UCHRA Van Buren County Head Start

10/5/26

Perfect Attendance
September
Dylan
Xion
Kayden
Zayda
Deacon
Emma
Uriah
Clara
Heaven
Zaylee
Eleanor



Learning experiences can be fun for everyone. Children and parents can share the joy of learning and playing while they communicate and grow together. By working together with your child, you are helping to build his/her language and literacy, social and emotional, gross motor, fine motor, and cognitive skills. Remember, you are your child's first and most important teacher, and your home is a primary learning place! Their learning will depend on the opportunities and support that you offer them at home and in their surroundings. So get out there and play together!



10/1/26 - 10/28/26 Candy Drive

10/5/26 Little Caesars Fundraiser

10/12/26 -10/16/26 Fall Break No School

10/15/26 Food Bank Spencer Fairgrounds 9 am-11 am

10/20/26 Open House

10/22/26 Old McDonald Field Trip

10/23/26 Parent Committee Meeting

10/29/26 Superhero/Princess FRN Starting @ 2:30 PM

10/30/26 Trunk or Treat @ Head Start 5 pm-dark



October Birthdays

Emma
Nolan
Mikia

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.





Transition Talk



The greatest factor in learning to read and language development is early exposure to language. By reading to your child every day, you promote and build on your child's language and literacy skills. When you take time to read to your child, sitting them in your lap, holding them, allowing them to turn the pages, asking them questions about the story, you are instilling in them a love for reading. You are your child's first and most influential teacher, they are watching you and when you have a love for reading they see that and often portray that in their everyday life. How many times has your child repeated what you were saying when you had no idea they were even listening? They are always watching, listening and learning what is important to you and that will be important to them. At Head Start, we promote reading to your child through our "Reading Program". We have an onsite library which has books available for check out. Remember to enter your daily reading log time and send it back by the end of the month. You are preparing them for kindergarten when you help them listen for sounds of the letters making the words. Children need to hear the sounds of the letters to establish strong reading skills. Don't forget to review letter sounds using Zoo-phonics at https://zoo-phonics.com to strengthen early literacy skills. You are preparing them for their "transition" to kindergarten and establishing excellent "school readiness" skills. READ! READ! READ! Rita Mayfield, Assistant Mentor Coach/ Education Supervisor

Halloween Health and Safety Tips

S Swords, knives, and similar costume accessories should be short, soft, and flexible.

A Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

F Fasten reflective tape to costumes and bags to help drivers see you.

E Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

H Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

A Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

L Look both ways before crossing the street. Use established crosswalks wherever possible.

L Lower your risk for serious eye injury by not wearing decorative contact lenses.

O Only walk on sidewalks whenever possible or on the far edge of the road facing traffic to stay safe.

W Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

E Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

E Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.

N Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

CS236181-A For more information about these tips, visit: www.cdc.gov/family/halloween Office of Women's Health • 770-488-8190 (phone) • owh@cdc.gov (e-mail) U. S. Department of Health and Human Services Centers for Disease Control and Prevention

nubites™ No. 476

nutrition tips for today's families

make a meal plan

Save time and money.
Reduce stress.

1. Find time to plan.
2. Check the refrigerator, cabinets and freezer.
3. Look at the family calendar.
4. Check your grocery store's weekly ad.
5. Write down a weekly meal plan.
6. Plan to use leftovers.
7. Make your grocery list.



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nutrition tips for today's families

crunchy cereal bars

2 cups shredded wheat cereal
1 cup crisp rice cereal
¼ cup finely chopped craisins or raisins *(optional)*
½ cup peanut butter
2 tablespoons butter
¼ cup honey or maple syrup

1. Crush the wheat cereal into small pieces. Slightly crush the rice cereal. Combine the wheat cereal, rice cereal and raisins together in a large bowl.
2. Melt the butter, honey or maple syrup and peanut butter together in a small pan over medium-low heat. Heat until the mixture is warm and smooth when stirred.
3. Combine the peanut butter mixture and cereal mixture together until well coated.
4. Line the bottom of a 9 inch square baking dish with parchment paper. Press the mixture into the dish with the back of a spatula.
5. Place in the refrigerator for at least 1 hour. Cut into 8 servings.



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October *Feels Like Fall!*

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant **Calendar Translated by: Manuela Rodriguez** Books by the Bushel LLC NWBOC OhioWBE			1. You can use a bag of candy corn to practice counting and exploring concepts like more than/less than or adding/subtracting.	2. Trace a pumpkin pattern on a large paper bag and let your child glue torn pieces of fall colored tissue paper to fill it!	3. Dip pretzels into yogurt that has been mixed with orange food coloring. Freeze them and then enjoy some cold pumpkins when they harden!	4. ***Weekend Wrap-Up*** Visit your local library and check out some fall themed books to enjoy reading this month!
5. 	6. Let your child taste foods that come from the farm. Corn on the cob; apples; tomatoes; carrots; potatoes. You can serve these as part of a meal or just offer a taste for snack.	7. Use the foods from the farm as art tools. Let you child roll paint using a corn cob and dip apple, tomato, and potato slices into paint to make prints.	8. Set up a sensory bin using a plastic container. Fill with different types of beans, measuring cups and spoons, containers, bowls, and kitchen tongs. Fun for hours!	9. ***ACTIVITY PAGE*** **"Fall Wreath"**	10. Grab those toes! "This little piggy went to the market. This little piggy stayed home. This little piggy had roast beef. This little piggy had none. This little piggy went wee, wee, wee, all the way home!"	11. ***Weekend Wrap-Up*** Check into community events such as, hayrides, apple festivals or even corn mazes! So many fun events to "fall" into!
12. 	13. Cows give us milk, but we can make milk even more tasty! Add chocolate or strawberry syrup to a glass of milk OR pour your favorite cereal into a bowl of milk!	14. Pour some fall-colored paints into squeeze bottles and let your child squeeze two colors in a Ziploc bag, seal it shut, and rub the colors together to make a new color. They can do lots of combinations!	15. Fill a sensory bin up with dirt and just enough water to make thick mud. Give your child garden gloves and plastic farm animals to play with in the mud like they do on the farm!	16. ***ACTIVITY PAGE*** **"Pumpkin Bars"**	17. Old McDonald had a farm. E-I-E-I-O! And on that farm, he had a cow, E-I-E-I-O. With a moo, moo here and a moo, moo there. Here a moo, there a moo, everywhere a moo, moo!"	18. ***Weekend Wrap-Up*** Repeat some of your favorite activities from this past week!
19. 	20. Slice up some apples and heat up some caramel to dip them in and you have a tasty fall treat!	21. "Fruit Loops" cereal is full of fall colors. Let your child thread fruit loops on a pipe cleaner or yarn to create different patterns for bracelets or necklaces!	22. Have your child collect a variety of leaves and small sticks they can use to create butterflies or other "leafy" insects!	23. ***ACTIVITY PAGE*** **"Sensory Walk"**	24. There was a farmer who had a dog and Bingo was his name-o! BINGO. BINGO. BINGO and Bingo was his name-o. Keep singing the song but each verse, clap out a different letter until they are all claps!	25. ***Weekend Wrap-Up*** Visit a local pumpkin patch or farm and pick out a pumpkin to carve next week!
26. 	27. Set up a tray with playdough and fall themed cookie cutters- leaves, pumpkins, moon shapes, bats, etc. for your child to have some fun with!	28. If you haven't done it yet, it's time to carve a pumpkin! Let your child scoop out the seeds and the "goop", they will love it	29. Take the seeds from the pumpkin, toss them in olive oil, sprinkle some salt, and roast in a 300* oven for 20 minutes!	30. ***ACTIVITY PAGE*** ***Farm Animals: STEAM*** Click the picture to view our featured book 	31. "Leaves on the trees are falling down, falling down, falling down. Leaves on the trees are falling down, let's pick them up!"	