UCHRA Van Buren County Head Start



Upcoming Events

9/7/26: Labor Day-No School

9/8/26: Mental Health Committee Meeting

9/10/26: Fall Picture Day

9/18/26: Parent Committee Meeting

9/18/26: St. Jude Trike-a-thon

9/21/26: Home Visits

9/24/26: Health, Job & Education Fair

9/30/26: Safety Committee

August Perfect Attendance

Haverly
Journey
Phoenix
Zayda
Isabelle
Deacon
Trinton
Wremy
Remi
Emma
Uriah
Clara
Heaven
Mikia
Ivy

August Birthdays

Trinton

Uriah

Haverley



If you are currently not part of our Facebook family, **Like** and **Follow Us @** [Van Buren County Head Start](). 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 given the opportunity to serve on our policy council which introduces 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



nubites™ No. 505

nutrition tips for today's families

roast a pan of chopped vegetables



1. Toss sweet potatoes, broccoli and cauliflower florets with oil and a little salt.
2. Roast at 450°F for 15 to 20 minutes or until soft on the inside and crispy on the outside.

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nubites™ No. 502

nutrition tips for today's families

baked apples



3 apples
Choose a firm, sweet apple, like honeycrisp.
1 tablespoon butter, cut into small pieces
½ teaspoon cinnamon

1. Rinse the apple, remove the core and cut into small pieces.
2. Place the apples in a square baking pan. Sprinkle the butter and cinnamon on top of the apples.
3. Bake in a 375°F oven for 10 to 15 minutes, just until the apples are tender.

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September *Sharing*

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. Summer is over. Are there any summer toys or clothes that your child has outgrown? If so, share them with a local charity!	2. Teach your child the phrase "Sharing is caring." Explain that when someone shares, it means they care about you and your feelings.	3. ***ACTIVITY PAGE*** **That's Mine!** Click the picture to view our featured book 	4. Simple acts such as tossing or rolling a ball back and forth teach your child early sharing skills.	5. ***Weekend Wrap-Up*** Visit your local library to find books on sharing and caring. Sharing books is what a library is all about!
6. *Learning to Share*	7. Before a playdate, help your child choose some toys to put in a "share bin". These are toys your child has agreed to share with a friend, so there won't be any arguments once the friend arrives.	8. Use a kitchen timer if sharing a particular toy is hard for your child. When the timer goes off, your child's friend or sibling gets a turn! When it goes off again, your child gets their turn!	9. Role play sharing with your child, teaching them terms like "may I have a turn" or "you can play with it next." Learning these phrases will help your child negotiate sharing things with others.	10. ***ACTIVITY PAGE*** **"Sharing Bag"**	11. Make sure to praise your child for sharing and taking turns with others. Give your child positive feedback using specific words, "I like the way you let your friend use your crayons. You are sharing!"	12. ***Weekend Wrap-Up*** Volunteer or share your time at a local food bank or humane society with your child today!
13. *Taking Turns*	14. Play games with your child that involve taking turns. Taking turns teaches sharing skills because of the back-and-forth nature of waiting for your turn.	15. Do an activity with your child using limited materials, such as an art project with only 1 glue stick. To complete the activity together, you will need to take turns and share.	16. Use a chore chart with your child where they have a different chore each day or week. There will be some they like more than others, but they must wait their turn to do it!	17. ***ACTIVITY PAGE*** **"Sharing Box"**	18 . Start a tradition for Friday night game or movie night. Each family member gets to take a turn choosing what game to play or movie to watch. Taking turns is sharing!	19. ***Weekend Wrap-Up*** Let your child help you make the weekly grocery list. They can share their favorite foods with you!
20. *Sharing the Past*	21. Share a family recipe with your child and make dinner or a sweet treat with them! Make sure the recipe is written down so you can pass it on when they get older!	22. Go through old photos of your family and share stories with your child about what was happening in the photo. This is a way to share family memories!	23. Take your child to share time with a grandparent or an older neighbor who might need some company!	24. ***ACTIVITY PAGE*** **"Share your Talents"**	25. Have a dance party with your child and share some of the music that you listened to as a child for them to dance to!	26. ***Weekend Wrap-Up*** Share your bed with your child for one fun night! Watch a movie and snuggle in together for a cozy night's sleep!
27. *Sharing to be Safe*	28. Share with your child a secret word that only you and they know for them to use if they are in a situation that is making them uncomfortable!	29. Share with your child a secret word that only they and anyone who is allowed to pick them up from somewhere knows, so that they can stay safe!	30. Share with your child a meeting place outside where they would go if there were ever a fire in your house!	**Calendar created by: Dr. Pamela B Connor, Educational Trainer and Consultant** **Calendar translated by: Manuela Rodriguez.** Books by the Bushel		

That's Mine!

by Sumana Seeboruth and Ashleigh Corrin

The main character in this book does not want to share. In fact, she thinks everything is "mine" until she sees other friends playing together without her. She quickly realizes that if she shares, friends will play with her! A lesson about sharing that is important for your child to learn is that sharing doesn't mean they have to give up what they are playing with at that moment, all the time. Sharing means taking turns. Using words like, "When I am done, I will let you have a turn," or asking, "When you finish with the book, may I read it?" Practice sharing scenarios with your child by using phrases like these. Sometimes, children don't have the words to express their wants and needs. By role-playing with them, you give them the tools to communicate and be good friends who know how to share!



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Sharing Bag

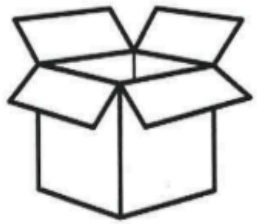
This is a way to teach your child the fun game of "21 Questions." Put some item in a bag that you can't see through. Your child can only ask you "yes or no" questions as they try to guess what's in the bag before they reach having asked 21 questions. After you have a turn putting something in a bag to be guessed, they will have a turn to do the same. This game teaches taking turns, how to ask and answer close-ended questions, how to gather clues to make an informed guess, and so much more!



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Sharing Box

You will need to purchase or use a sturdy box you already have with flaps that open on the top. On the top of the box, write or use stickers to make this message, "Need a book? Take a book! Have a book? Leave a book!" Place some books that you and your child no longer read and would love to share with others. Your child can decorate the box with markers or paint and stickers and glitter. Whatever they want to make the box look appealing! Leave it out by your mailbox where neighbors who are taking walks or are out on bike rides can take advantage of your generosity and leave books they would like to share as well. Make sure to bring the box in each day in case of bad weather!



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Share Your Talents

Everyone has a talent. It might be singing or drawing or cooking or dancing, just to name a few! Take advantage of your family's talents and share them with each other and friends. If dancing and singing or even telling jokes are the things your family members do well, have a talent show! Each family member gets to perform and entertain each other! If cooking or drawing are favorite things in your home, then bring out art supplies to make place mats and cook up something special with your little chef! Everyone has a talent, but it has to be nurtured and given opportunities to practice it!



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