

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

Community

UCHRA Van Buren
County Head Start

November 1, 2011

UCHRA VAN BUREN COUNTY HEAD START 12TH ANNUAL HEALTH, EDUCATION, & AWARENESS JOB FAIR



FREE

DOOR
PRIZES

- BLOOD PRESSURE CHECKS
- WEIGHT & HEIGHT
- NUTRITION
- INFORMATION
- INSURANCE
- CHILD SUPPORT
- GED
- COLLEGE
- AND MUCH MORE

DOOR
PRIZES

FLU SHOTS



NOVEMBER 9, 2011

9:00am--2:00pm

VBC Administration Building
(old elementary school)



Please call us for additional information if needed. If you or someone you know would like to participate, or if there is some information in particular that you would like access to please let us know.

Telephone---423-881-5182

Fax---423-881-5292



PERFECT ATTENDANCE

- Robert Chadwick
- Michael Davis
- Kendall Fletcher
- Layla Frady
- Ayla Grissom
- Corlie Grissom
- Katheryne Hale
- Avery Kirby
- Lovell Knasel
- Summer Knasel
- Luke Richards
- Kayliegh Yates





FLU: A Guide for Parents

As flu season is upon us, it is important to understand the risks and prevention methods that are available to keep your family healthy.

What is the flu? - Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different viruses that are constantly changing.

How does the flu spread? - Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze, or talk.

What are the symptoms? - Symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and sometimes vomiting. Some people with the flu **will not** have a fever.

How can I protect my child against the flu?

Vaccination is recommended for everyone 6 months and older.

Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.

Stay away from people who are sick.

Wash hands with soap and water.



Additional information may be obtained through: www.cdc.com

EVENTS COMING IN NOVEMBER

Tuesday Nov. 8th	NO SCHOOL Mandatory State Bus Training	Thursday Nov. 17th	Family Reading Night
Wednesday Nov. 9th	Health Fair Blood Mobile	Friday Nov. 18th	Parent/Teacher Conferences
Mon.—Fri. Nov. 14-18th	Book Fair	Wednesday & Thursday Nov. 23 & 24th	NO SCHOOL Thanksgiving Holiday

Krispy Kreme

The Krispy Kreme donut sale was a huge success and I would like to thank everyone for their participation!! Kyle and Crystal Lambert sold over \$300 worth of donuts!!!! The Parent Committee had a profit of \$1014.35. Of that amount, \$500 went to the Alumni Scholarship Fund for a graduating former Head Start student, which will be awarded later in the year. The remaining funds will be used for the Parent Committee float for the Christmas Parade in Spencer and the Parent Involvement Field trip which will also be later in the year. Again, thank you so much for your support!

Parenting from the Heart Training

The following parents had this to say about the Parenting from the Heart Training:

LeAnn Pettit said, " This training was very helpful. Thanks Ms. Debra!"

Jessica Rodgers said, " I thought it was very informative and very helpful."

These parents also made a fall wreath at this training. Look for more trainings and craft making to come!

Reading Tips for Parents

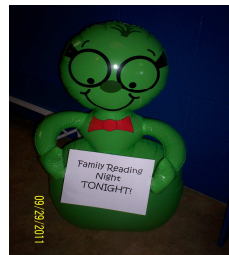
Simple Strategies for Creating Strong Readers

Without doubt, reading with children spells success for early literacy. Putting a few simple strategies into action will make a significant difference in helping children develop into good readers and writers.

Through reading aloud, providing print materials, and promoting positive attitudes about reading and writing, you can have a powerful impact on children's literacy and learning.

1. Invite a child to read with you every day.
2. When reading a book where the print is large, point word by word as you read. This will help the child learn that reading goes from left to right and understand that the word he or she says is the word he or she sees.
3. Read a child's favorite book over and over again.
4. Read many stories with rhyming words and lines that repeat. Invite the child to join in on these parts. Point, word by word, as he or she reads along with you.
5. Discuss new words. For example, "This big house is called a palace. Who do you think lives in a palace?"
6. Stop and ask about the pictures and about what is happening in the story.
7. Read from a variety of children's books, including fairy tales, song books, poems, and information books.

Reading well is at the heart of all learning. Children who can't read well, can't learn. Help make a difference for a child.



BIRTHDAYS

Corlie Grissom
Michael Davis Jr.
Emma Roberts
Elizabeth Yates



Van Buren County Head Start Menu November 2011

	1. B. Milk, **Apple Sauce, Blueberry Muffins L. Milk, *** Pinto Bean & Corn Soup, Wheat Bread, Mixed Fruit S. Strawberries, Graham Crackers	2. 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	3. B. Milk, **Crushed Pineapple, Bagel w/ Cream Cheese L. Milk, Chicken Patty, Bun, Raw Broccoli and Cauliflower w/ Ranch Dressing, Curly Fries, Mayonnaise, Ketchup S. Milk, (2) Granola Bars	4. No School
7. B. Milk, Cream of Wheat, *Diced Peaches L. Milk Fish Fillet, ** Pineapple Chunks, Peas, Rolls S. Choc. Milk Vanilla Wafers	8. B. Milk, Biscuit/Gravy, Mixed Fruit L. Milk, ***Chili w/ ground beef and beans, Pears, Crackers S. **Orange Juice, Vanilla wafers	9. 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	10. B. Milk, Eggs, Pears, Wheat Toast L. Milk, Pizza w/Pepperoni, Corn, Green Beans S. -** Tomato Juice, Wheat Cheese Toast	11. No School
14. 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	15. B. Milk, Pancakes, Cooked Apple Slices L. Milk, Pork Chops, Green Beans, **Orange Wedges, Wheat Bread S. Milk, Graham Crackers	16. B. Milk, Saus. Egg Burrito, Pears L. Milk, Pinto Beans, *Turnip Greens, Corn, Cornbread S. **Orange Juice, Cheese Toast on Wheat	17. B. Milk, **Strawberries, Cheerios L. Milk, Chicken Patty, Stewed Potatoes, Butter Beans, Biscuit S. Yogurt, Animal Crackers	18. No School
21. B. Milk, Eggs, Wheat Toast L. Milk, *** Pinto Bean & Corn Soup, Cheese Toast, **Crushed Pineapple S. Milk, Raw Apple Slices	22. B-Milk, Cheerios, Bananas, L- Milk, Turkey, Cranberry Sauce, Green Beans, Sweet Potato Casserole, Dressing, Rolls, Pumpkin Pie, Whip Cream S. **Pineapple Juice, Crackers w/ Cheese	23. No School	24. No School	25. No School
28. B. Milk, Saus. Egg Burrito, **Orange Wedges L. Milk, Pinto Beans, * Turnip Greens, Corn, Cornbread S. Strawberries, Graham Crackers	29. B. Milk, *Diced Peaches, English Muffin, Jelly L. Milk, Fish Patty, Corn, **Cole Slaw, Wheat Bread , Ketchup, Tarter Sauce S. Choc. Milk, Vanilla Wafers	30. B. Milk, **Pineapple Chunks, Bagel, Cream Cheese L. Milk, Pizza w/pepperoni, Corn, Green Beans S. Milk, (2) Granola Bars		

*Vitamin A-Every other Day **Vitamin C- Every Day New Food for the Month: Bean and Corn Soup*** Recipe on File

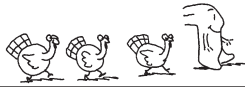
Early Years

WORKING TOGETHER FOR A GREAT START

November 2011

Compliments of
UCHRA Van Buren County Head Start

KID BITS



Let's take a walk!

Encourage your child to enjoy daily exercise by making walks fun. Suggest that he move in different ways as you walk. He might swing his arms or clap his hands in time to his pace. Or he could march, skip, or gallop his way around the block.

Be an inventor

Many famous inventions were inspired by everyday problems. For instance, umbrellas keep people dry, and erasers help us correct mistakes. Have your youngster think of a challenge she faces and imagine a product that would solve it. She can draw and color her creation and then share it with your family.

Giving to others

Does your child know why people celebrate Thanksgiving? Explain that long ago, Native Americans and Pilgrims shared a feast—and your family can share food, too! Help him learn about generosity by picking out canned or boxed goods from your pantry or the grocery store to donate to a food bank.

Worth quoting

"A good laugh is sunshine in the house."

William Makepeace Thackeray

Just for fun

Q: Why was the little girl happy that everyone called her Sally?

A: Because that was her name.



Make time for family

Maria's grandparents come over for dinner on Sundays. Jack and his mother like to sing songs together in the evenings. And Kate's family tries to take a day trip at least once a month.

Sharing good times with loved ones gives your child a sense of belonging. Try these ideas for making family time a priority.

Include everyone. When relatives visit, find activities that children and adults can do together. Try an icebreaker such as "Who Am I?" Take turns stating a fact about a relative ("This person was in the navy"). The first player to guess who it is gets to describe another family member. Or ask relatives to share interests (knitting, coin collecting, yoga). Then, let your child tell her relatives about something she likes to do.

Plan outings. Look in the newspaper or online for free or low-cost family activities in your community. You might play bingo

at the fire station or attend a holiday parade. Whatever you choose, put it on your calendar to remind everyone that family time is an important commitment.

Stay in. Your family can enjoy each other's company without going anywhere at all. Have a sing-along. You might teach your youngster songs from your childhood and ask her to sing some that she learned in school. Or get a book or magazine and try something new together (origami, magic tricks, cupcake decorating).♥



Raising a listener

Listening involves more than hearing—your youngster must also think about what's being said. Here's how he can practice listening at home:

- Show your child what a good listener looks like. Have him tell you about his day. Then, ask him how he could tell that you were *really* listening (you sat quietly, you looked at him, you smiled and nodded).
- When you give your youngster directions, ask him to repeat them in his own words. For instance, he might say, "Okay. I'm supposed to fill the dog's water bowl and give her a treat."
- Try making silly "mistakes" to encourage your child to listen carefully. *Example:* "Please put on your banana peels" (instead of "your shoes"). After a few times, he'll probably pay close attention so he can correct you!♥



Playing with math

These playtime projects can build early math skills and make learning about numbers fun.

Pet show

Have your child display his stuffed animals in a pretend pet show. Encourage him to think carefully about how to arrange them—this will help him practice sorting and comparing. He might put them in categories such as farm animals (cow, pig) and rain-forest animals (monkey, snake). Or he could line them up from shortest to tallest.

Then, he can discover *ordinal* numbers (numbers that show order) by giving them 1st-, 2nd-, and 3rd-place awards



in various categories (softest, most colorful). He can pin the awards on the animals and display the winners in order.

Carnival games

Homemade carnival-style games give your youngster practice recognizing numbers and counting. For one game, help him

write 1–10 on small objects (Ping-Pong balls, bottle caps) and put them in a bucket. Ask him to try to pick one up using kitchen tongs, say the number, and hold up that many fingers.

For a second game, use a clean, empty egg carton. Have your child write a number, 1–12, in each section. Let him try to toss 12 marbles into the cups, one at a time, in numerical order.♥

PARENT TO PARENT



Conference tips

Last week, my daughter's school sent home reminders about parent-teacher conferences. The note suggested involving children by discussing the meeting ahead of time.

I liked the idea of getting Alyssa's input. I told her that I was going to see her teacher to talk about how she was doing in school. Then, I asked if there was anything she wanted her teacher to know. I wrote down what she said: she wished her desk was near her best friend's, and she wondered when the class would take a field trip. I also jotted down a few questions of my own.

It felt good knowing what to talk about during the meeting. The teacher answered all our questions, and when I got home, I shared what she said with my daughter.♥



Q & A

Take a break

Q: Time-outs don't seem to work anymore for my son. How can I make them more effective?

A: A time-out gives your son a chance to calm down and start fresh. It works best if he understands why he is in a time-out and what he should do while he's there.

First, be specific—but brief—about why what he did was wrong. *Example:* "You can get hurt if you jump on the sofa." Next, explain that he needs to settle down before he can play again. You might suggest that he count to 10 or take three deep breaths.

When the time-out is over (experts suggest one minute for each year of age), change the subject by talking about what you're doing or what he could play with next. Then, try to catch him doing something well, and compliment him. He'll learn that he gets attention for good behavior—not for being in time-out.

Tip: Be sure to choose a time-out spot away from toys and the TV. Try a bottom step or a kitchen chair.♥



ACTIVITY CORNER

Food placemats

Let your child add her creative touch to meals with a homemade placemat that features her favorite foods. As a bonus, she'll strengthen hand muscles she needs for writing, using scissors, and fastening buttons. Try these steps:

1. Ask your youngster to pick two colors of construction paper. Help her cut one piece lengthwise into 1-inch-wide strips. Then, have her fold the second sheet in half horizontally and hold it with the folded edge toward her. Starting at the fold, help her make vertical cuts that are 1 inch apart—and stop about 1 inch before she reaches the open edge of the paper.

2. Unfold the paper, and show your child how to weave the strips over and under through the slits. She should alternate so that every other strip begins above or below the first slit, to create a checkerboard-patterned placemat.

3. Let her decorate the placement. She can cut pictures of favorite foods from grocery circulars or old magazines. Then, have her glue them on.

4. Cover your youngster's placemat with plastic wrap, strips of clear packing tape, or clear laminate.

Idea: Suggest that she make one for each family member.♥



OUR PURPOSE

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

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
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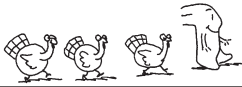
Early Years

TRABAJANDO JUNTOS PARA UN GRAN COMIENZO

Noviembre de 2011

Compliments of
UCHRA Van Buren County Head Start

NOTAS BREVES



¡Vamos de paseo!

Anime a su hijo a disfrutar del ejercicio diario procurando que los paseos sean divertidos. Sugiera-le que se mueva de distintas maneras mientras camina. Podría balancear los brazos o dar palmadas al ritmo de sus pasos. También podría marchar, saltar o galopar alrededor del bloque.

Sé inventor

Muchos inventos famosos fueron inspirados por problemas cotidianos. Por ejemplo, los paraguas evitan que la gente se moje y los borradores nos ayudan a corregir errores. Dígale a su hija que piense en un desafío al que se enfrenta y que imagine un producto que podría resolverlo. Puede dibujar y colorear su creación y luego compartirla con su familia.

Dar a los demás

¿Sabe su hijo por qué se celebra el Día de Acción de Gracias? Explíquelo que hace mucho tiempo, los indios norteamericanos y los primeros colonos compartieron una fiesta ¡y su familia también puede compartir la comida! Ayúdelo a aprender generosidad seleccionando alimentos envasados de su despensa o en el supermercado para donarlos a un banco de comida.

Vale la pena citar

“Una buena risa es la luz del sol del hogar”. *William Makepeace Thackeray*

Simplemente cómico

P: ¿Por qué le gustaba a la niña que todo el mundo la llamara Sally?

R: Porque ése era su nombre.



Tiempo para la familia

Los abuelos de María vienen a cenar los domingos. Jack y su madre cantan juntos por la tarde. Y la familia de Kate procura ir de excursión por lo menos una vez al mes.

Compartir momentos agradables con sus seres queridos puede conseguir que su hijo se sienta más centrado. Ponga a prueba estas ideas para que el tiempo en familia sea una prioridad.

Incluya a todos. Cuando los familiares los visiten, piensen en actividades que niños y adultos puedan hacer juntos. Rompan el hielo, por ejemplo, con “¿Quién soy yo?” Digan por turnos un dato sobre un familiar (“Esta persona estaba en la Marina”). El primer jugador que lo adivine se encarga de describir a otro familiar. O bien pídanles a sus familiares que les hablen de sus aficiones (tejer, coleccionar monedas, yoga). A continuación, que su hija les hable a los familiares de lo que le gusta hacer a ella.

Planeen salidas. Busquen en el periódico o en la red actividades para la familia en



su comunidad que sean gratuitas o que cuesten poco. Podrían jugar al bingo en la estación de bomberos o asistir a un desfile durante las fiestas. Elijan lo que elijan, pónganlo en el calendario para recordarles a todos que el tiempo en familia es una obligación importante.

Quédense en casa. Su familia puede disfrutar de la compañía mutua sin salir de casa. Canten juntos. Podría enseñarle a su hija canciones de su infancia y pedirle que cante ella algo que haya aprendido en la escuela. O bien consigan un libro o una revista y aprendan algo nuevo juntos (origami, trucos de magia, decorar pasteles).♥

La educación de un lector

Escuchar es mucho más que oír: su hijo ha de pensar también en lo que se dice. He aquí cómo puede adquirir práctica en escuchar en casa:

- Enseñe a su hijo qué aspecto tiene alguien que escucha bien. Dígale que le cuente a usted su día. A continuación, pregúntele cómo ha visto que usted lo escuchaba (estaba sentada en silencio, lo miraba, sonreía y afirmaba con la cabeza).
- Cuando le dé instrucciones a su hijo, pídale que se las repita en sus propias palabras. Por ejemplo, podría decirle: “De acuerdo. Tengo que llenar el cuenco de la perra con agua y darle una golosina”.
- Procure cometer errores “tontos” para animar a su hijo a que escuche con atención. *Ejemplo:* “Por favor, ponte las cáscaras de plátano” (en lugar de “los zapatos”). Al cabo de unas cuantas veces, ¡probablemente preste más atención para corregir lo que usted dice!♥



A jugar con matemáticas

Estos proyectos para la hora del juego pueden desarrollar habilidades matemáticas y amenizar el aprendizaje de los números.

Exhibición de mascotas

Dígale a su hijo que muestre sus animales de peluche en una imaginaria exhibición de animales domésticos. Anímelo a pensar con cuidado cómo colocarlos: esto le dará práctica en ordenar y comparar. Podría colocarlos por categorías como animales de granja (vaca, cerdo) y animales de la jungla (mono, serpiente). O bien podría ordenarlos de más bajo a más alto.

A continuación puede descubrir los números *ordinales* (números que muestran orden) dándoles el 1º, el 2º o el 3er premio en varias categorías (el más blando, el más vistoso). Puede prender los premios en los animales y exhibir a los ganadores por orden.



Juegos de feria

Los juegos de feria hechos en casa darán práctica a su hijo en el reconocimiento de números y en contar. Para un juego, ayúdelo a escribir del 1 al 10 en objetos pe-

queños (pelotas de ping-pong, chapas de botella) y a colocarlos en un cubo. Pídale que intente sacar uno con pinzas de cocina, que diga el número y que muestre ese número con sus dedos.

Para un segundo juego, usen un cartón de huevos limpio y vacío. Dígale a su hijo que escriba del 1 al 12, un número en cada sección. Que lance 12 bolitas de vidrio a las cazoletas de una en una, en orden numérico.♥

DE PADRE A PADRE



Ideas para las reuniones

La semana pasada, la escuela de mi hija envió una carta a casa recordándonos las reuniones de padres y maestros. La nota sugería que incluyéramos a los hijos para comentar la reunión con antelación.

Me gustó la idea de pedirle a Alyssa su opinión. Le dije que iba a ver a su maestra para



hablar de cómo iba en los estudios. Luego le pregunté si había algo que quería que le comentase a la maestra. Apunté lo que dijo: le gustaría sentarse junto a su mejor amiga y se preguntaba si la clase podría ir de excursión. También anoté mis propias preguntas.

Me sentí cómoda sabiendo de qué hablar durante la reunión. La maestra contestó todas nuestras preguntas y cuando volví a casa compartí con mi hija lo que me dijo.♥

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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128 N. Royal Avenue • Front Royal, VA 22630
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P & R

Un poco de calma

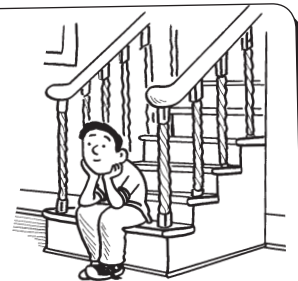
P: El tiempo fuera como castigo ya no surte efecto con mi hijo. ¿Cómo podría conseguir que fuera más eficaz?

R: Enviar fuera de la habitación a su hijo le permite calmarse y empezar de nuevo. Funciona mejor si él entiende por qué se le envía fuera y qué debería hacer mientras está allí.

Primero, sea específico —pero breve— sobre lo que su hijo hizo mal. *Ejemplo:* “Te puedes hacer daño si saltas en el sofá”. A continuación explíquele que tiene que calmarse antes de jugar de nuevo. Podría sugerirle que cuente hasta 10 o que respire hondo tres veces.

Cuando se termine el tiempo fuera (los expertos sugieren un minuto por cada año de edad), cambie el tema hablando de lo que está haciendo usted o a qué podría jugar él a continuación. Luego procure sorprenderlo cuando haga bien algo y felicítelo. Se dará cuenta de que atrae su atención por portarse bien, no por estar castigado.

Idea: Asegúrese de que el tiempo fuera tenga lugar en un sitio sin juguetes y sin TV. Pruebe con un escalón bajo o una silla de la cocina.♥



RINCÓN DE ACTIVIDAD

Mantelitos para comer

Que su hija añada creatividad a las comidas con mantelitos que representen sus alimentos favoritos. Una ventaja añadida es que ejercitará los músculos de las manos que necesita para escribir, usar tijeras y abrocharse los botones.

Den estos pasos:

1. Dígale a su hija que elija cartulina de dos colores. Ayúdela a cortar una a lo largo en tiras de 1 pulgada. A continuación, que doble la segunda por la mitad en horizontal y la sujete con el doblé hacia ella. Comenzando por el doblé, ayúdela a hacer cortes verticales separados por 1 pulgada: que se asegure de detenerse a 1 pulgada del borde del papel.

2. Desdoblen la cartulina y enseñe a su hija a tejer las tiras por encima y por debajo de las ranuras. Debería alternar de modo que una sí y otra no las tiras empiecen por encima o debajo de la primera ranura a fin de crear un diseño en forma de tablero de damas.

3. Que su hija decore el mantelito. Puede usar los folletos del supermercado o revistas viejas para recortar fotos de sus alimentos favoritos. A continuación, que los pegue.

4. Recubran cada mantelito con envoltura plástica, con tiras de cinta adhesiva transparente o con un laminado claro.

Idea: Sugírela a su hija que haga un mantelito para cada miembro de la familia.♥

