



UCHRA Van Buren County Head Start



3/3/26



March EVENTS

3/2 - 3/6 Dr. Seuss Week

3/7/26 Food Bank Sampson Church 9 AM

3/7/26 MVP/Derby Day 9AM - 12PM

3/9/26 Dentist Visit

3/17/26 Ollie the Otter- 8:30 AM

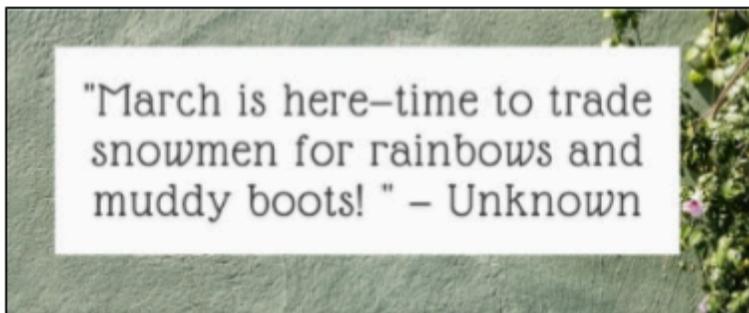
3/19/26 Food Bank Distribution Fairgrounds Spencer 9AM

3/25/26 Prevention Coalition Meeting

3/26/26 Cooking with Mom- 4PM

3/27/26 No School. Parent Teacher Conferences

3/30/25-4/3/26 No School Spring Break



February Perfect

Attendance

Rodrick
Emmanuel
Ezekiel
Kesslynn
Phoenix
Skyler
Zayda
Isabelle
Autumn
Remi
Ruthie
Emma
Liam S.
Clara
Roy Jr.
Axel
Eleanor
Jasper

March Birthdays

Ava
Azilin



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. <https://www.facebook.com/vanburencountyheadstart>





Transition Talk

In March, your child will have the hands-on experience of practicing how to carry a lunch tray in the dramatic play area. They will place play food and drinks on the tray to help them learn how to balance different weights while keeping the tray level as they walk to the table. This activity is one of the many transitional experiences at Head Start designed to prepare children for kindergarten, where they will eat cafeteria-style using lunch trays.

We are also working on helping children develop independence by having them place their papers and items from their cubbies into their backpacks, zip them up, and get them ready to take home at the end of the day. Kindergarten teachers often emphasize self-help skills as essential for success, so we are also focusing on helping children put on their coats and hats, as well as buttoning or zipping them.

Additionally, we encourage parents to support their children's independence by allowing them to use the bathroom on their own, adjust their clothing, wash and dry their hands, and properly dispose of paper towels. These are all daily self-help skills that will be necessary in kindergarten.

After a few weeks of classroom practice, your child will actually transition to cafeteria-style lunch and eat in the gymnasium at Head Start to prepare for Kindergarten.

Don't forget to check out our "**Transition to Kindergarten**" power pack, which provides activities to support kindergarten readiness. We also offer **self-help skills power packs** designed to promote independence in this important area.

Together, we can help ensure a smooth and confident transition to kindergarten for your child!

Rita Mayfield Assistant Mentor Coach/Education Supervisor



Nutrition



baked zucchini sticks

- 4 medium zucchini
- 2 eggs
- ½ cup water
- ¼ cup finely grated parmesan cheese
- 1 ½ cup bread crumbs
- 1 tablespoon dry Italian herbs

1. Cut zucchini into long sticks, about 3 inches long.
2. Microwave zucchini for about 3 minutes. Pat zucchini dry with a paper towel.
3. Mix eggs and water together in a small bowl. Mix cheese, bread crumbs and herbs together in another small bowl.
4. Dip zucchini sticks first into the egg mixture, and then into the bread crumb mixture.
5. Arrange zucchini in rows on a metal baking sheet that has been sprayed with a cooking spray. Broil zucchini sticks for about 12-15 minutes, turning once while cooking.

Makes 4 servings



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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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March

Activity Calendar

Rhyme Time

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Purchase 10 apples in a variety of colors and let your child see how many they can stack. When playtime is over, they get to eat them!	2. Make a sensory bin with apples or small balls, dry oats, and a set of tongs. Let your child pick apples and put them in a basket!	3. Play "hot potato" but with an apple. Pass the apple back and forth, counting to 10 fast! Whomever has it when you reach 10 is out!	4. Cut apples in half and let your child make apple prints by painting each half red, yellow, or green and stamping them on paper!	5. ACTIVITY PAGE <u>Ten Apples Up on Top</u> Click the picture to view our featured book 	6. Apples are hard to balance on your head, but let your child try other items around the house to see what things they can balance on their head!	7. Weekend Wrap-Up Find a recipe for apple pie or apple turnovers and let your child help you bake!
8. Gather any farm animals your child may have and let them mimic the sounds they make, but also let them make rhyming sounds. Ex. Cow says moo! Moo-boo-coo-too-chew-dew-threw, etc.	9. Use masking tape to create shapes on a pan. Put plastic farm animals on each shape. Your child will look at the animal and turn around. Take the animals away and let your child put them back in the right spot!	10. Hide farm animals around your house. Each time you make an animal sound, your child must go and find the animal that makes that sound!	11. Play a copy-cat game. Whatever sound or body move you make, your child copies you. Then, whatever sound or move they make, you copy them!	12. ACTIVITY PAGE <u>Mr. Brown can Moo! Can you?</u> Click the picture to view our featured book 	13. Mr. Brown can moo! Can you? Ms. Red can stand on her head! Can you? Mr. Black can quack! Can you? Ms. Blue says boo! Can you? Have some rhyming fun with lots of different names!	14. Weekend Wrap-Up Add a scoop of ice cream, a cup of milk, and any flavorings, like chocolate or strawberry syrup, to a blender and blend well! You and your child just made a yummy milkshake!
15. Hide magnetic letters or pictures of letters in a sensory bin filled with rice or beans. Each time your child finds a letter, tell them the name and the sound it makes!	16. Help your child write big and small alphabet letters using sidewalk chalk. It is also fun to write their names and the names of their family members and friends!	17. Singing the "ABC" song is exactly the amount of time your child needs to wash their hands to get rid of germs, so sing the "ABC" song every time they wash their hands!	18. Give your child a paper with each letter of the alphabet on it and a highlighter pen. Take a walk and look for things that start with each letter!	19. ACTIVITY PAGE <u>Dr. Seuss's ABC</u> Click the picture to view our featured book 	20. Big and little. Hot and cold. Night and day. These words, and many more you can think of, are opposites. Bring attention to the idea of opposites with your child throughout the day!	21. Weekend Wrap-Up There are many brands of cereal, pasta, and cookies that come in the shape of alphabet letters. Find one of these for your child to eat this weekend!
22. Lie with your child on the grass and look at the clouds. What do they think the clouds look like? Do they see a dog? What about an ice cream?	23. Cut out pictures of animals from books and magazines. Then, cut the images in half. Let your child glue 2 different halves of an animal together to be silly!	24. Fill a small jar with 1 type of candy or object. Ask your child how many they THINK are in the jar. Give them at least a day to look over the jar before making their guess and then count!	25. Challenge your child by asking them questions that start with "do you think you can..." and then follow with a task or action you want to see if they can do!	26. ACTIVITY PAGE <u>Oh, the Things You Can Think</u> Click the picture to view our featured book 	27. Pour different colors of paint into small bowls. Have your child put a spoonful of 2 colors on a piece of paper. Before they mix them, ask what color they THINK the 2 colors will create. Mix and see what happens!	28. Weekend Wrap-Up Get your child to THINK today about what they think would be a silly snack! How about bananas dipped in chocolate or apples sprinkled with cinnamon!?
29. Visit your local library and check out some other rhyming books for your child to enjoy!	30. Rhymes are fun to say while jumping rope! "1-2 buckle my shoe" and "Teddy bear, teddy bear, turn around" are 2 great ones to jump too!	31. "I spy with my eye something that rhymes with _____" Put any word in the blank with an item in your home or out on a walk!	Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant Calendar Translated by: Manuela Rodriguez			
  						
Click on the image to see the 4 books that make up the set.						



Spring Playdough

Follow this recipe to make basic playdough. Mix:

- 1 cup of flour •
- ½ cup of salt
- 2/3 cup of water
- 2 tbsp cream of tartar
- 2 tbsp vegetable oil
- 1 tbsp cornstarch

To turn this basic playdough into spring playdough add petals of flowers or lavender oil/bath salts or just drops of food coloring in spring colors. You and your child can make batches of different types of fun spring playdough to play with all day!



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I See Spring

By Charles Ghigna

Spring is puddles in the street and rainboots on your feet! This book is full of colorful pictures of everything spring! After reading the book, go back through the book and let your child point or tell you which parts of spring they would like to see. Each time they identify something, draw a picture of it on a piece of paper divided into 6 or 8 squares. When each square has a picture on it, you have made a SPRING BINGO card. Make sure to carry the paper with you wherever you and your child go- on a walk, on a car ride- and when you see one of the spring items on the card, let your child color the square. Once all of the squares are colored, yell "SPRING BINGO" and go enjoy a special treat together!



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VAN BUREN COUNTY HEAD START NOW ENROLLING

FREE | THREE-STAR PROGRAM | NAEYC ACCREDITATION

WE OFFER

- ✓ Educational activities that enhance preschool and kindergarten readiness
- ✓ Transportation provided (in the Spencer area)
- ✓ FREE meals (breakfast, lunch, and snack)
- ✓ Support for the whole family

CONTACT US

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