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

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### WELCOME TO A GREAT NEW YEAR!

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Welcome to UCHRA Van Buren County Head Start. The first day of school is an exciting milestone in your child's life. Your child is embarking on a journey that will lead them on many roads of discovery and learning. As wonderful as this new experience may be, it can also be quite stressful for the young child. New situations and change can, at times, be unsettling for all of us. For many children this may be their first experience of separation from parents or care givers at home. It is common for even the most outgoing child to be anxious the first day of school. We have provided a few suggestions for assisting your child during this time. Remember the preschool staff will be available to provide support and assistance, making your child's first school days happy days. Prepare your child for the new school experience by explaining what to expect. Answer all questions directly and honestly. Convey a positive attitude. Young children are aware of your feelings. Your enthusiasm will assure the child that school can be a fun and exciting place. Establish a routine involving both the night before a school day as well as morning preparation. Rituals and routines will add predictability and are comforting in unfamiliar situations. Clearly state to your child where you will be and when you will return. It may also be helpful to discuss what will happen when you are reunited. Maintain a clear good-bye routine. This may include warning the child you are leaving in 3 minutes, a kiss and hug, or a wave from the window. Once you tell your child you are leaving, it is important to follow through. Extending the good-bye with "Ok just one more kiss, and then I really have to go." tends to heighten anxiety rather than relieve it. Avoid sneaking out, this seems to encourage children to become less trusting and makes the next days of school even harder. Again, please know we are here to help make this an easy transition for you and your child and we look forward to an exciting and fun year.

**Welcome!**

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UCHRA Van Buren  
County Head Start

September 1, 2011

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### PERFECT ATTENDANCE

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Regular attendance in Head Start sets up a good pattern for your child's entire school career. Show them that school comes first by trying to keep days off for illnesses, and family emergencies. Also, schedule routine doctors and dentist appointments for after school or over school breaks.

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Your child's name is placed in a drawing every month that they receive perfect attendance. At the end of the year your child will have up to NINE chances to win a new BIKE!



## EVENTS COMING IN SEPTEMBER

Monday September 5	<b>NO SCHOOL</b> Labor Day	Monday September 12	Ollie Otter seat belt training
Thursday September 15	Nurse Visit	Tuesday September 20	School Pictures
Thursday September 22	Van Buren County Sheriff Depart Drug Awareness	Tuesday September 27	Tennessee State Highway Patrol Gun Safety Visit

### Health & Nutrition

submitted by Tina Scarbrough



#### Why Vision Screening Is So Important

Very few children complain about vision problems because they have no way of knowing that their vision is not normal. To them, it is "normal" because it is the only vision they have ever known. Most parents are comfortable with the thought that their child's primary care physician will discover any eye problems but unfortunately, these studies have shown that these providers identify as few as 25% of children with serious problems such as amblyopia. School and Pre-school screening programs can help detect these serious problems. Eye exams for children play an important role in ensuring normal vision development and academic achievement of all kids. Vision is closely linked to the learning process. Eye exams for children are extremely important, because 5 to 10 percent of preschoolers and 25 percent of school-aged children have vision problems.\* Early identification of a child's vision problem can be crucial because children often are more responsive to treatment when problems are diagnosed early.

At the eye screen that was held here at Head Start the children had pictures of their eyes taken with a special camera. The photos will be forward to our Lions Eye Center for review by physicians. This FREE screening is a project of the Van Buren County Lions Club in cooperation with the Tennessee Lions Eye Center located at Vanderbilt Children's Hospital.



### **You are your child's first and most important teacher.**

Children change and grow a lot in the preschool years. They also learn a lot. And learning starts at home. You can help! A preschooler is developing in many areas. You can help your child to :

**Be curious.** Look forward to your child's questions. Have fun finding the answers together!

**Develop interests.** Learn what your child likes to do. Is it building with block? Listening to stories? Drawing dinosaurs? Encourage these interest. Spend time together doing the things he or she enjoys.

**Build character.** Try to do things that fit your child's personality. For example, if your child is energetic and likes to handle things, go for a nature walk. Have him or her look for different insects or rocks.

**Get along with others.** Teach your child to treat others the way he or she would like to be treated.

**Love words.** Read books and create stories together. This helps build language skills and develops creativity.

Remember, you don't have to be an expert to help your child learn. Your time and a positive attitude are all it takes!

### **Children are always learning. And parents are always teaching!**

Turn daily activities into teachable moments. For example, a trip to the grocery store can teach lessons in: Agriculture (how foods are grown?). Transportation ( why we need roads?). Math (by counting items in the cart). Nutrition (why we need to eat food that's good for us?). Make the most out of the time spend together.

**Be a good role model—your child learns by watching you!** Be positive about learning. Let your child see you wonder why. Look for answers together. Teach moral lessons. Teach your child to respect others, to say please and thank you, and to be patient. These lessons will help your child in school and in life.

**Children develop at different times and in different ways. It's best not to compare your child to others.**

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## READING NEWS

**Literacy is the ability to use language to read and write. As your child's 1st teacher it is very important for you to spend time reading with your child at an early age.** It encourages a good foundation for your child's educational future. Developing young children's appreciation for books and their motivation to read are fundamental goals during early years. Here at Head Start we offer a Lending Library. Parents and children can come and check out books and videos during regular school hours. We offer a variety of different books for children as well as parents. We also offer Power Packs which cover a large range of learning activities that comes with everything you need to enjoy the fun activities while you help your child's developmental growth and encourage future educational success. A child learns the simplest of task by playing and having fun and they don't even know they are building skills they will need as they go onto bigger and brighter things. You will receive a letter by Sept. 1 with a list of Power Pack Topics to choose from. You check out Power Packs the same way you do library books from the Lending Library.

We will start our Top Reader Program Sept.1, 2011 Every time you read to your child write down the name of the book, author, and the amount of time you spend reading together. You can give them to Tina Young or send them in your child's backpack to the Head Start. At the end of the school year each child will receive a gift for participating.

**Thursday Sept. 29th from 4:00pm - 6:00pm will be the 1st night of Family Reading Night. Families are encouraged to come and read to their children.**

## Van Buren County Head Start Menu September 2011

			1. B. Milk, Pancakes & Syrup, *Diced Peaches L. Milk, Pizza w/pepperoni, Corn, Green Beans S. **Orange Juice, Vanilla wafers	2.  <b>No School</b>
5. <b>NO SCHOOL LABOR DAY</b>	6. B. Milk, Apple Sauce, Blueberry Muffins L. Milk, *** Ground Beef and Cabbage Stew (Russian Culture), Wheat Bread, Pears S. **Tomato Juice, Cheese w/ Crackers	7. 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	8. B. Milk, Saus. Egg Burrito, **Orange Wedges L. Milk, Pinto Beans, Turnip Greens, Corn, Cornbread S. Milk, Cheese Toast on Wheat	9.  <b>No School</b>
12. B. Milk, Cream of Wheat, *Diced Peaches L. Milk Fish Fillet, ** Dice Apricots, Mashed Potatoes, Rolls S. Choc. Milk Vanilla Wafers	13. B. Milk, Biscuit/Gravy, **Tomato Wedges L. Milk, ***Chili w/ ground beef and beans, Cooked Carrots, Crackers S. ½ Banana, Graham Crackers	14. B. Milk, **Orange Slices, Pancakes and Syrup L. Milk, Beef Hamburger Patty, Potato Wedges, Sliced Tomato, Pickles, Bun, * Diced Apricots, Ketchup, Mustard, Mayonnaise S. Milk, Animal Crackers	15. B. Milk, Pears, Eggs, Wheat Toast L. Milk, Pizza w/Pepperoni, Corn, Green Beans S. **Pineapple Juice, Crackers w/ Cheese	16.  <b>No School</b>
19. B. Milk, **Pineapple Chunks, Bagel, Cream Cheese L. Milk, Turkey, * Sweet Potatoes, Peas, Roll S. Milk, (2) Granola Bars	20. B. Milk, Blueberries, Cheerios L. Milk, Chicken Patty, Stewed Potatoes, Butter Beans, Biscuit S. **Orange Juice, Cheese Toast on Wheat	21. B. Milk, *Diced Peaches, English Muffin, Jelly L. Milk, Fish Patty, Corn, **Cole Slaw, Wheat Bread , Ketchup, Tarter Sauce S. Choc. Milk, Vanilla Wafers	22. B. Milk, Pancakes, Cooked Apple Slices L. Milk, Pork Chops, Green Beans, **Tropical Fruit, Wheat Bread S. Milk, Graham Crackers	23.  <b>No School</b>
26. B. Milk, Oatmeal, * Diced Apricots L. Milk, ***Spaghetti w/meat(ground beef) Sauce, Garlic Bread, Salad w/ **Tomato Wedges, Ranch Dressing, Pears S. Yogurt, Animal Crackers	27. B. Milk, Pears, Eggs, Wheat Toast L. Milk,*** Ground Beef and Cabbage Stew (Russian Culture), Rolls, **Crushed Pineapple S. Milk, Raw Apple Slices	28. B. Milk, Saus. Egg Burrito, **Tomato Slices L. Milk, Pinto Beans, *Turnip Greens, Corn, Cornbread S. Milk, Vanilla Wafers	29. B. Milk, 1/2 Banana, Cheerios L. Milk, ***Meat(ground beef) Taco Salad w/ lettuce, *Tomato Wedges, Cheese, Shells, Taco Sauce, Fruit Cocktail S. **Orange Juice, ½ oz. cheese	30.

\*Vitamin A-Every other Day \*\*Vitamin C- Every Day New Food for the Month: \*\*\* Ground Beef and Cabbage Stew (Russian Culture), \*\*\* Recipe on File

# Early Years

WORKING TOGETHER FOR A GREAT START

September 2011

Compliments of  
UCHRA Van Buren County Head Start

**KID  
BITS**



## Flashlight reading

Try this fun twist on bed-time reading. In a dark room (or outside after sunset), snuggle up and read stories by flashlight. Let your child shine the light on the words while you read. *Idea:* Choose a “scary” story like *The Berenstain Bears and the Spooky Old Tree* (Stan and Jan Berenstain).

## Leaving toys at home

If your youngster frequently asks to take toys to school, have him decorate a cardboard “waiting” box. He can put special toys inside so they’ll be ready for him to play with when he gets home.

## My phone number

Your child may find it easier to memorize her phone number if she sings it to a familiar tune like the alphabet song. Decide if she needs to learn a cell or home phone number or both. Then, she can practice dialing while she sings.

## Worth quoting

“Learning is a treasure that will follow its owner everywhere.”  
*Chinese proverb*

## Just for fun

**Q:** What coat is only put on when it’s wet?

**A:** A coat of paint.



## I see, I think, I know

At school, your youngster is learning all about her world. Keep the excitement going at home by encouraging her to share observations, ideas, and discoveries. Try these suggestions.

### I see ...

Ask your child to find examples of what she’s learning at school. This will help her become more observant and connect her studies to real life. During a unit on jobs, for instance, have her look for workers at the supermarket (cashier, baker) or bank (teller, security guard). If she’s learning about rules, she can search for rules posted in your community (“No Parking,” “Keep your dog on a leash”).

### I think ...

Give your youngster opportunities to express opinions and draw conclusions. These thinking skills are important for making decisions, understanding stories, and exploring science. For example, ask her how your family should spend Saturday afternoon or what the squirrels in your backyard are doing. Then, encourage her to explain her thoughts (“I think the squirrels are looking for food because I saw acorns in their cheeks”).

### “What if...?”

A new school year brings new situations for your child. With these ideas, he’ll feel more confident about tackling anything that comes his way.

- “Will the kids like me?” At home, role-play making new friends. You might pretend to be another child and say something like, “Hi. My name is Chloe. What’s your name?”
- “How will I do my work?” Reassure your youngster that it’s okay to ask for help. His teacher can show him how to hold scissors or write his name, for example.
- “What if I have to use the bathroom?” Remind your child to go to the bathroom before school and during class breaks. Also, he should tell the teacher right away if he needs to go at other times.♥



### I know...

Let your child write or draw about what she learns. She could start a notebook for recording discoveries (“Up and down are opposites”). Or have her make a “knowledge chain.” Help her write each fact on a two-by-six-inch strip of construction paper. Then, tape the ends of each strip together to make a loop through the previous link.

*Tip:* Little ones need time to form thoughts and put them into words. When you ask your child a question, try waiting quietly for a few seconds so she can come up with an answer.♥



# Getting to know the teacher

Your youngster will spend a lot of time with his teacher this year. When you work together with her, you show him that you're interested in this important part of his life. Here are ways to develop a strong partnership from the start:

- Attend school events such as open house and back-to-school night. Introduce yourself to the teacher



and let her know you look forward to helping your child do well.

- Read information that comes home, and talk to your youngster about it. For example, discuss an upcoming field trip to an apple orchard or explain that his teacher is asking families to send in cardboard boxes for classroom projects.

*Tip:* Be sure to return paperwork (permission slips, picture forms) as soon as possible.

- Send the teacher occasional notes or emails to share information or ask questions. Tell her what your child likes about school. ("Blake loves listening to audiobooks.") Also, mention any concerns so that the two of you can address them right away. ("Does Blake wear his glasses all day?")♥

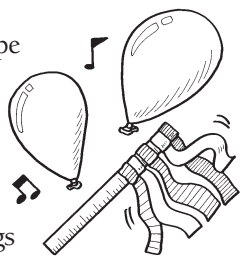
## ACTIVITY CORNER

### Creative movement

Does your child like to wiggle, dance, and sway? Moving to music can build her coordination and imagination. Try these ideas.

**Musical balloons.** Blow up two or more balloons. Put on upbeat music and try to keep the balloons in the air. Each time the music stops, catch the balloons and hold them still.

**Rainbow dance.** Tape multi-colored crepe paper streamers to a ruler. Your youngster can hold the ruler and dance while she sings her favorite songs.



Show her how to wave it quickly back and forth, make large circles with the streamers in the air, or slowly drag the streamers across the floor.

**Falling leaves.** Play soft music, and suggest that you and your child pretend to be autumn leaves. Ask her to imagine what it feels like to float gently through the air to the ground. You might stretch out your arms and wave them as you twirl and sink to your knees.♥



## Happy good-byes

**Q:** My son cries when I drop him off at school. What should I do?

**A:** It's common for youngsters to shed a few tears at the beginning of the school year. The good news is that your child is probably just fine once he's involved with a classroom activity.

Talk with your son's teacher. She may suggest that you help him find something to do before you leave him there. Once he's playing, say good-bye cheerfully and let him know you'll see him when school is over. You might also tape a family photo inside his school bag. As he gets used to being away from you and discovers how much fun he has at school, he probably won't cry.

*Note:* If your child is still crying after a couple weeks, consider scheduling a conference with his teacher or school counselor.♥



## PARENT TO PARENT That's my name!

My daughter has learned to read and write her first word: "Sarah." When she started school this year, the teacher sent home a list of ideas to help her recognize her name—and the suggestions worked!

For example, I wrote her name in pencil and let her use a different-colored marker to trace each letter as she said it out loud: "S-a-r-a-h." We also made a name puzzle. She printed her name on cardboard and drew squiggly lines between the letters. I cut them apart, and she put the puzzle back together.



Her favorite activity is listening to stories about characters named Sarah. At the library, we checked out *Sarah's Story* by Bill Harley and *Sarah's Room* by Doris Orgel. She loves pointing to her name as I read.

Now Sarah is learning to read other names in our family. She made puzzles for her sisters, and she wants to find library books with their names, too.♥

### 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

Septiembre de 2011

## NOTAS BREVES



### Lecturas con linterna

Añadan un divertido cambio cuando lean antes de irse a dormir. En una habitación a oscuras (o al aire libre tras la puesta de sol), arrebújense y lean cuentos a la luz de una linterna. Que su hija ilumine las palabras mientras usted lee. *Idea:* Elijan un cuento “de miedo” como *The Berenstain Bears and the Spooky Old Tree* (Stan and Jan Berenstain).

### Dejar los juguetes en casa

Si su hijo le pide con frecuencia que le deje llevarse juguetes a la escuela, dígame que decore una caja “de espera” de cartón. Puede meter en ella sus juguetes para que estén listos para jugar con ellos en cuanto él vuelva a casa.

### Mi número de teléfono

A su hija le puede resultar más fácil memorizar su número de teléfono si lo canta con la melodía de una canción que conozca bien como la canción del abecedario. Decida si necesita aprenderse el celular o el teléfono de casa o ambos. A continuación puede marcar el número para practicar mientras canta la canción.

### Vale la pena citar

“Aprender es un tesoro que seguirá a su dueño dondequiera que vaya”.  
*Proverbio chino*

### Simplemente cómico

**P:** ¿Qué capa se pone solamente cuando está mojada?

**R:** Una capa de pintura.



Compliments of  
UCHRA Van Buren County Head Start

## Veo, pienso, sé

En la escuela, su hija aprende a conocer el mundo que la rodea. Mantenga su entusiasmo en casa animándola a que comparta sus observaciones, sus ideas y sus descubrimientos. Ponga a prueba estas sugerencias.

### Veo...

Pídale a su hija que encuentre ejemplos de lo que está aprendiendo en la escuela. Esto la ayudará a observar mejor y a conectar sus estudios con la vida cotidiana. Cuando estudie una unidad sobre los oficios, por ejemplo, dígame que busque trabajadores en el supermercado (la cajera, la panadera) o en el banco (la cajera, el guarda de seguridad). Si está aprendiendo qué son normas, puede buscar las normas colocadas en su comunidad (“Prohibido parquear”, “Los perros deben ir sujetos con correa”).

### Pienso...

Dele a su hija ocasiones de que exprese sus opiniones y extraiga conclusiones. Estas habilidades son importantes para tomar decisiones, entender narraciones y explorar las ciencias. Por ejemplo, pregúntele cómo podría su familia pasar la tarde del sábado o qué están haciendo las ardillas en el jardín. A continuación anímela a explicar sus ideas (“Pienso que las ardillas



están buscando comida porque vi que llevaban bellotas en los carrillos”).

### Sé...

Que su hija escriba o dibuje sobre lo que sabe. Podría empezar un cuaderno para anotar sus descubrimientos (“Arriba y abajo son opuestos”). También puede hacer una “cadena de conocimientos”. Ayúdela a que escriba cada dato en una tira de cartulina que mida 2 por 6 pulgadas. A continuación, peguen cada tira con cinta para formar un eslabón que enlace con el anterior.

*Idea:* Los pequeñines necesitan tiempo para dar forma a sus pensamientos y expresarlos en palabras. Cuando pregunte algo a su hija, espere en silencio unos segundos hasta que pueda pensar en la respuesta.♥

## “¿Y si...?”

Un nuevo curso escolar presenta nuevas situaciones a su hijo. Con estas ideas se sentirá más confiado para enfrentarse a cualquier situación que se le presente.

- “¿Les gustará a mis compañeros?” Jueguen en casa a conocer nuevas amistades. Usted podría hacer de otro niño y decir algo como: “Hola. Me llamo Chloe. ¿Cómo te llamas tú?”
- “¿Cómo haré los deberes?” Recuérdele a su hijo que es totalmente apropiado pedir ayuda. Su maestra le puede enseñar a sujetar las tijeras o a escribir su nombre, por ejemplo.
- “¿Y si tengo que ir al baño?” Recuérdele a su hijo que vaya al baño antes de la escuela y durante los recreos. También debería decírselo a su maestra inmediatamente si necesita ir en cualquier otro momento.♥



# Conocer a la maestra

Su hijo va a pasar mucho tiempo este año con su maestra. Si usted colabora con ella le demostrará a su hijo el interés que usted siente por esta importante faceta de su vida. He aquí maneras de formar desde el principio una relación sólida:

- Asista a las funciones escolares como el día de puertas abiertas o la noche de vuelta al colegio. Preséntese a la maestra e indíquele que tiene ganas



de contribuir a que su hijo vaya bien en los estudios.

- Lea la información que le llegue a casa y hable de ella con su hijo. Por ejemplo, infórmele sobre una excursión futura a un huerto de manzanas o explíquelo que su maestra está pidiendo a las familias que envíen cajas de cartón para usarlas en proyectos de clase. *Idea:* Procure devolver la documentación que le pidan (permisos, formularios para fotos) lo antes posible.

ver la documentación que le pidan (permisos, formularios para fotos) lo antes posible.

- De vez en cuando, envíe a la maestra notas o correos electrónicos para compartir información con ella o hacer preguntas. Infórmele de lo que le gusta a su hijo en la escuela. (“A Blake le encanta escuchar audiolibros”) Mencíonele también sus preocupaciones para ustedes dos puedan hacerles frente lo antes posible. (“¿Usa Blake sus gafas todos los días?”)♥

## RINCÓN DE ACTIVIDAD

### Movimiento creativo

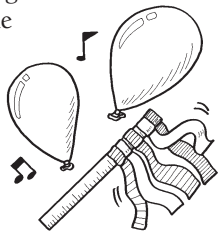
¿Le gusta a su hija contonearse, bailar o balancearse? Moverse al ritmo de la música puede fortalecer su coordinación y su imaginación. Ponga a prueba estas ideas.

**Globos musicales.** Inflen dos o más globos. Pongan música movida y anime a su hija a que mantenga los globos en el aire. Cada vez que pare la música, atrapen los globos y sujételos sin que se muevan.

**Danza del arco iris.** Peguen serpentinas de papel de seda de varios colores a una regla. Su hija puede sujetar la regla y bailar mientras canta sus canciones favoritas.

Enséñele a agitarla rápidamente, a trazar con las serpentinas círculos grandes en el aire o a arrastrar las serpentinas despacito por el suelo.

**Hojas que caen.** Ponga música suave y sugiérela a su hija que se imagine que usted y ella son hojas de otoño. Dígale que imagine lo que se siente flotando con ligereza por el aire hasta el suelo. Podrían extender los brazos y moverlos de arriba abajo y agitarlos mientras dan vueltas y se ponen de rodillas.♥



## RCP

### Adioses felices

**P:** Mi hijo llora cuando lo dejo en la escuela. ¿Qué debería hacer?

**R:** Es normal que los pequeños derramen unas lagrimillas al comienzo del curso escolar. Lo bueno es que su hijo se sentirá mejor en cuanto se ponga a hacer una actividad en clase.

Hable con la maestra de su hijo. Tal vez le sugiera que usted le indique a su hijo algo que hacer antes de dejarlo en el colegio. Cuando se ponga a jugar, dígame adiós con alegría y recuérdale que lo recogerá en cuanto terminen las clases. También podría pegar una foto de su familia por detrás de su placa de identificación o meterle una en su cartera. Cuando se vaya acostumbrando a estar lejos de usted y descubra lo bien que se lo pasa en el colegio, lo probable es que deje de llorar.

*Nota:* Si su hijo sigue llorando al cabo de un par de semanas, concierte una cita con su maestra o con el orientador escolar.♥



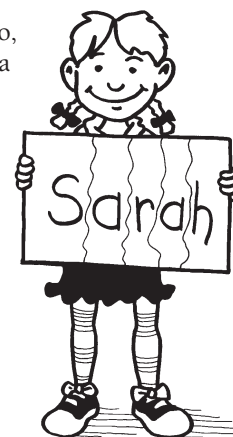
## DE PADRE A PADRE

### ¡Así me llamo!

My daughter has learned to read and write her first word: “Sarah”. When she started school this year, the teacher sent a list of ideas to help her recognize her name and your suggestions were helpful!

For example, I wrote my name in pencil and gave her a marker of another color so she could trace each letter as she pronounced it out loud: “S-a-r-a-h”. We also made a name tag with letters from a stamp and separated the letters with wavy lines. I cut out the letters and she was able to put them back together.

Her favorite activity is listening to stories about characters named Sarah. We got them from the library: *Sarah’s Story* by Bill Harley and *Sarah’s Room* by Doris Orgel. My daughter loves pointing to her name when she reads.



Now Sarah is learning the names of the rest of the family. She had a hard time finding books in the library that also had her name.♥

## 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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