



UCHRA Van Buren County Head Start



5/3/26



- Sampson Food Bank 9 AM - 5/2/25
- Cap & Gown Pictures 8:30 AM- 5/5/26
- End of Year Program 8:30 AM- 5/12/26
- Food Bank Distribution 9 AM- 5/21/26
 - Memorial Day- 5/25/26



Transition Talk

Transitioning to kindergarten is a big step for children. Remember to use the resources you were provided in your Kindergarten Transition Packet in January. We will have a bus training on May 1st for the children to practice riding the "big bus" and going over the rules they must follow. Also we will be providing a Transition Backpack with school supplies to your child at the end of this school to assist with this important transition. We want to express that it has been our pleasure to give your child a "head start" in preparing them for future success on their educational journey. We will be forwarding your child's preschool records to the school you have chosen to enroll your child in sometime in May. If we can be of further assistance please let us know.

Rita Mayfield Assistant Mentor Coach /Education Supervisor

April Perfect Attendance

Haverley
Chloee
Emmanuel
Journey
Kesslynn
Skyler
Zayda
Isabelle
Ellie
Ruthie
Aaliyah
Emma
Liam S
Clara
Roy
Zaylee
Grace
Seth
Axel

May Birthdays

Aaliyah
Ares
Rodrick



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>



May

Activity Calendar

Let's Go Outside

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant Calendar Translated by: Manuela Rodriguez					  	
3. Chasing and popping bubbles are so much more fun outside! Help your child learn how to blow bubbles on their own!	4. Poke some holes in an old plastic container. Go on a bug hunt with your child and find a unique bug to keep in the container. Throw in some grass and a stick, and watch the bug move around, and then let it go!	5. Let your child draw pictures outside using sidewalk chalk. Let them use a spray bottle to spray the chalk, making it more like paint!	6. Take a nature walk and let your child collect flowers along the way. When you return home, create a beautiful bouquet to display on your kitchen table!	7. ACTIVITY PAGE Outdoor Opposites Click the picture to view our featured book 	8. Fill a bucket with water and dishwashing liquid. Add a fluffy sponge and let your child go to work! Wash the car, wash their bike, wash their babydolls. This will keep them happy outside for hours!	9. Weekend Wrap-Up Set up a small tent somewhere outside of your home. Let your child play in the tent all day and maybe fall asleep in it after looking at the stars!
10. Bring reading outside. Set up a cozy spot with a picnic blanket, some pillows, and a basket of books. Enjoy the weather and some good stories!	11. Take a color or shape walk. Show your child pictures of a shape or color and then go on a hunt around your yard or neighborhood to find real items that are that shape or color!	12. Anything you play indoors, bring it outdoors! Playdough, blocks, Legos, even stuffed animals! Fresh air and new surroundings can make old play feel new again!	13. Sticks and stones are great building tools. Your child can stack them to create structures or lay them out to build a roadway or an entire town. Once play is over, return them to nature!	14. ACTIVITY PAGE Making Lemonade	15. A plastic baby pool can serve as a giant sensory bin that you can fill with water and floating toys; dirt or sand and shovels; Jello to stomp on and squish with fingers. So messy and fun!	16. Weekend Wrap-Up Help your child be a "planet pal" and pick up litter around your community or in a nearby park. Let them wear gloves and place items in a bag to throw away!
17. What fun a flashlight can be in the early evening. Flash the light and have your child chase it all over your yard!	18. Bring outside to the inside with a snack of an orange slice (the sun) with pretzel sticks all around it (sun's rays)!	19. Will you let your child paint your house? How about with buckets full of water and large paintbrushes?? Paint away!	20. Count 1-2-3, let your child take off running, and you try to catch them by squirting them with a hose!	21. ACTIVITY PAGE Cloud Watching	22. Wet an area of dirt, add in some spoons, pots and pans, measuring cups, whatever you must make a mud kitchen for your child to whip up some messy goodies!	23. Weekend Wrap-Up Do the hokey pokey! Play hide-and-seek. How about duck-duck-goose? Games are so much more fun outside!
24. If the wind is right, fly a kite! 31. IF the sun is hot, drink water A LOT!	25. When's the last time you threw a Frisbee? No time like the present! Have fun teaching your child how to flick their wrist and watch the frisbee soar!	26. Make your own obstacle course outside! Jump over a large stick; run around a tree 3 times; hop through a maze of rocks. You can change it every time!	27. Don't throw away those Amazon boxes. Those can now be cars, houses, towers, baby cribs, or even containers to hold rock collections!	28. ACTIVITY PAGE Treasure Hunt	29. Don't ever rule out the fun your child will have running through an old school sprinkler!	30. Weekend Wrap-Up Visit an ice cream shop and let everyone enjoy a scoop of their favorite flavor or share a family-friendly banana split!



What Will I Be When I Grow Up?

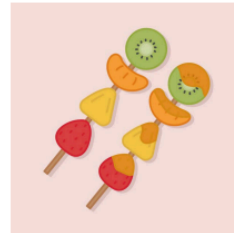
This series of books by Little Ruckus Press explores the many options of what your child might want to be when they grow up! Take a roll of butcher paper and trace your child's body. Let them add their facial features, clothing, hair, etc., using markers, glue, yarn, and any other materials you may have handy! Then use more butcher paper or construction paper and all of your other supplies and help your child make a police officer badge, a chef hat, a microphone for singing, or any other career-related props that they can add to their body tracing each day to show what they might want to be when they grow up!



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

Magic Fruit Wands

Your child can make a little magic by making fruit wands! Grab a few bamboo skewers or paper lollipop sticks; cut up some strawberries, kiwi, cantaloupe, basically, any fruits you have available; and finally, help your child push the fruits onto the sticks or skewers. Keep covered on a cookie sheet in your refrigerator. Anytime your little "chef" wants to pull out a magic wand to enjoy a snack, they will choose the healthy ones they created!



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



french toast

- 1 egg
- ¼ cup milk
- ½ teaspoon cinnamon
- 4 slices whole wheat bread

1. In a medium bowl, whisk the egg, milk and cinnamon until smooth.
2. Dip each slice of bread into the egg mixture.
3. Cook on a lightly greased skillet over medium heat until golden brown on each side.



© Nutrition Matters, Inc. All Rights Reserved. This tipsheet can be reproduced for educational purposes.



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

 (423) 881-5182
 UCVBHEADSTART.ORG

