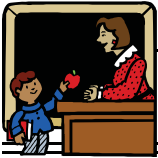


UCHRA VAN BUREN COUNTY HEAD START HAND IN HAND TOGETHER WE CAN



TEACHER'S CORNER

UCHRA Van Buren
County Head Start

December 1, 2010

Quick Click: 7 Ways to Help Your Child Become an Independent Thinker

It's easy for young children to follow the crowd. Keep these tips in mind to help your child learn how to think for himself.

Encourage decision-making. The groundwork for thinking independently is the ability to make choices. Start with small choices, such as which book to read. Of course, it's important to structure the choices so that all options are acceptable to you.

Share your opinions. Model independent thinking by sharing your own thoughts.

Discuss favorites. Encourage your child to share his thoughts about the things that are his "favorite." Discuss everything from his favorite songs and books to places to visit.

Celebrate all answers. Your child's opinions are personal. It's essential to accept his opinions without bias.

Be a good listener. Perhaps the best way to encourage your child to think and speak for himself is to show you care by really listening.

Give specific praise. Reinforce independent thinking by praising your child's thoughts.

Acknowledge honesty. Encourage your child to say what he really thinks, not just what he thinks you expect to hear. Do this by asking him what he thinks!

—Ellen Booth Church

PERFECT ATTENDANCE

Logan Campbell
Morgan Campbell
Nathaniel D'Angelo
Dudley Delong
Benjamin Hillis
Natalie Jennings
Macey Lewis
Jasmine Miller
Shayla Songer
Wesley Songer
TJ Walker
Jasmine Waller
OC Woodlee
Taylor Zea


Parent Committee Float

The Spencer Christmas Parade will be on Sunday, December 12, 2010. Parents or family volunteers need to be there early, about 11am, to help get the Parent Committee float put together on site, which is the fair ground. Children wishing to ride on the float need to be there by 1pm in order to get permission slips signed.



The children are very excited to build birdhouses for their parent for Christmas! Don't miss out on sharing in with this great experience with your child!

EVENTS COMING IN DECEMBER

Thursday 2nd	Field trip Little Mtn. Tree Farm	Monday Dec.20th to Tuesday Jan. 4th	NO SCHOOL Holiday Break	Congratulations to our winners at the Health Fair! Heather Woodlee won the Christmas reindeer decoration, and Naoma D'Angelo won a ball cap.
Thursday 8th	Bird House Building Male Involvement	HAPPY HOILDAYS SEE YOU NEXT YEAR !!!!!		
Thursday 16th	Children Holiday Party			

Health & Nutrition

Flu Season has arrived

Continued from last issue

If your child gets sick: What to expect

The flu makes most people feel sick all over. Common flu symptoms are fever, cough, sore throat, runny or stuffy nose, body aches, headache, dizziness, chills, and fatigue. Some also might have vomiting and diarrhea. Many people who get the flu can feel sick for five to seven days. Most children (and adults) get better with home treatment; they do not need to see the doctor or take special medicines.

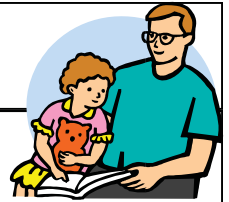
If your child gets sick, follow these tips:

- Keep your sick child home from school and other activities.
- It's not easy, but try to keep your sick child away from siblings and others in your family so the illness does not spread.
- Keep hands and surfaces clean.
- Keep coughs and sneezes covered
- Teach children to use tissues for sneezing and coughing.

If a tissue isn't available, teach them to sneeze or cough into their elbow, to keep germs off hands.

More information continued in next moth issue

<http://www.childrensnational.org/ForPatients/PatientEducation/SeasonalFluAndH1N1FluInformationForParents.aspx>



Strong Families Spend Time Together

Spending time together is an important part of building the strength of your family. Children and adults feel a sense of belonging when they can play, work, laugh, and cry together. Family traditions such as holidays, birthdays, trips, and special family events build memories. Children learn to bring balance to their lives when they see their parents setting aside time for what they value. They also learn how much they are valued and loved when their parents give them what counts most - their time.

SUGGESTED FAMILY ACTIVITIES

1. Pick an afternoon or evening, and allow family members to choose their favorite games. Play as many as you have time for. Set another date later in the month to play the others.
2. Plan a day to clean the yard as a family. Give each member an appropriate task, such as raking leaves, planting bulbs, making repairs, touching up paint, stacking firewood, or cleaning gutters.

DECEMBER BIRTHDAYS

- | | |
|-------------------|----------------|
| Zachary McQuiston | Ava Blanton |
| Shayla Songer | Jasmine Miller |
| Natalie Jennings | Macey Lewis |
| Jasmine Waller | Abby Songer |



What do you do when you receive a beautifully wrapped gift? I look at the shape, feel its size and weight, try to get a clue from the wrapping paper about where it was purchased and check for hints on the ribbon - all in an attempt to work out what is inside! Somehow by taking my time opening the present, the contents are just that bit more exciting. A picture book is like a beautifully wrapped gift. Discerning readers can discover clues about the content if they know where to look. Here's how to help your little detective unwrap a story. **Picture Book Super Sleuths** Before you begin... (not necessary, but sure adds to the fun!) Choose a quality hard cover picture book your child hasn't read before and tie a piece of string around it. Then wrap it in plain brown paper together with a magnifying glass. I picked one up from a discount store for only a couple of dollars. Put the wrapped book on your child's bookshelf with their other books ready to be found (alternatively put the book under your child's pillow or in their library bag). **Mystery Book** Obviously you'll have to feign excitement. "What's this?! It's very mysterious. We'd better open it and see what it is." If your child hasn't used a magnifying glass before you will have to explain what it is and how it works. Your child will probably notice quickly that the book is tied shut. Suggest that perhaps you need to use the magnifying glass to find some clues about the story before you untie it. **Front Cover Clues** Some young readers will already be good at making predictions about the story based on the cover illustration. If there is a character on the cover, try asking questions such as "What is he doing?" and "How do you think he is feeling?" to help your child get more out of the illustration. Use the magnifying glass to explore the cover and find what else is in the picture. Finally, read the title and author aloud. **Spine Tintling** Turn the book over but stop as you pass the spine. The magnifying glass will come in handy here for reading the title and author again, and checking for any extra clues. **Exciting Endpapers** Untie the string and open the front cover. Hardbacks traditionally use endpapers to hold the cover to the pages of the book. Endpapers can be a simple pattern or an extremely complex illustration, but they are always intentionally chosen. If the connection to the story is clear you are likely to find more clues about the content of the story, but it could also be quite mysterious and not make sense until the book has been read. **Titillating Title Pages** This is the final stop on your clue hunt. Read the title of the book for the third time with the magnifying glass. Your child might be able to do it on their own this time, even if they are a pre-reader. Ask, "Is there anything on the title page we have seen before? Anything new that we haven't seen?" **Clue Wrap-up** Go back to the front cover, spine, blurb, endpapers and title page to summarize the clues you and your child found together. "So we think this book is about.... Let's see if we're right!" It only takes a few minutes to unwrap a picture book together. In the process your child is developing all-important predicting skills, identifying parts of a book, locating information, and making connections between words and pictures.

Van Buren County Head Start Menu December 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		1. B. Milk, *Apricots, Muffins L. Milk, ***Vegetable Kugel (Squash, Potatoes, Cornmeal), Salisbury Steak, Applesauce S- **Orange Juice, Vanilla Wafers	2. B. Milk, Cheerios, 1/2 Bananas L. Milk, *** Swedish Meatballs (Ground Beef), Noodles, Pears, Green Beans S. **Tomato Juice, Cheese Toast	3. No School
6. B. Milk, Applesauce, Muffins L. Milk, Baked Ham,***Czech Style Sauerkraut(potatoes, Kraut), Green Beans, Rolls S. **Orange Wedges, Yogurt	7. B. Milk, **Pineapple Chunks, Bagel w/ Cream Cheese L. Milk, Ground Beef Taco Salad, Taco Shells, Lettuce, *Tomato Wedges, Cheese, Taco Sauce, ** Sliced Grapes S. Milk, Graham Crackers	8. B. Milk, Biscuit & Gravy, *Tomato Wedges L. Milk, *** Dutch Pea Soup (Peas, Potatoes, Ham), **Peaches, Rye Bread S. Cheese Wheat Toast, Apple Juice	9. B. Milk,**Cut Pears, Cream-of-Wheat L. Milk, ***Chili w/ground beef and beans, Grilled Cheese Sandwich, Fruit Cocktail S. Milk, Animal Crackers	10. No School
13. B. Milk, Biscuit, Gravy, *Tomatoes Wedges L. Milk, Fish Patty, Baked Potato, **Cole Slaw, Wheat Bread , Ketchup, Butter S. Yogurt, Graham Crackers	14. B. Milk, Cheerios, 1/2 Bananas L. Milk, *** Swedish Meatballs (Ground Beef), Noodles, Pears, Green Beans S. **Orange Juice, Vanilla Wafers	15. B. Milk, Oatmeal,*Diced Peaches, L. Milk, Sloppy Joe (Ground Beef), **Orange Slices, Curly Fries, Bun, Ketchup S. Milk, Cheese on Wheat Toast	16. B. Milk Scrambled eggs, Biscuit, *Apricots L. Milk, Chicken Patties, Corn, Mashed Potatoes, Rolls S. **Apple Juice, Granola Bars	17. Christmas Break
20. Christmas Break	22. Christmas Break	23. Christmas Break	24. Christmas Break	25. Christmas Break Rest of Month Return Jan. 4th

*Vitamin A - Every Other Day **Vitamin C - Every Day ***Recipe on File New Food for the Month: Swedish Meatballs

Early Years

WORKING TOGETHER FOR A GREAT START

December 2010

**KID
BITS**



Family traditions

Traditions can strengthen relationships and bring your child comfort. Notice which activities your family shares regularly, and try to stick with ones your youngster especially enjoys. They might be as simple as blowing good-bye kisses through the school bus window. Or they could involve a special holiday dish or a birthday morning ritual.

Respecting property

Teach your youngster that taking care of property is respectful. You might point out that replacing the cap on the toothpaste shows respect for the next person who brushes her teeth. Or explain that keeping your table clean in a restaurant is respectful toward the waiter who will clear it.

Introducing homework

Help your child get into the homework habit. If he doesn't have regular assignments yet, set aside a few minutes each evening for him to practice something he did in school. Suggest that he write words he knows on a chalkboard or show you which objects float in the bathtub.

Worth quoting

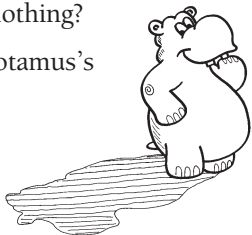
"It's okay to make mistakes. Mistakes are our teachers—they help us to learn."

John Bradshaw

Just for fun

Q: What's as big as a hippopotamus but weighs nothing?

A: A hippopotamus's shadow.



Compliments of
UCHRA Van Buren County Head Start

Number games

Games that involve counting, estimating, and sequencing can spark your youngster's interest in numbers and help her do well in math. Together, play these games that use items you probably have around the house.



Count and build

Gather blocks and a deck of cards, and let your child practice counting and recognizing numbers. Put the cards (face cards and jokers removed) facedown in a pile. Take turns drawing a card, saying the number (ace = 1), and stacking that many blocks. For example, draw a nine and make a tower that is nine blocks tall. Build a new tower on each turn (keep your old ones, too), and see who has the tallest one after three rounds.

Grab and estimate

Can your youngster tell at a glance how many objects she sees? Improve her number sense with this game. Fill a bowl with 20 same-sized objects (marbles, pennies). Take turns grabbing a small handful and putting them on a plate.

Estimate how many you picked up. Then, check your estimate by counting the items. After a few tries, your child may discover that she's getting more accurate.

Pick a number

Add some math practice to tic-tac-toe. Draw a grid with three rows and three columns, and help your youngster write the numbers 1–9 in the squares. Give each player a different kind of token (buttons, dry beans). To play, decide on a square to claim (4), and say the number that comes before it (3) and the number after it (5). Place your marker in your square. Cover three spaces in a row to win.♥

Organized for a new year

Take advantage of winter break to help your child get organized. That way, he'll be ready to jump into the second half of the school year.

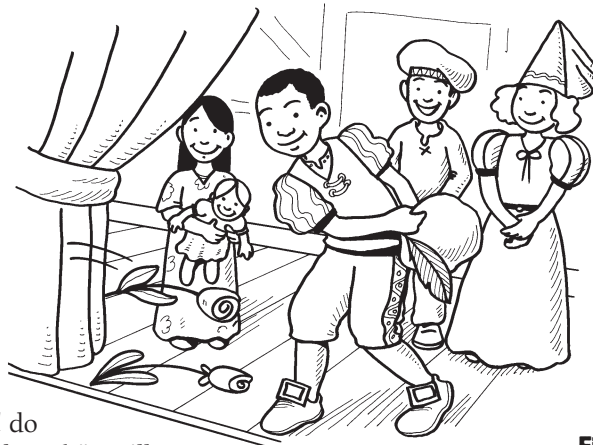
- Get supplies in order. Give your youngster a plastic cup for storing each type of material: pencils, crayons, safety scissors, and glue sticks. A box lid is good for storing writing paper and construction paper. Fresh, accessible materials will encourage him to practice writing letters and cutting and pasting.
- Organize your coat closet. If possible, place hooks at your child's level where he can hang his coat and school bag. Ask him to clear a spot on the floor for shoes and make room for a basket to keep mittens and hats. He'll be more likely to put things away if he helps decide where they go.♥



Confident me!

Confident students learn more. That's because they're willing to try new things and take "good" risks. Use these suggestions to help your child develop strong self-esteem.

Focus on effort. Encourage your youngster to feel proud when he tries hard, not just when he succeeds. If he's learning about rhyming words, you might say, "Friend and sand do sound a lot alike—how about *band* and *sand*?" He'll feel confident trying again.



Encourage him to try. Doing something new, like being in the class play, may seem difficult to your child. If he knows you're there to support him, he'll feel more secure. Offer suggestions ("We'll work on your lines a little each day"), and let him ease into the situation (have him perform in front of your family first).

Find success. Help your child discover activities that allow him to be successful. For example, he might feel confident in a parent-child basketball or T-ball class before joining a team. Or look for activities that are known to boost self-esteem, such as Scouts or Tae Kwon Do. Together, celebrate milestones like earning badges or belts.♥

Q & A Finding babysitters

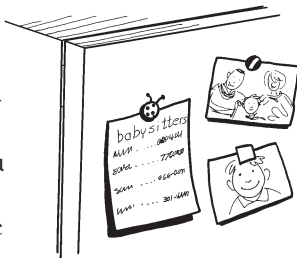


Q: How can I find babysitters for evenings or weekends? And how can I make sure they'll take good care of my son?

A: Word of mouth is usually the best way to find a sitter. Ask friends and neighbors who they use or whether they have children in high school or college who can sit. If your son's in day care, his provider might recommend a sitter.

Start by calling potential sitters until you find one who sounds like she might work out. Then, have her come over so you can watch her interact with your child. If you like what you see, try her out. Write down instructions ("Please give Tyrone a rice cake and milk around 7 p.m."), and go over rules ("You can talk on the phone after bedtime, but no guests").

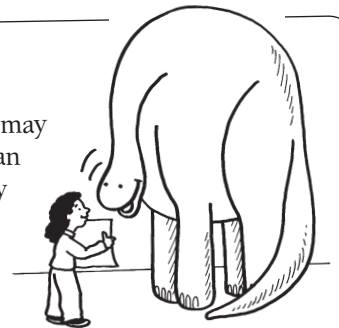
Afterward, ask your youngster what they did and if he had fun. If he seems comfortable with the sitter, you might hire her again.♥



Talk about drawings

When your youngster shows you a drawing, you may be unsure whether it's a dinosaur or a flower. You can help her develop her thinking and language skills by talking about her picture. Try these ideas:

- Let your child tell you about what she drew. Then, ask questions that will encourage her to think. For instance, if she says she drew a scary dinosaur, ask her what makes it scary. You might also ask her why she chose orange or if she can think of other orange animals.
- Suggest that your youngster make up a story about her picture. Start by having her tell you what the dinosaur is doing. React to what she says. ("Really? That sounds interesting!") Help her move her story along. ("Then what happens?") As she tells her tale, she'll practice using language and expressing herself.♥



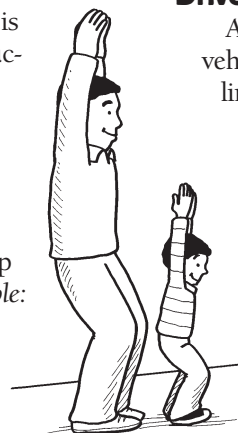
ACTIVITY CORNER

Following directions

Teachers know that following directions is an important skill for school success. These activities will give your child practice when he's at home.

Strike a pose

Choose a silly pose and give your child directions—one step at a time—to copy you. *Example:* "Bend your knees. Close your eyes. Put both hands straight up in the air." Then, let him pick a pose for you.



Drive a car

Ask your child to choose a toy vehicle. Have him pick a starting line (say, the kitchen doorway), and you secretly think of a destination. Give him "driving directions" through the house to reach the finish line (down the hall, under the table, into the guest room). *Idea:* Let him ride his bike or scooter outside, and give him directions through your neighborhood.♥

OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

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Early Years

TRABAJANDO JUNTOS PARA UN GRAN COMIENZO

Diciembre de 2010

NOTAS BREVES



Tradiciones familiares

Las tradiciones pueden reforzar las relaciones y facilitar que su hija se sienta a gusto. Fíjese en las actividades que su familia hace con regularidad y procure insistir en las que agradan en especial a su hija. Podría ser algo tan sencillo como lanzarse besos de despedida por la ventana del autobús escolar. O podrían consistir en cocinar un plato especial para las fiestas o en un ritual la mañana del cumpleaños.

Respetar las cosas

Enseñe a su hijo que cuidar las cosas es respetuoso. Podría indicarle que tapar el tubo de la pasta de dientes muestra respeto por la siguiente persona que se lava los dientes. O bien explíquelo que no ensuciar la mesa en un restaurante es una señal de respeto al camarero que la limpia después.

Deberes escolares

Ayude a su hijo a acostumbrarse a los deberes. Si no tiene todavía tarea con regularidad, dediquen unos cuantos minutos cada noche a que practique algo que hizo en la escuela. Sugíerale que escriba en una pizarra palabras que conoce o que le diga qué objetos flotan en la bañera.

Vale la pena citar

“Está bien cometer errores. Los errores son nuestros maestros: nos enseñan a aprender”. *John Bradshaw*

Simplemente cómico

P: ¿Qué es tan grande como un hipopótamo pero no pesa nada?

R: La sombra de un hipopótamo.



Compliments of
UCHRA Van Buren County Head Start

Juegos de números

Los juegos que incluyen contar, calcular y formar secuencias pueden despertar en su hija el interés por los números y ayudarla a triunfar en matemáticas. Jueguen a estos juegos que aprovechan objetos que probablemente tienen en casa.

Contar y construir

Reúnan bloques y una baraja de cartas y que su hija cuente e identifique números. Coloque las cartas (retire las de figuras y los comodines) boca abajo en un montón. Saquen un naipe por turnos, diciendo el número (as = 1) y haciendo la cantidad correspondiente de bloques. Por ejemplo, si sacan un nueve tienen que hacer una torre con nueve bloques. Construyan una nueva torre en cada turno (conservando las anteriores) y vean quién tiene la torre más alta al cabo de tres turnos.

Agarrar y calcular

¿Puede decir su hija cuántos objetos ve de un vistazo? Mejore su sentido de los números con este juego. Llenen un cuenco con 20 objetos del mismo tamaño (bolitas de cristal, centavos). Túrnense agarrando un puñadito y colocándolos en un plato. Calculen cuántos han agarrado. A continuación



comprueben su cálculo contando los objetos. Al cabo de unos cuantos intentos su hija descubrirá que calcula con más precisión.

Elegir un número

Añada algo de práctica matemática a las tres en raya. Dibuje un recuadro con tres filas horizontales y tres columnas y ayude a su hija a escribir los números 1-9 en los recuadros. Dele a cada jugador un tipo distinto de ficha (botones, frijoles). Para jugar, decidan qué recuadro quieren (4) y digan el número que lo precede (3) y que lo sigue (5). Coloquen su ficha en su recuadro. Cubran tres espacios seguidos y ganen. ♥

Organizados para un nuevo año

Aprovechen las vacaciones invernales para ayudar a su hijo a que se organice. Así estará listo para empezar la segunda parte del curso escolar.

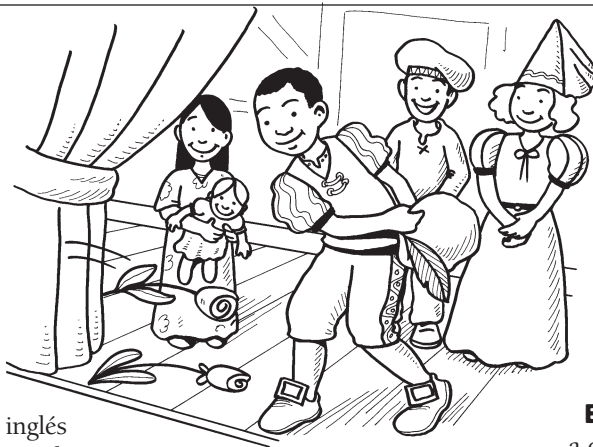
- Ordenen el material escolar. Dele a su hijo un vaso de plástico para que guarde cada tipo de material: lápices, crayones, tijeras infantiles y barras de pegamento. La tapa de una caja es buena para guardar papel de escribir y cartulina. Los materiales en buenas condiciones y al alcance de la mano animarán a su hijo a practicar la escritura de las letras así como a cortar y pegar.
- Organicen el armario de los abrigos. Si fuera posible coloque ganchos a la altura de su hijo para que pueda colgar en ellos su abrigo y su cartera. Pídale que limpie un lugar en el suelo para sus zapatos y que haga sitio para una cesta para los guantes y los gorros. Le será más fácil colocar sus cosas si ayuda a decidir dónde hay que colocarlas. ♥



¡Con confianza!

Los niños seguros de sí mismos aprenden más. Esto sucede porque no les importa probar cosas nuevas y se atreven con riesgos “buenos”. Use estas sugerencias para ayudar a su hijo a fortalecer la autoestima.

Concéntrese en el esfuerzo. Anime a su hijo a sentirse orgulloso cuando se esfuerce a fondo, no sólo cuando triunfe. Si está aprendiendo a rimar palabras en inglés usted le podría decir: “*Friend* y *sand* se parecen bastante, ¿pero qué te parecen *band* y *sand*?” Así le ayudará a ganar confianza y a intentarlo otra vez.



Animelo a intentarlo. Hacer algo nuevo como actuar en la obra de teatro en clase puede parecerle difícil a su hijo. Si sabe que usted lo apoya se sentirá más seguro. Ofrézcale sugerencias (“Nos estudiaremos unas cuantas líneas cada día”) y facilítele que practique la nueva situación (que represente antes frente a su familia).

Encuentren el éxito. Ayude a su hijo a descubrir actividades que le permitirán triunfar. Por ejemplo, quizá se sienta seguro en clases para padres e hijos de baloncesto o de T-ball antes de apuntarse a un equipo. Busquen actividades que fortalecen la autoestima como los Scouts o el Tae Kwon Do. Celebren juntos logros como el que gane insignias o cinturones.♥

P&R Encontrar niñera

P: ¿Cómo puedo encontrar una niñera para las tardes o los fines de semana?

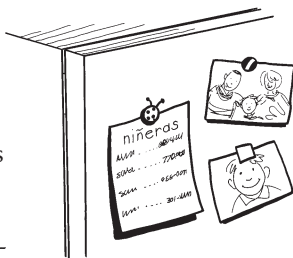
¿Y cómo puedo estar segura de que cuidará bien a mi hijo?

R: Los comentarios de sus conocidos son normalmente la mejor forma de encontrar niñera. Pregunte a amigos y vecinos a quién emplean ellos o si tienen hijos en el instituto o la universidad que pudieran hacer el trabajo. Si su hijo está en la guardería pregunte allí si pueden recomendar a una niñera.

Llame a las posibles niñeras hasta que hable con una que le cause buena impresión. Dígale

que venga a su casa para ver cómo interactúa con su hijo. Si le gusta lo que ve, póngala a prueba. Escriba sus instrucciones (“Dale un pastelito de arroz y un vaso de leche a Tyrone a las 7 de la tarde, por favor”) y repase con ella las normas (“Puedes hablar por teléfono después de acostar a mi hijo, pero nada de invitados”).

Después pregúntele a su hijo qué hicieron y si se divirtió. Si parece cómodo con la niñera, podría contratarla otra vez.♥



Comentar los dibujos

Cuando su hija le enseña un dibujo, puede que no esté segura de si es una flor o un dinosaurio. Usted puede ayudarla a que desarrolle las habilidades de pensamiento y de lengua cuando comenten su dibujo. Ponga a prueba estas ideas:

- Que su hija le explique lo que dibujó. Hágale luego preguntas que la animen a pensar. Por ejemplo, si le dice que dibujó un dinosaurio terrible pregúntele por qué es terrible. Podría también preguntarle por qué lo pintó naranja y si puede pensar en otros animales de color naranja.
- Sugírela a su hija que escriba un cuento sobre su dibujo. Que le diga para empezar qué está haciendo el dinosaurio. Reaccione a lo que le cuente. (“¿De verdad? ¡Qué interesante!”) Ayúdela a que continúe la historia. (“¿Qué ocurre después?”) Al contarle el cuento a usted practicará el uso del lenguaje y la expresión.♥



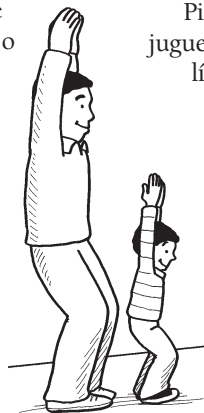
RINCÓN DE ACTIVIDAD

Seguir instrucciones

Los maestros saben que seguir instrucciones es una habilidad importante para triunfar en los estudios. Su hijo la practicará en casa con estas actividades.

Haz una pose

Adopte una pose extravagante y dele instrucciones a su hijo— cada paso de uno en uno— para que la copie. *Ejemplo:* “Dobla las rodillas. Cierra los ojos. Levanta los brazos”. Luego, que él adopte una pose para que la copie usted.



Manejar un auto

Pida a su hijo que elija un auto de juguete. Dígale que decida dónde está la línea de salida (digamos que la puerta de la cocina) y usted piense en secreto en el punto de llegada. Dele “instrucciones de manejo” por la casa hasta llegar al punto de destino (sigue el pasillo, por debajo de la mesa, dentro del cuarto de huéspedes). *Idea:* Que salga con su bici o el patinete y dele instrucciones por las calles de su barrio.♥

NUESTRA FINALIDAD

Proporcionar a los padres ideas prácticas que promuevan el éxito escolar, la participación de los padres y un mejor entendimiento entre padres e hijos.

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