

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

### HEALTH, EDUCATION and AWARENESS FAIR

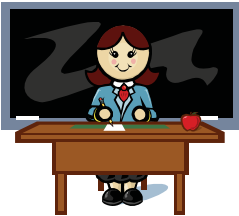
The UCHRA Van Buren County Head Start is hosting their 11th annual HEALTH, EDUCATION and AWARENESS FAIR on Tuesday, November 16, 2010. This will be held at the Administration building in Spencer. The booths will open at 9:00 AM. There will be a lot of information and health screening offered at no cost to you. Make arrangements to attend to set a path to a new you!

UCHRA Van Buren  
County Head Start

November 1, 2010

### PERFECT ATTENDANCE

### TEACHER'S CORNER



#### Getting Along With Others is Important

Parent's good social skills are a key to success in school—and in life. Your child can start learning from you how to treat others with respect and how to avoid being bullied.

**Talk with—and listen to—your child.** Ask him or her about school, friends, activities, favorite books, etc. this helps your child learn how to use words to express thoughts and feelings.

**Observe your child.** Praise successes and efforts. This can help a child respect him-or herself and others. Watch for any sign of being bullied (such as damaged clothing, cuts, or bruise, mood changes or not wanting to go to school). Help your child handle bullying if it happens. Be sure to talk with school staff, if you have any concerns.

**Show your love for your child.** A child who feels loved can feel more secure around others. Discipline firmly, but fairly.

**Be a good role model.** Seeing you treat others with respect will help your child learn to do this, too.

Ava Blanton  
Logan Campbell  
Morgan Campbell  
Robert Chadwick  
Corbin Farmer  
Layla Frady  
Benjamin Hillis  
Natalie Jennings  
Jasmine Miller  
Alex Mullins  
Michael Russell  
Shayla Songer  
Wesley Songer  
Jasmine Waller  
Kayliegh Yates  
Taylor Zea



# EVENTS COMING IN NOVEMBER

Monday Nov. 8th

Dental screenings

Tuesday Nov. 9th

NO SCHOOL  
Mandatory State Bus training for all teachers

Tuesday Nov. 16th

UCHRA  
Van Buren Co.  
Head Start  
Health Fair

Wednesday Nov. 24

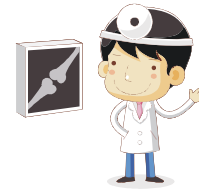
NO SCHOOL

And

Thanksgiving

Thursday Nov. 25th

Holiday



## Health & Nutrition

### Flu Season has arrived

Influenza or the "flu" is caused by a virus. Each winter "seasonal" flu virus makes many children and adults sick. A new flu virus called H1N1, or swine flu, is currently making people sick. Children and young adults have never been exposed to this virus before, which is why it spreads so easily. The symptoms of seasonal flu and H1N1 flu are very similar. We expect many children and adults to get sick with seasonal or H1N1 flu this year.

Fortunately, most children and adults who get sick with seasonal flu or H1N1 flu do not get seriously ill and get better with home treatment. However, some children can develop serious illness or complications that need immediate attention. Below are tips to take care of your family this flu season.

#### Preventing the flu:

The best way to keep from getting sick from any kind of flu is to practice good hygiene:

- Avoid people who are sick.
- Wash hands frequently and properly. Use hot water and soap or waterless hand gels that contain alcohol.
  - If you are using hot water and soap, rub your hands together for at least 20 seconds. Tell your kids to sing Happy Birthday and wash their hands the entire time.
  - If you or your child is using hand gel, rub your hands together until the gel is gone.
  - Be careful to not let your children ingest the waterless hand gel.
  - At home, keep surfaces clean, like table tops, door knobs, and phones.
  - Use cleaners that have chlorine or ammonia in them.

**To avoid flu illness, the Centers for Disease Control and Prevention (CDC) recommends that children older than 6 months get vaccinated for both seasonal and H1N1 flu. These are two separate vaccines.**

More information continued in next month issue

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



### Parenting From the Heart

Anyone wishing to see the Parenting From the Heart videos may still do so. There are three videos:

- \* Building an Emotionally Healthy Family
- \* Encouraging Children to Care About Others
- \* Positive Discipline: Encouraging Self Control

These modules are the work of Naomi Haines Griffith who has worked with children and families in many capacities: teacher, child welfare worker, and Executive Director of PACT, a child abuse prevention agency which she helped found. It is knowledge and understanding that everyone can benefit from and her sessions are engaging. If you would like to see any or all of the videos, call and we will make time for you to come to the center.

### PARENT FEEDBACK

Parenting From the Heart. Here is what a few parents had to say about it:

"I absolutely loved the video. There are a few things I realized I do not do, but will start immediately!", said Stacey Hampton.

Naoma D'Angelo said, "It was down to earth teaching about child development" And Libby Tollett had this to say: "Everything was very helpful and very good on thinking of things to talk about"



National Family Literacy Day is November 1st. Literacy is at the root of a person's ability to succeed, and the family is at the heart. Family literacy takes place during daily routines in life as parents, children, and family members use literacy at home and in their community. Because children develop reading and writing skills as they grow, you are your child's first teacher. Talking with your child about books and sharing your own stories can foster imagination and open the door to new worlds.



## NOVEMBER BIRTHDAYS



Logan Campbell  
JT Shoemaker  
Violet Howard



## Van Buren County Head Start Menu November 2010

1. B. Milk, Raisin Bagels & Cream Cheese, **Pineapple Tidbits L- Milk,***Pinto Bean & Corn Soup, Blueberries, Cornbread S- Milk, Banana	2. B. Milk, Cooked Apples, Oatmeal L. Milk, ***Chicken/Vegetable Stir Fry, Rice, *Sweet potatoes, Wheat Bread S. **Apple Juice, Graham Bug Bites	3. B. Milk, Wheat Toast, Banana, grape jelly L. Milk, Ground Beef Taco Salad, Taco Shells, Lettuce, *Tomato Wedges, Cheese, Taco Sauce, **Diced Peaches S. Milk, Halved Grapes	4. B. Milk, Applesauce, Blueberry Muffins L. Milk, Baked Ham Slices, *Sweet Potatoes, Peas, Rolls S. **Orange Wedges, Yogurt	<b>No School</b>
8. B. Milk, Applesauce, Blueberry Muffins L. Milk, ***Chili w/Ground Beef, Kidney Beans & Chili Beans, Fruit Cocktail Cups, Crackers S. **Orange Juice, Wheat Cheese Toast	<b>No School</b>	10. B. Milk, Breakfast Sausage Gravy Pizza, Bananas L. Milk, Salisbury Steak, Mashed Potatoes w/Gravy, *Diced Peaches, Rolls S. **Apple Juice, Animal Crackers	11. B. Milk, Cooked Apple Slices, Pancakes L. Milk, Chicken Patty, Green Beans, Rolls **Orange Wedges S. *Tomato Juice, Cheese & Crackers (2)	<b>No School</b>
15. B. Milk,**Chopped Tropical Fruit Cocktail Cups, Cream-of-Wheat L. Chicken Fries, Baked Potato, *Broccoli-n-Cheese, Butter, Rolls S. Milk, Animal Crackers	16. B. Milk, Biscuit, Gravy, *Tomatoes Wedges L. Milk, Fish Patty, Corn, **Cole Slaw, Wheat Bread, Ketchup, Tarter Sauce S. Yogurt, Orange Quarters	17. B. Milk, French Toast Sticks, Chopped Fruit Cocktail Cup, Syrup L. Milk, Hamburger Patty, Baked Beans, Sliced Tomato, Pickles, Sweet Potato Fries, Bun, Ketchup, Mustard S. Milk, Bananas	18. B. Milk, Bagels, Cream Cheese, Applesauce L. Milk, Pork Chops, *** Pinto Bean & Corn Soup, Rolls, *Diced Peaches S. Milk, **Halved Grapes	<b>No School</b>
22. B. Milk, Oatmeal, **Diced Peaches L- Milk, Pinto Beans, *Turnip Greens, Baked Potato, Butter, Cornbread S-Milk, Vanilla Wafers	23. B-Milk, Cheerios, Bananas, L- Milk, Turkey, Cranberry Sauce, Green Beans, Sweet Potato Casserole, Dressing, Rolls, Pumpkin Pie, Whip Cream S-** Orange Juice, Wheat Cheese Toast	<b>No School</b>	<b>No School</b>	<b>No School</b>
29. B. Milk, Cream of Wheat, **Blueberries L. Milk, Pizza w/pepperoni, Corn, Green Beans S. **Orange Juice, Cheese Cracker	30. B. Chocolate Milk,* Pears, Eggs, Wheat Toast L. Milk, Pork Chops, Green Beans, Sweet Potatoes, Wheat Bread S. Milk, Applesauce			

# Early Years

WORKING TOGETHER FOR A GREAT START

November 2010

Compliments of  
UCHRA Van Buren County Head Start

## KID BITS



### Safe in the car

When your youngster outgrows her car seat, it's time for a booster seat. Remind her to sit up straight to keep the seatbelt in place across her shoulder. And keep in mind that most states require a booster seat until a child is 8 years old or 57 inches tall.

### Color-of-the-week box

Fill shoeboxes with small objects to teach your child colors. First, help him cover a box with construction paper in a color he chooses. Throughout the week, let him add items of that color. A red box might include a maple leaf, a fire truck, and a red ribbon. Next week, he can make a different-colored box.

### Cheer her on!

Help your youngster make up a cheer for motivation when she's faced with a challenge. For instance, if she's struggling to write her name, she might cheer each letter ("Give me a K!") as she prints it. When she's learning to hit a baseball, she could make up a chant like "Feet apart, face the plate, step, and swing!"

### Worth quoting

"It's nice to be important, but it's more important to be nice."

*Anonymous*

### Just for fun

**Teacher:** Can a kangaroo jump higher than the Empire State Building?

**Student:** Yes. A building can't jump at all!



## Loving guidance

To encourage your child's best behavior, gentle words go a long way. It may help to think of discipline as guidance rather than punishment—let your youngster know that you're there to help him stay safe and make good choices. Try these tips for guiding him in the right direction.



**Tell your child what he can do.** He'll be more likely to listen if you give an alternative ("You can play with your new football in the basement so nothing in the living room gets broken"). Also, consider his attention span ("We have to stay in our seats during the recital, but you can play outside at intermission").

**Explain rules to your youngster.** It will be easier for him to accept limits that he understands. If he throws sand, for instance, you might take him aside and

say, "Sand stays in the sandbox. It hurts when it gets in our eyes." If he doesn't follow your rule, choose a consequence that will make sense to him (getting out of the sandbox).

**Correct your child gently.** Use a soft voice, or even a whisper. You'll help him stay calm, and he'll have to listen closely to hear what you are saying. Of course, you'll need to raise your voice in a dangerous situation. Later, you can explain ("You scared me when you got too close to the street"). ♥

## Yesterday, today, and tomorrow

Your day is full of opportunities to help your youngster understand the passage of time. Here are three ideas:

● At breakfast, talk about what she might do that day. "You said you started a painting *yesterday*. Do you think you'll get to work on it *today*?"

● After dinner, look at the school lunch menu together. Show her how to find today's date, and then read tomorrow's menu. "Today is Thursday, so *tomorrow* must be Friday—pizza day!"

● Before bed, help her check the weather forecast. Ask her to tell you what it will be like tomorrow and the day after tomorrow. "Tomorrow will be sunny, but *the next day* it might rain." ♥



## Musical kids

Carly sings along with the car radio. Denard plays toy instruments and pretends he's in a band. Michael listens to his favorite CD while he falls asleep. Music teaches youngsters a variety of skills—and it can be a lifelong source of enjoyment. Spark your child's interest in music with these suggestions:

- A song such as “Down by the Bay” can teach your youngster to recognize rhyming words, an important pre-reading skill. Encourage creativity and extra practice by working together to make up new lines that rhyme. (Example: “Did you ever see a *cat* wearing a *hat* down by the bay?”)



- Make musical instruments, and pretend you're in a marching band. For example, put uncooked rice or beans in a coffee can or an oatmeal canister to make a maraca. Or wrap rubber bands of different thicknesses around a tissue box, and pluck them like a guitar. Take turns being the band leader. Your child will build listening skills as she copies your rhythms.

- Introduce your youngster to different kinds of music to help her learn her preferences. Try classical, country, rock, hip-hop, and salsa. Then, discuss how they are alike (all use instruments) and different (classical often doesn't have words).♥

### ACTIVITY CORNER

## My ABCs

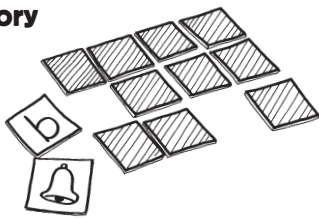
Learning the alphabet is fun! These activities can help your youngster recognize letters and remember the sounds they make.

### Alphabet walk

Help your child write the alphabet on a piece of paper. Then, take a walk around your neighborhood to look for letters. Each time he discovers one on a sign, car, or mailbox, he can cross it off. For example, a one-way sign has an *a* and a *bus* stop sign contains a *b*.

### ABC memory

To make this game, cut a file folder or cardboard box panel



into a dozen two-inch squares. On six of the squares, have your child write a letter. On the other six, have him draw a picture of something that begins with each letter he wrote. To play, place the cards facedown in four rows of three, and take turns flipping over two at a time. Keep pairs that match. The player with the most matches wins.♥



### PARENT TO PARENT

## Getting along with others

As a cashier in a supermarket, I've noticed that employees are happier when they work together peacefully. I shared this with my son to encourage him to get along with his classmates.

I told him that helping one another makes the day nicer. For example, I sometimes bag groceries or check prices for other cashiers. I asked my son how he can help classmates. He suggested opening a friend's milk or teaching her to draw animals.

I also explained how we make decisions. For instance, the manager usually lets us take turns working in the express lane or getting the first break. If we can't remember whose turn it is, we sometimes flip a coin. My son liked that idea and said he'll try it if he and a classmate can't agree.

Now, we swap stories of nice things we do or problems we solve. I think it helps both of us think about how we treat others.♥



## Q & A Conference time

**Q:** Our first parent-teacher conference is coming up. How can we get the most out of it?

**A:** A conference is an opportunity to meet your child's teacher and learn about the school day. Here are a few tips to make good use of your time.

Start by putting the conference date and time on your calendar, and plan to arrive on time. Some parents make a list of questions to ask. You might wonder which classroom activities your youngster chooses or who she plays with, for instance.

At the conference, the teacher will probably show you examples of your child's work. She might also mention skills she needs to work on (raising her hand, using scissors). And she'll probably offer suggestions for helping your youngster outside of school.

When you get home, talk about the conference with your child so she'll know that you and her teacher are working together. After about a week, you might write or e-mail the teacher to say how you're following up on her suggestions.♥



### 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 Aspen Publishers, Inc.  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • rfeustomer@wolterskluwer.com  
www.rfeonline.com  
ISSN 1540-5567

# Early Years

TRABAJANDO JUNTOS PARA UN GRAN COMIENZO

Noviembre de 2010

## NOTAS BREVES



### Seguros en el auto

Cuando a su hija se le quede pequeña la sillita para el auto, ha llegado el momento de comprarle un asiento de refuerzo. Recuérdale que se siente derecha para que el cinturón de seguridad esté en su sitio por encima del hombro. Y acuérdesse de que la mayoría de los estados exige el uso del asiento de refuerzo hasta que los niños sean mayores de 8 años o midan 57 pulgadas de alto.

### El color de la semana

Llene cajas de zapatos con objetos pequeños para enseñar los colores a su hijo. Ayúdelo a forrar una caja con cartulina del color que él quiera. Durante la semana, que meta en la caja objetos de ese color. Una caja roja podría contener una hoja de arce, un camión de bomberos y un lazo rojo. La semana siguiente puede hacer una caja de otro color.

### ¡Anímela!

Ayude a su hija a inventarse vótores para motivarse cuando se enfrente a un desafío. Por ejemplo, si le cuesta escribir su nombre, podría vitorear cada letra (“¡Dame una K!”) mientras lo escribe. Cuando aprenda a golpear una pelota de béisbol podría inventarse un vótor como: “¡Separa los pies, de frente al plato, paso adelante y golpea!”

### Vale la pena citar

“Es agradable ser importante, pero es más importante ser agradable”.

Anónimo

### Simplemente cómico

**Maestro:** ¿Puede un canguro saltar más alto que el Empire State Building?

**Estudiante:** Sí. ¡Un edificio no puede saltar!



## Guiar con amor

Si quiere estimular el buen comportamiento de su hijo, las palabras amables dan un estupendo resultado. Quizá ayude pensar en la disciplina como orientación más que como castigo: explique a su hijo que usted quiere ayudarlo a que viva seguro y a que elija bien. Ponga a prueba estas ideas para guiarlo en la dirección correcta.



**Dígale a su hijo lo que puede hacer.** Le costará menos esfuerzo obedecer si usted le da una alternativa (“Puedes jugar con tu balón nuevo en el sótano para que no se rompa nada en el cuarto de estar”). Tenga también en cuenta su capacidad de atención (“Tenemos que estar sentados durante el recital, pero puedes jugar fuera en el intermedio”).

**Explíquele las normas a su hijo.** Le resultará más fácil aceptar los límites que comprenda. Si arroja arena, por ejemplo, usted

podría apartarse con él y explicarle: “La arena se queda en la caja. Nos duele cuando se nos mete en los ojos”. Si no obedece su norma, elija una consecuencia que le parezca a él lógica (sacarlo del arenero).

**Corrija a su hijo con gentileza.** Use una voz suave, incluso un susurro. Ayudará a que su hijo no pierda la calma y tendrá que prestar más atención a lo que usted dice. Por supuesto que usted tendrá que elevar la voz en una situación peligrosa. Más tarde podrá explicarle la razón (“Me asustaste cuando te acercaste mucho a la calle”).♥

### Ayer, hoy y mañana

Su día está lleno de ocasiones para ayudar a que su hija entienda el paso del tiempo. He aquí tres ideas:

■ Durante el desayuno háblele de lo que hará ese día. “Dijiste que habías empezado una pintura ayer. ¿Crees que trabajarás hoy en ella?”

■ Después de cenar miren juntas el menú escolar. Enséñele a encontrar la fecha de hoy y luego lean el menú de mañana. “Hoy es jueves así que mañana tiene que ser viernes: ¡el día de la pizza!”

■ Antes de ir a dormir, ayude a su hija a consultar el pronóstico del tiempo. Pídale que le diga qué tiempo hará mañana y pasado mañana. “Mañana hará sol, pero al día siguiente quizá llueva”.♥



## Niños musicales

Carly canta al compás de la radio. Denard toca instrumentos de juguete y hace como si formara parte de una banda. Michael escucha su disco compacto favorito antes de dormirse. La música enseña a los niños una variedad de habilidades y puede ser una fuente de placer para toda la vida. Despierte el interés de su hija por la música con estas sugerencias:

- Una canción en inglés como “Down by the Bay” puede enseñar a su hija palabras que riman, una importante habilidad en el período de prelectura. Anime la creatividad y practiquen un poco más inventando líneas nuevas que rimen. (Ejemplo: “Did you ever see a cat wearing a hat down by the bay?”)



- Hagan instrumentos musicales e imaginen que forman parte de una banda de marcha. Por ejemplo, coloquen arroz o frijoles en una lata de café o recipiente de avena para hacer unas maracas. Pongan gomas elásticas de distinto grosor alrededor de una caja de pañuelos de papel y púlsenlas como si fuera una guitarra. Túrnense para hacer de director de la banda. Su hija aprenderá a escuchar mientras imita los ritmos que inventa usted.

- Introduzca a su hija en distintos tipos de música para descubrir sus preferencias. Prueben con clásica, country, rock, hip-hop y salsa. A continuación comenten en qué se parecen (en todos los tipos se usan instrumentos) y en qué se diferencian (la música clásica por lo general no tiene palabras).♥

### RINCÓN DE ACTIVIDAD Mi ABC

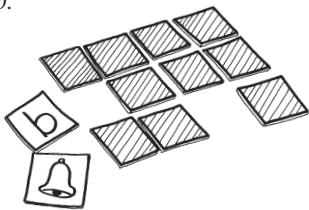
¡Aprender el abecedario es divertido! Estas actividades pueden ayudar a su hijo a reconocer las letras y a recordar los sonidos que hacen.

#### Paseo con el abecedario

Ayude a su hijo a escribir el abecedario en un trozo de papel. Luego den un paseo por su barrio para buscar letras. Cada vez que su hija descubra una en una señal, un auto o un buzón puede tacharla. Por ejemplo, una señal en la que ponga “one way” tiene una *a* y la de la parada de autobús contiene una *b*.

#### Memoria de ABC

Para hacer este juego corte una subcarpeta o el panel de una caja de cartón en una docena de cuadrados de dos pulgadas por lado. Dígale a su hijo que escriba una letra en seis de los cuadrados. En los otros seis, que dibuje algo que empiece con la letra que ha escrito. Para jugar, coloquen los naipes boca abajo en cuatro filas de tres y descubran por turnos dos cada vez. Guárdense las parejas que hagan juego. Gana el jugador con el mayor número de parejas.♥



### DE PADRE A PADRE

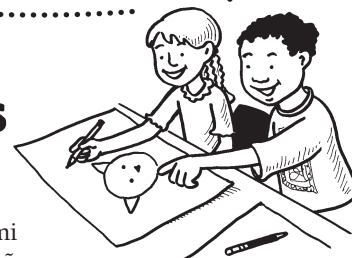
## Llevarse bien con los demás

Soy cajera en un supermercado y me he dado cuenta de que los empleados son más felices cuando trabajan juntos en paz. Compartí esta observación con mi hijo para animarlo a que se llevara mejor con sus compañeros.

Le dije que ayudar a otro compañero hace que el día sea más agradable. Por ejemplo, algunas veces yo meto la compra en bolsas o compruebo los precios para otros cajeros. Le pregunté a mi hijo cómo puede ayudar a sus compañeros. Me dijo que abriéndole la leche a un amigo o enseñándole a dibujar animales.

También le expliqué cómo tomamos decisiones. Por ejemplo, el encargado normalmente nos deja que nos turnemos en la caja expés o para tomar nuestro primer descanso. Si no nos acordamos de a quién le toca, a veces lanzamos una moneda a cara o cruz. A mi hijo le gustó la idea y dijo que la pondría en práctica si él y un compañero no se ponen de acuerdo.

Ahora compartimos anécdotas de cosas agradables que hacemos o de problemas que resolvemos. Creo que nos ayuda a los dos a pensar en cómo tratamos a los demás.♥



## P&R Tiempo de reuniones

**P:** Se aproxima nuestra primera reunión con los maestros. ¿Cómo podemos aprovecharla al máximo?

**R:** Estas reuniones son una oportunidad espléndida de conocer a la maestra de su hija y de averiguar en qué consiste la jornada escolar. He aquí unas cuantas sugerencias para que aproveche bien ese tiempo.

Anote la fecha y la hora de la reunión en su calendario y procure llegar a tiempo. Algunos padres hacen una lista de preguntas que quieren hacer. Por ejemplo, usted quizá se pregunte qué actividades elige su hija en la clase o con quién juega.

Durante la reunión la maestra probablemente le enseñe ejemplos del trabajo de su hija. Podría también mencionarle las habilidades que necesita mejorar (levantar la mano, usar tijeras). Y seguramente le ofrezca sugerencias para que usted ayude a su hija cuando salga de clase.

Cuando regrese a casa, hable con su hija de la reunión para que comprenda que usted y su maestra trabajan en común. Al cabo de una semana podría enviarle un correo electrónico o una nota a la maestra para comunicarle que está poniendo en práctica sus sugerencias.♥



**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.

Resources for Educators, una filial de Aspen Publishers, Inc.  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • rfcustomer@wolterskluwer.com  
www.rfeonline.com  
ISSN 1540-5575