your child dance their feelings. Stomp their feet for an angry dance! Jump up and down for an excited dance! Swing their arms slowly side to side, looking down for a sad dance!	14 <b>Weekend Wrap-Up</b> Read and plan activities that make your child happy!
15 <b>My Family</b> 	16 Some families are big (spread arms wide) Some families are small (bring arms close together) But, I love my family (cross arms over chest) Best of all!	17 Cut out a paper doll for each member of your family. Let your child decorate each doll using yarn, fabric scraps, crayons, and any other materials you have available!	18 Let your child help you cook a "family" recipe. Go to the grocery store together to get the ingredients and tell them the story of where the recipe came from.	19 <b>ACTIVITY PAGE</b> <u>Family Coupons</u>	20 Create a sensory bin using rice, pictures of family members, small dolls, and magnetic letters. Your child can pull out pictures/dolls and use the letters to spell their names!	21 <b>Weekend Wrap-Up</b> Read and enjoy a family day! Maybe go on a family picnic or watch a movie all together!
22 <b>My Favorites</b> 	23 Glue a picture of your child on the middle of a piece of construction paper. Give them a magazine and have them tear or cut pictures of their favorite things and glue them all around their photo!	24 Spend the day reading your child's favorite books, dancing to their favorite music, and watching their favorite movies or television shows!	25 Play "I Spy" with your child using the favorite colors of all of their family members!	26 <b>ACTIVITY PAGE</b> <u>This or That?</u>	27 Go to your local Humane Society and you and your child can play with some of the animals there. Take a picture of your child with their favorite animal. You could make this an activity you do each week!	28 <b>Weekend Wrap-Up</b> Read and let your child choose their favorite foods for breakfast, lunch, and dinner!
29 Make today all about you! Share stories and pictures of you when you were growing up with your child!	30 End the month by showing your child pictures of them when they were a baby. Tell them the story of the day they were born.	Character Word: Confident- feeling sure of yourself and your abilities Calendar created by: Dr. Pamela B Connor, Educational Trainer and Consultant Calendar translated by: Manuela Rodriguez.				

Books by the Bushel



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### This or That?

Offering your child choices can help develop their ability to make informed decisions. Throughout the day, let your child pick their favorites. Pancakes or cereal for breakfast? A red or blue shirt to wear for the day? Color with crayons or paint with their fingers? Whatever you offer, question why they made the choice they did. Why did you choose this over that? Is your choice your favorite food or color or thing to do? And, why is that the case? Help your child find the words to explain WHY something is their favorite! Having these types of conversations with your child will help them start learning to form opinions, recognize their likes and dislikes, and understand how to defend their choices!



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### What I Like About Me!

by Allia Zobel-Nolan

This book celebrates the differences of each character that makes them so special. At the end of the book, your child can look at their own face in a mirror and decide something about themselves that make them special. After reading this book, play a game with your child called "What I like about me, what I like about you!" Take turns saying what you each like about yourself and what you like about each other. This could become a new bedtime routine!



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