

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

**UCHRA Van Buren
County Head Start**

January 1, 2012

**It's time to make your New
Years Resolutions!**

Don't forget to make a resolution concerning your child's education. Resolutions regarding your child's education can be as specific as teaching your child to tie their shoes or as broad as just becoming more involved at your child's school.

By committing to a resolution for your child's education, you will be making the rest of the school year a productive one. Now is the time to get your child moving towards their future whether it's going on to kindergarten or back to another great year at Head Start.

Falling Snow
by anonymous

See the pretty snowflakes
Falling from the sky;
On the wall and housetops
Soft and thick they lie.

On the window ledges,
On the branches bare;
Now how fast they gather,
Filling all the air.

Look into the garden,
Where the grass was green;
Covered by the snowflakes,
Not a blade is seen.

Now the bare black bushes
All look soft and white,
Every twig is laden,
What a pretty sight!

Make time this year to read to
your children.
Remember to send me your
child's list of books you read for
the top reader program.

Happy New Year
Tina Young
Literacy Assistant

**PERFECT
ATTENDANCE**

DECEMBER

- Robert Chadwick**
- Layla Frady**
- Ayla Grissom**
- Corlie Grissom**
- Ellie Grissom**
- Katheryne Hale**
- Lowen Howard**
- Lovell Knasel**
- Summer Knasel**
- Macey Lewis**
- Zachary McCluskey**
- Kaleb Pandy**
- Aidan Rigsby**
- Kyson Sullivan**

Health

New Year's Day has long been a time for reflection on the personal changes we want to make as we look forward to a happy new year. Health-related goals are popular New Year's resolutions, but you may not know where to begin. Below, you'll find ways to get and keep a Healthy You, Healthy Family, and Healthy Home. Make health your resolution.

Healthy You

Make healthy food choices. Grab a healthy snack such as fruit, nuts, or low-fat cheese.

Be active. Try simple things such as taking the stairs instead of the elevator. Be active for at least 2 $\frac{1}{2}$ hours a week.

Protect yourself from injury or disease by wearing a helmet, sunscreen, or insect repellent when necessary.

Make an appointment for a check-up, vaccination, or screening. Know where to go for care if you do not have health insurance.

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.

Be smoke-free. If you think you're ready to quit, call 1-800-QUIT-NOW for free counseling.

Get enough sleep. Remember that sleep is a necessity, not a luxury.

Healthy Family

Learn how to be healthy before, during, and after pregnancy.

Reduce auto-related injuries by using seat belts, child safety seats, and booster seats that are appropriate for your child's age and weight.

Learn positive parenting tips to keep teens safe on the road.

Lower the risk of food borne illness as you prepare meals for your family.

Serve healthy meals and snacks.

Encourage and support physical activity.

Gather and share family health history.

Encourage family members to get check-ups and screenings. Make sure they know where to go for care if they do not have health insurance.

Get pets vaccinated and keep pets healthy.

Add the 5 Minutes or Less for Health widget to your website to get new health tips each week.

Healthy Home

Go green. Reduce, reuse, and recycle.

Install smoke alarms on every floor, including the basement, and particularly near rooms in which people sleep.

Make your home safer to prevent falls among children and seniors.

Keep cleaning products and medications out of the reach of children.

Have an emergency plan and practice it often.

Van Buren County Head Start Menu January 2012

2. No School	3.. B. Milk, **Apple Sauce, Blueberry Muffins L. Milk, Chicken Patty, Bun, *Raw Broccoli and Cauliflower w/ Ranch Dressing, Curly Fries, Mayonnaise, Ketchup S. Choc. Milk, Granola Bars	4. B. Milk, Oatmeal, Pears L. Milk Fish Fillet, ** Pineapple Chunks, Peas, Rolls S. Milk, Graham Crackers	5. B. Milk, *Diced Peaches, English Muffin, Jelly L. Milk, Pizza w/Pepperoni, Corn, Green Beans S. Yogurt, **Orange Wedges	6. No School
9. B. Milk, 1/2 Banana, Cheerios L. Milk, ***Meat(ground beef) Taco Salad w/ lettuce, *Tomato Wedges, Cheese, Shells, Taco Sauce,** Mixed Fruit S. Milk, Vanilla Wafers	10. B. Milk, Pancakes, Cooked Apple Slices L. Milk, ***Chicken Gumbo(chicken, corn, tomatoes, rice), **Pineapple Tidbits S. Milk, Animal Crackers	11. B. Milk, Saus. Egg Burrito, Mixed Fruit L. Milk, Pinto Beans, *Turnip Greens, Corn, Cornbread S. **Orange Juice, Vanilla wafers	12. B. Milk, Eggs, Pears, Wheat Toast L. Milk, Salisbury Steak, *Raw Broccoli and Cauliflower w/ Ranch Dressing, , Green Beans, Roll S. -** Tomato Juice, Wheat Cheese Toast	13.. No School
16. No School	17. B. Milk, **Strawberries, Cheerios L. Milk, Beef Hamburger Patty, Potato Wedges,* Tomato Wedges, Pickles, Bun, Ketchup, Mustard, Mayonnaise, S. Milk, Raw Apple Slices	18. B. Milk, **Pineapple Chunks, Bagel, Cream Cheese L. Milk, ***Chili w/ ground beef and beans, Pears, S. Milk, Graham Crackers	19. B. Milk, Biscuit/Gravy, *Tomato Slices L. Milk, ***Chicken Gumbo(chicken, corn, tomatoes, rice), **Pineapple Tidbits S. Milk, Vanilla Wafers	20. No School
23. B. Milk, Oatmeal, * Diced Peaches L. Milk, ***Spaghetti w/meat(ground beef) Sauce, Garlic Bread, Salad w/ **Tomato Wedges, Ranch Dressing, Pears S. Yogurt, Animal Crackers	24. B. Milk, Saus. Egg Burrito, Mixed Fruit L. Milk, Fish Patty, Corn, **Cole Slaw, Wheat Bread , Ketchup, Tarter Sauce S. Tomato Juice, Cheese and Crackers	25. B. Milk, **Apple Sauce, Blueberry Muffins L.. Milk, Pizza w/Pepperoni, Corn, Green Beans S. Milk, Animal Crackers	26. . B. Milk, Diced Peaches, English Muffin, Jelly L. . Milk, Chicken Patty, Stewed Potatoes, Butter Beans, Biscuit S. Choc. Milk, **Strawberries	27. No School
30. B. Milk, **Pineapple Chunks, Bagel, Cream Cheese L. Milk, Pinto Beans, *Turnip Greens, Corn, Cornbread S. **Orange Juice, Vanilla wafers	31. B. Milk, **Orange Wedges, Pancakes and Syrup L. Milk, Beef Hamburger Patty, Potato Wedges,* Tomato Wedges, Pickles, Bun, Ketchup, Mustard, Mayonnaise S. Milk, Animal Crackers			

*Vitamin A-Every other Day **Vitamin C- Every Day New Food for the Month: Chicken Gumbo*** Recipe on File

Early Years

WORKING TOGETHER FOR A GREAT START

January 2012

KID BITS



Homemade stationery

Writing thank-you notes is extra fun when your little one makes his own stationery. Let him decorate paper by putting stickers or stamps around the edges. He can write, "Thank you," draw a picture of himself enjoying the gift, and print his name.

Guess the job

What do grown-ups do at work? Get your child thinking about jobs with this game. Name a worker that she has seen, such as a crossing guard, and ask her to tell you the tools that person uses (whistle, yellow vest). Then, think of another job, name tools for it (ladder, paint), and have her guess what the job is (painter).

Thinking of others

When you ask your youngster to tell you about his day, try taking it a step further: ask him to tell you something good that happened to another child. Perhaps a classmate celebrated a birthday or got a nice compliment from the teacher. This will teach him to think about things from others' points of view.

Worth quoting

"A problem is a chance for you to do your best." *Duke Ellington*

Just for fun

Q: What goes up and down but does not move?

A: Stairs.



I can do it!

If your youngster is like most children, she wants to be treated like a big kid one minute and a baby the next. In her growth toward independence, both are normal. Here are gentle ways to help her take on challenges every day at home and school.

Set expectations

Let your child know what you expect her to do by herself, such as washing her hands and clearing her plate. When she asks for help, smile and say something like, "I know you can do it! Show me when you're all done." *Tip:* If you're not sure what she should be able to do, ask the advice of her teacher or another person who works with children. Her dentist can tell you whether she's old enough to brush without supervision, for instance.

Use teamwork

Provide backup while letting your youngster do as much for herself as possible. If she's making her bed, for example, suggest that she pull up the sheet



and blanket, and then you tuck in the sides. Also, try to set aside extra time while she's learning. When that's not possible, you might meet her halfway. ("I'll pull the seat belt across your booster, and you fasten it. On the way home, you can do the whole thing, and I'll just check it.")

Talk it through

Your youngster learns by watching you. So when you do things that she isn't ready to help with (drying her hair, peeling potatoes), explain the reason for each step. *Example:* "I'm putting part of your hair up so I can dry the bottom layer faster." Later, when you expect her to do it, she'll know how. ♥

Move, do, and understand

Teachers know that most youngsters learn best when they're moving around and exploring with their hands and bodies. You can encourage "active" learning at home, too, with these ideas:

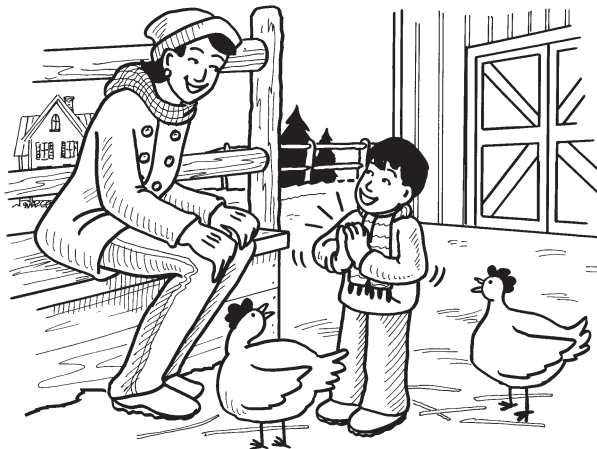
- Let your child play with a ball while he recites numbers or other things he has learned in math. He might count with each bounce or say a day of the week or a month of the year with each toss of the ball.
- Encourage him to act out vocabulary. If he's learning position words, for example, ask him to sit "under" a table, jump "over" his teddy bear, and walk "around" a chair.
- Make science happen. Explain that he can create shadows by blocking light with his hand. Together, form animal-shaped "shadow puppets" on a wall. For example, he can create a duck by keeping his fingers straight while opening and closing his hand. ♥



What's in a word?

Being able to pick out individual sounds in words can help your youngster become a better reader. Try these two games to work on rhymes and syllables:

- Let your child choose several three-letter words from a book and copy each one onto an index card. Together, come up with three words that rhyme with each of his choices and write each one on a separate index card. If he picks "red," you might write "bed," "fed," and "led." Mix up the cards, and lay them facedown in rows. Take turns flipping over two cards and helping your youngster



read the words aloud. If they rhyme, keep the pair. If not, flip them back over to end your turn. Play until every card is gone.

- Ask your youngster to think of a one-syllable word (phone) and to clap once as he says it. On your turn, clap twice while saying a

two-syllable word (chicken). Can your child think of a three-syllable word? If not, offer a suggestion, or let him begin the game again with a one-syllable word.♥

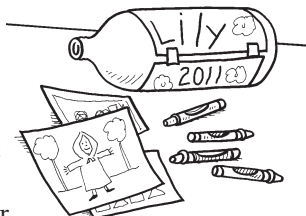
ACTIVITY CORNER Time in a bottle

Making a time capsule with your child is a good way to look back on her achievements in 2011 and get her thinking about what she'll accomplish in 2012.

Materials: clean 2-liter plastic bottle, crayons, construction paper, glue

Together, go through photographs and school-work from the past year. Ask your youngster to pick 5–10 favorites and tell you about them. She might include a photo from the first day of school, her drawing of a favorite book character, and a pattern she made in math.

Help her roll the items tightly together and slip them into the bottle. Let her make a label to glue on that includes her name and the year. Then, put the bottle in a safe spot (kitchen cabinet, garage shelf) to open one year from now. Encourage your child to think about what she might like to include in next year's capsule, such as a picture of herself riding a bike.♥



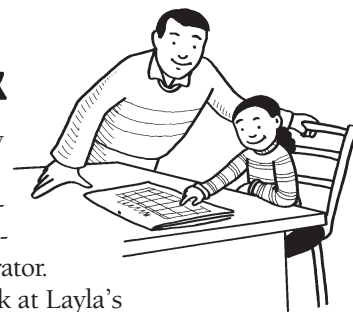
PARENT TO PARENT

Getting started with homework

My daughter's teacher, Mrs. Hernandez, recently began sending home a monthly activity calendar. Layla has to choose 10 assignments from the calendar each month, such as writing her name in a rainbow of colors or searching for shapes in the refrigerator.

I was surprised because I didn't have homework at Layla's age, so I asked Mrs. Hernandez about it. She explained that homework helps little ones remember what they learn at school and encourages them to continue learning at home. She also pointed out that while Layla should do the activities on her own, it's okay for me to help and remind her.

We started by reading the calendar together, and Layla circled the things she wanted to do. I helped her find the supplies she needed and sat with her while she worked. This way, she knows that school is important, and I get to see what she's learning in class.♥



Q & A Dealing with divorce

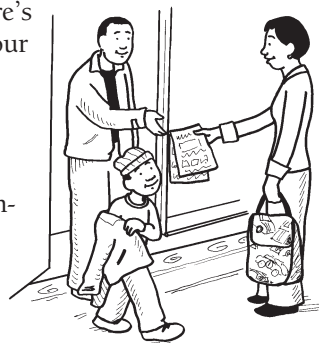
Q: My husband and I recently separated, and we're concerned about how the changes will affect our son. Should we bring this up with his teacher?

A: Family changes can be difficult for little ones, as they take comfort in predictable routines. Luckily, there's a lot you can do to help your youngster adjust.

First, it's important to share the news with his teacher so she can look for behavior changes. For example, your son might get frustrated or upset more easily. The teacher may recommend that he talk to

the school counselor about his feelings or join a "support group" for children whose parents are separated or divorced.

At home, try to continue a regular schedule. If possible, keep bedtime and rules the same at both houses. Also, communicate with each other about school. Pass along papers, and try to make sure you both attend school events (conferences, plays). Your son will be comforted knowing that even though you're apart, you're working together to make sure he's happy and successful.♥



OUR PURPOSE

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

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www.rfeonline.com
ISSN 1540-5567

Early Years

TRABAJANDO JUNTOS PARA UN GRAN COMIENZO

Enero de 2012

NOTAS BREVES



Papel con membrete

Escribir notas de agradecimiento es doblemente divertido cuando su pequeño hace su propio papel con membrete. Dígale que decore el papel con pegatinas o estampillas a lo largo de los bordes. Puede escribir "Gracias", dibujar una escena con él disfrutando del regalo y escribir su nombre con letra de imprenta.

Qué trabajo es

¿Qué hacen los mayores en el trabajo? Consiga con este juego que su hija piense en distintos empleos. Mencionele un trabajador que ha visto, como el guarda del cruce, y dígale que le cuente qué herramientas de trabajo usa (silbato, chaleco reflectante). A continuación, piense en otro oficio, nombre sus herramientas (escalera, pintura) y que su hija adivine el oficio (pintor).

Pensar en los demás

Cuando le pregunte a su hijo qué tal le fue el día, procure profundizar un poco: dígale que le cuente algo bueno que le ocurrió a otro niño. Tal vez un compañero celebraba su cumpleaños o el maestro le felicitó. Esto le enseñará a considerar las cosas desde el punto de vista de los demás.

Vale la pena citar

"Un problema es una oportunidad de que te esfuerces al máximo".

Duke Ellington

Simplemente cómico

P: ¿Qué sube y baja pero no se mueve?

R: Las escaleras.



Compliments of
UCHRA Van Buren County Head Start

¡Puedo hacerlo!

Si su hija es como la mayoría de los niños quiere que la traten como una niña mayor un minuto y como una bebé al siguiente. En su camino hacia la independencia ambas reacciones son normales. He aquí maneras cariñosas de ayudarla a que se enfrente a los desafíos cotidianos en casa y en la escuela.



Establezca expectativas

Que su hija sepa lo que usted espera que haga sola, como lavarse las manos y retirar su plato. Cuando pida ayuda, sonría y dígale algo como: "Sé que puedes hacerlo. Enséñamelo cuando hayas terminado". *Idea:* Si no está segura de lo que su hija debe ser capaz de hacer, pídale consejo a su maestra o a otra persona que trabaje con niños. Su dentista puede decirle si es lo suficientemente mayor para lavarse los dientes sin que usted la supervise, por ejemplo.

Trabajen en equipo

Proporcione apoyo de emergencia mientras permite que su hija haga sola todo cuanto pueda. Si está haciendo la cama, por ejemplo, sugiérale que estire la sábana y la manta y luego usted puede

remeter los lados. Cuento con dedicarle tiempo extra mientras ella aprende. Cuando eso no sea posible, podría encontrarse con ella a medio camino. ("Yo tiro del cinturón de seguridad en tu sillita y tú te lo abrochas. Cuando volvamos a casa tú puedes hacer las dos cosas y yo simplemente miro si está bien".)

Explique lo que hace

Su hija aprende observando lo que usted hace. Así que cuando usted haga cosas para las que ella todavía no está preparada (secarse el pelo, pelar papas), explíquele la razón de cada paso. *Ejemplo:* "Te estoy separando el pelo para poder secar más rápidamente la capa de abajo". Más tarde, cuando usted se espere que ella pueda secarse el pelo sola, sabrá como hacerlo.♥

Moverse, hacer, entender

Los maestros saben que la mayoría de los niños aprenden mejor cuando se mueven y exploran con el cuerpo y las manos. Usted puede estimular el aprendizaje "activo" también en casa con estas ideas:

- Que su hijo juegue con una pelota mientras recita números u otras cosas que haya aprendido en matemáticas. Podría contar cada bote o decir un día de la semana o un mes del año con cada lanzamiento.

- Anímelo a representar el vocabulario. Si está aprendiendo términos que indican posición, por ejemplo, dígale que se siente "debajo" de una mesa, que salte "por encima" de su osito y que camine "alrededor" de una silla.

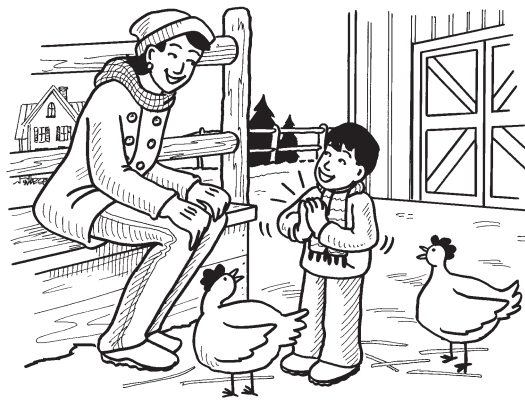
- Hagan realidad las ciencias. Explíquele que puede crear sombras bloqueando la luz con la mano. Formen "marionetas de sombras" con forma de animales en una pared. Por ejemplo, puede hacer un pato manteniendo los dedos estirados mientras abre y cierra la mano.♥



¿Qué hay en una palabra?

Ser capaz de distinguir sonidos individuales en las palabras puede ayudar a su hijo a leer mejor. Estos dos juegos proporcionan práctica con rimas y sílabas en inglés:

- Que su hijo entresaque de un libro varias palabras de tres letras y copie cada una en fichas de cartulina. Piense con él en otras tres palabras que rimen con cada una de las que ha elegido y escribanlas en otras tantas fichas de cartulina. Si elige "red" podrían



escribir "bed", "fed" y "led". Mezclen las fichas y colóquenlas bocabajo en filas. Descubran por turnos dos fichas y ayude a su hijo a leer las palabras en voz alta. Si riman, guarden la pareja. Si no, denles la vuelta otra vez para terminar ese turno. Jueguen hasta terminar todas las fichas.

- Dígale a su hijo que piense en una palabra de una sílaba (phone) y que dé una palmada al tiempo que la pronuncia. Cuando le toque a usted, dé dos palmadas mientras dice una palabra de dos sílabas (chicken). ¿Puede pensar su hijo en una palabra de tres sílabas? Si no, ofrézcale una sugerencia o que empiece otra vez el juego con una palabra de una sílaba.♥

RINCÓN DE ACTIVIDAD

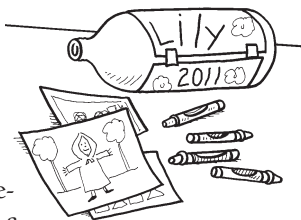


Tiempo en una botella

Hacer una cápsula del tiempo con su hija es una buena manera de que ella recuerde sus logros del año 2011 y piense en lo que conseguirá en el 2012.

Materiales: botella de plástico limpia de dos litros, crayones, cartulina, pegamento

Repasen fotos y trabajos escolares del año pasado. Dígale a su hija que de entre esos materiales elija de 5 a



10 que le gusten y le hable a usted de ellos. Podría incluir una foto del primer día de escuela, el dibujo de uno de sus personajes literarios favoritos y una serie que hizo en matemáticas.

Ayúdela a que enrolle los objetos bien apretados y los meta en la botella. Dígale que haga una etiqueta con su nombre y el año y la pegue. A continuación, coloquen la botella en un lugar seguro (armario de la cocina, estante del garaje) y ábranla dentro de un año. Anime a su hija a que considere qué le gustaría incluir en la cápsula del año que viene, por ejemplo, una foto de ella montando en bici.♥

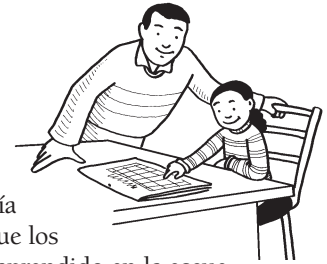
DE PADRE A PADRE

Los primeros deberes

La maestra de mi hija, Mrs. Hernández, empezó a enviar a casa hace poco un calendario mensual de actividades. Layla tiene que elegir 10 tareas cada mes del calendario, por ejemplo escribir su nombre con los colores del arco iris o buscar formas en la nevera.

Me sorprendió porque a la edad de Layla yo no tenía deberes y le pregunté a Mrs. Hernández. Me explicó que los deberes ayudan a los pequeños a recordar lo que han aprendido en la escuela y les animan a continuar aprendiendo en casa. También me indicó que aunque Layla debería hacer sola las actividades yo puedo ayudarla y recordarle que las haga.

Leí el calendario con ella y Layla puso un círculo alrededor de lo que quería hacer. La ayudé a encontrar los materiales que necesitaba y me senté con ella mientras trabajaba. Así se da cuenta de que la escuela es importante y yo veo lo que está aprendiendo en clase.♥



REPORTE

En caso de divorcio

P: Mi esposo y yo nos acabamos de separar y nos preocupa que los cambios afecten a nuestro hijo. ¿Debería mencionarle esto a su maestra?

R: Los cambios en la familia pueden resultarles difíciles a los pequeños pues se sienten más cómodos con hábitos que no cambian. Por suerte ustedes pueden hacer mucho para ayudarlo a acostumbrarse a esta nueva situación.

Es importante comunicar la noticia a la maestra para que pueda prestar atención a cambios de comportamiento. Por ejemplo, su hijo podría sentirse frustrado o disgustado con más facilidad. La maestra quizá le recomiende

que hable con el orientador escolar para decirle cómo se siente o que se una a un "grupo de apoyo" para niños cuyos padres están separados o divorciados.

En casa procure seguir un horario regular. Si fuera posible, sigan la misma hora de ir a dormir y las mismas normas en ambos hogares. Comuniquen-

se en lo relativo a la escuela. Compartan papeles y procuren asistir los dos a las funciones escolares (reuniones con los maestros, obras de teatro). A su hijo le consolará saber que aunque ustedes están separados los dos se esfuerzan para asegurarse de que él sea feliz y aprenda.♥



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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www.rfeonline.com
ISSN 1540-5575