

UCHRA VAN BUREN COUNTY HEAD START

HAND IN HAND TOGETHER WE CAN

TEACHER'S CORNER

Spring Cleaning for Your Child's Safety

This spring while chasing dust bunnies and eliminating cobwebs, take the extra time to include some safety evaluations and precautions in your spring cleaning routine. Below are some things you can do each spring to make your home safer for your children:

Poison Prevention



- Check to make sure that all cleaning products are kept in a high, locked cabinet.
- Check your medicine cabinets for expired or mislabeled products and dispose of them by tightly tying them up in a non see-through bag and taking them directly outside to the gar-bage bin. Always store medicines out of reach and out of sight of curious children, as child-proof caps aren't always reliable.
- Don't forget that your cosmetics and perfumes/colognes can be hazardous. They should also be kept out of children's reach.
- Check all walls, windowsills, and furniture for chipping paint that your child might ingest.
- Check outside your home for things like rodent poison, anti-freeze, pesticides, and other dangerous chemicals. Be sure their containers are properly marked and that they are safely and securely stored out of your children's reach.

Toy Inspection

- Eliminate clutter by getting rid of old toys that children no longer use. If they are in good condition, consider donating them.
- Check wooden toys for splinters or sharp edges.
- Discard any electronic toys with loose or exposed wiring or metal if they cannot be repaired.
- Check for any loose screws or small pieces that your children could choke on.
- To dispose of unsafe toys, place them immediately in the outside garbage bin where your child can't "rescue" them.
- Never save unsafe toys for rummage sales, and do not pass them along to other children.
- If you don't already, start checking toys monthly, and continually keep a watchful eye out for hazards.



Fire and Carbon Monoxide Safety



- Replace the batteries in your smoke and carbon monoxide detectors.
- Use your vacuum cleaner to remove dust and cobwebs from detectors.
- Test smoke and carbon monoxide detectors every month. If you haven't been performing monthly inspections, now is a great time to start.
- Replace smoke alarms every 8-10 years and carbon monoxide detectors about every 5 years. Check the product manuals to find out exactly how often to replace them.
- Review your emergency evacuation plan and make any necessary updates. If your family doesn't have a plan, create one.

Sources:

Children's Hospital of Wisconsin
 The Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) Federal Emergency Management Agency, U.S. Fire Administration

UCHRA Van Buren
 County Head Start

April 1, 2011

PERFECT
 ATTENDANCE

Ava Blanton
 Logan Campbell
 Morgan Campbell
 Dudley Delong
 Natalie Jennings
 Mariah Simmons
 T.J Walker
 Jasmine Waller
 Osmond Woodlee
 Kayliegh Yates



EVENTS COMING IN APRIL



Child Abuse Awareness

All Month

P.T.C

Friday April 1, 2011

Kindergarten Visit

Thursday April 7, 2011

Spring Break

**Monday April 18, 2011
To
Thursday April 23, 2011**

Ag Day

Tuesday April 26, 2011

Our Federal Review is Monday April 11, 2011 thru Friday April 15, 2011 All support is appreciated.



Health & Nutrition

PHYSICAL ACTIVITY RECOMMENDATIONS

How much physical activity is enough?

All children, teens, and adults need daily activity. Encourage everyone to do some **PHYSICAL ACTIVITY every-day** for at **least 30 minutes**. The whole family needs to be active.

Be **PHYSICALLY** active whenever you can. Every little bit helps! For example, take the stairs instead of the elevator. Even 5-10 minutes of activity at a time can add to your daily total.

How can we get more active?

Encourage participation in physical activities at school.

Join teams like basketball, softball, soccer, bowling, etc.

Get involved with community recreation centers, summer programs and camps.

Increase activities during your daily routines (take stairs, mow the lawn, walk the dog, get off at an early bus stop).

Help with responsibilities around the home. Yard work, gardening, and outdoor chores all require lots of physical activity.

On rainy days or when bad weather keeps you indoors, try to stay active inside your home. Do exercise videos, dance to songs on the radio, or help out with chores like vacuuming.

More TIPS...

Limit television/computer/video game time to no **more than 1-2 hours** each day.

Focus on fun. You can do a lot of walking during trips to the zoo, park or beach.

Remember: it does not have to cost a lot of money to be active !



Kindergarten Registration

April 28th and 29th

Call Spencer Elementary at 931-946-2171 to schedule an appointment for registration.

You should bring:

1. Your Child
2. Official copy of Birth Certificate (not the mother's copy received from the hospital)
3. Current Immunization Record
4. Current Physical (must be dated January 1, 2011 or after)
5. Copy of Child's Social Security Card

**PARENT FEEDBACK ON
TRANSITION INTO KINDERGARTEN TRAINING ;
with Ms. Tina Scarbrough**

Bill McQusiton said, "It was very informative and well presented, should have been more to participate".

Mallory Jennings said, "It was great, She's been through it so she knew what we needed".

APRIL BIRTHDAYS

Layla Frady



April is National Poetry Month

Poetry is music to our ears.

Poetry and art is a powerful team to engage children's skills and imaginations. Children who make poetry will be well-versed in language arts and creative thinking.

Haiku is a "snapshot" of words, often related to nature or seasons. This poetry may not rhyme, but briefly captures a moment in time.

Play a rhyming game with your child. Challenge each other to see who can think of the most unusual words that rhyme.

Recognizing rhyming words is essential for success with phonics and spelling.

Help your child to make a poem. Write down the homemade poem and read it to him/her.

Here are a few great poems and Arthur's you and your child might enjoy.

Mary Had a Little Lamb by Sarah Josepha Hale
Twinkle, Twinkle, Little Star by Jane Taylor
"The Eye Book" by Dr. Seuss
"Eight Animals on the Town" by Susan Middleton Elya



Early Years

WORKING TOGETHER FOR A GREAT START

April 2011



Compliments of
UCHRA Van Buren County Head Start

KID BITS

Spring safety

Keep your child safe by reviewing outdoor rules. Show him where he can play (say, in your yard and in the yard next door). Also, practice holding hands and looking both ways before stepping off the curb, and remind him never to chase balls into the street.

A place for everything

Picking up toys is easier when your youngster knows exactly where they go. Help her take a photograph of each kind of toy (blocks, cars, miniature people). Then, have her tape the pictures to the correct toy bin. *Idea:* Build spelling and writing skills by helping her make handwritten labels to put under the photos.

Music appreciation

Play classical music for your child. You can find CDs at the library or download free albums at www.classical.com. Talk about the mood (happy, sad) and speed (fast, slow) of the music. Encourage your youngster to paint as she listens, or to make up a story that tells what she thinks the music is about.

Worth quoting

"We do not inherit the earth from our ancestors; we borrow it from our children."

Native American proverb

Just for fun

Q: What do you do when a dinosaur sneezes?

A: Get out of the way!

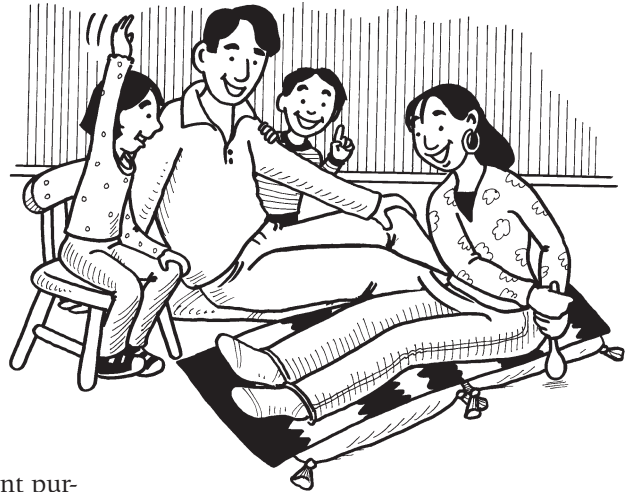


I'm thinking...

Did you know that thinking is a skill that your child can practice and get better at? Here are games that are fun to play and will encourage her to think creatively and logically.

New ideas. This version of charades can get your youngster thinking "outside the box." Pick a household item (spoon), and pretend you are using it for a different purpose (paddling a boat). Let your child guess what you are doing, and then let her act out another way to use the item. Play again with a new object like a soup can or hair brush.

Creative drawing. To play this thinking game, make a line or a scribble on a large piece of paper. Then, take turns adding marks—without saying what your picture looks like. But with each addition, encourage your youngster to



think silently about what the drawing is turning into. What does it end up being?

Game of logic. Build logical-thinking skills with this activity. On a piece of paper, draw a different shape—heart, star, circle, square—in each corner. Your child's job is to match your shapes on her paper by asking "yes" or "no" questions. For example, she might ask, "Is the heart at the top?" ("No") and "Is it on the left?" ("No"). Then, she could figure out that the heart is in the bottom right corner. ♥

Games from other lands

Children around the world play different games. Here are two that your little one may enjoy.



"Big Snake" (Ghana). One child (the "snake") tries to tag the others. A tagged player joins hands with the snake and becomes the "tail." Together, they tag the rest of the players. As each child is tagged, he becomes the tail—and only the leader and the tail can tag others. The last player tagged is the new snake.

"The Chopstick Game" (China). Each player gets two unsharpened pencils, a bowl of 10 cotton balls, and an empty bowl. Set the full bowls on one chair and the empty bowls on a second chair about 10 feet away. To play, carry one cotton ball at a time between your pencils from one bowl to the other. (If you drop one, go back and try again.) The first person to transfer all his cotton wins. *Note:* Traditionally, this game uses chopsticks and marbles. ♥

Unplug it!

Want your child to do better in school and have healthier eating and exercise habits? Limit his TV, computer, and video-game time.

Celebrate Screen-Free Week (April 18–24) with these ideas that your family can use year-round:

1. Decide on a daily screen-time allowance. Most experts recommend an hour or less. You might give your child a kitchen timer to use. He can set it for one hour and then start it each



time he uses electronics. When the hour is up, so is his screen time.

2. Leave the TV off when no one is watching.

Have your youngster choose a program in advance and turn it on just for that show. If possible, record it so he can watch without commercials—he'll have less screen

time and won't be exposed to commercials for junk food.

3. Help your child find alternatives to screen time. As he's cutting back, he may need help. For example, you might put baskets of books and art supplies in the living room so that when he wanders in to watch TV, he'll see other options.♥

ACTIVITY CORNER Make a scene

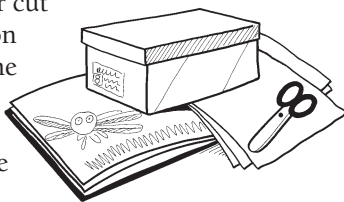


Let your child transform a shoebox into a scene from a book. She'll build reading-comprehension skills as she creates and uses her project.

Materials: shoebox, construction paper, scissors, glue, clay

Start by reading a familiar book such as *The Very Lonely Firefly* by Eric Carle. Then, turn an open shoebox on its side and ask your youngster to imagine that the story is taking place inside.

Help her cut construction paper to line the box so it resembles a scene from the



book. *Tip:* She can flip back through the story for ideas. For example, she might glue green paper on the bottom for grass and dark blue on the sides for the night sky. Suggest that she use clay to make characters (firefly, people) and objects (car, lantern).

Finally, she can move the pieces around to act out the story. When she's finished, let her display her scene on a table for everyone to see.♥

PARENT TO PARENT

No more bragging

Our son Kyle is a fast runner, and we have pointed this out many times. But then he started telling his friends that he was the best runner in school.

I explained to Kyle that talking about yourself like that is bragging, and it can make others feel bad. I asked him to tell me what his friends were good at. After thinking for a minute, he said Alice drew pretty pictures and Travis could count really high. I pointed out that his friends probably know what he's good at, too—he doesn't have to tell them.

I suggested that instead of talking about his own talent, Kyle could try complimenting others on theirs. Not long after our conversation, I was happy to overhear him praising a friend for kicking a soccer ball far.♥



Q & A

Keep trying

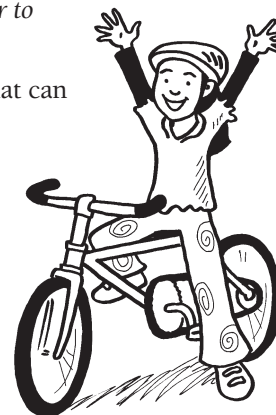
Q: My daughter tends to give up easily when something is hard or takes too long. How can I get her to stick with things?

A: Teach your child phrases that can encourage her to keep going. She can repeat them when she feels frustrated. For instance, she might tell herself, "I can do it," "I'm sticking to it," or, "It's hard, but I'll get it."

Also, help your youngster break down tasks. For instance, if she needs to

write her name 10 times, she might do 5 before dinner and 5 afterward. Or when she's learning to ride a bike, have her practice for a short amount of time and stop before she gets frustrated.

Finally, show her that you have to be persistent, too. You might say, "I'm learning a new computer program at work—it's tough, but I'll be able to do it if I keep trying."♥



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

Abril de 2011



NOTAS BREVES

Seguridad en la primavera

Proteja a su hijo repasando las normas para jugar al aire libre. Muéstrole dónde puede jugar (por ejemplo en su patio y en el patio de los vecinos). Practiquen cómo hay que agarrarse de las manos y mirar a ambos lados antes de bajarse de la acera, y recuérdole que nunca persiga un balón que se salga a la calle.

Un sitio para todo

La recogida de los juguetes es más fácil cuando su hija sabe con exactitud dónde tiene que colocarlos. Hagan una foto de cada tipo de juguete (bloques, carros, muñequitos). A continuación, que sujete con cinta cada foto al recipiente correspondiente. *Idea:* Practicará la ortografía y la escritura si hace sus propios rótulos y los pone debajo de las fotos.

Apreciación musical

Póngale música clásica a su hija. Puede encontrar discos compactos en la biblioteca o bajárselos gratuitamente de www.classical.com. Hablen del tono (feliz, triste) y de la velocidad (rápida, lenta) de la música. Anime a su hija a pintar mientras escucha o a inventarse un cuento que cuente lo que cree que la música expresa.

Vale la pena citar

“No heredamos de nuestros antepasados la tierra; la pedimos prestada a nuestros hijos”. *Proverbio indio americano*

Simplemente cómico

P: ¿Qué haces cuando estornuda un dinosaurio?

R: ¡Me aparto!



Compliments of
UCHRA Van Buren County Head Start

Estoy pensando...

¿Sabía usted que pensar es una habilidad que su hija puede practicar y mejorar? He aquí juegos entretenidos que la estimularán a pensar con creatividad y lógica.

Nuevas ideas. Esta versión de charadas puede conseguir que su hija piense creativamente. Elija un objeto de uso doméstico (cuchara) e imagine que la usa para algo distinto de lo normal (remar en una barca). Que su hija intente adivinar lo que usted hace y que represente luego otra manera de usar el objeto. Jueguen de nuevo con otro objeto como una lata de sopa o un cepillo del pelo.

Dibujos creativos. Para jugar a este juego de pensar hagan una línea o un garabato en un trozo grande de papel. A continuación túmense añadiendo marcas, sin decir qué es su dibujo. Pero al añadir cada línea anime a su hija a que piense en silencio en lo que se está convirtiendo el dibujo. ¿Qué es al final?



Juego de lógica. Desarrolle el pensamiento crítico con esta actividad. Dibuje una forma distinta—corazón, estrella, círculo, cuadrado—en cada una de las esquinas de un folio de papel. Su hija tiene que intentar adivinar dónde ha colocado usted esas formas haciendo preguntas de “sí” o “no”. Por ejemplo, podría preguntar “¿Está el corazón arriba?” (“No”) y “¿Está a la izquierda?” (“No”). Así podría imaginar que el corazón está en la esquina inferior derecha. ♥

Juegos de otras tierras

Los niños del mundo juegan a cosas distintas. He aquí dos juegos que pueden gustarle a su hijo.

“Gran serpiente” (Ghana). Un niño (la “serpiente”) intenta pillar a los demás. El jugador al que pilla le da la mano a la serpiente y se convierte en la “cola”. Juntos intentan pillar al resto de los jugadores. Cada nuevo niño pillado se convierte en la cola y sólo el líder y la cola pueden pillar a los demás. El último jugador pillado se convierte en la nueva serpiente.

“El juego de los palillos” (China). Cada jugador recibe dos lápices sin punta, un tazón con 10 bolitas de algodón y un tazón vacío. Coloquen los tazones llenos en una silla y los vacíos en otra a 10 pies de distancia de la primera. Para jugar, transporten las bolas de algodón de una en una, sujetándolas con los lapiceros, de un tazón a otro. (Si a un jugador se le cae una, vuelve atrás y empieza de nuevo.) Gana la primera persona que transporta todas sus bolitas de algodón. *Nota:* Este juego utiliza tradicionalmente palillos para comer y bolas de cristal. ♥



¡Desenchúfalo!

¿Quiere ayudar a su hijo a que vaya mejor en sus estudios, a que coma mejor y haga más ejercicio? Limite el tiempo que pasa frente a la TV y la computadora y jugando a videojuegos.

Celebren la Semana sin Pantalla (18–24 de abril) con estas ideas que su hijo puede usar todo el año:

1. Decidan cuál es el tiempo de pantalla permitido cada día. La mayoría de los expertos recomiendan una hora o menos. Podría darle a su hijo el reloj con alarma de la cocina para que se controle el tiempo.



Puede programarlo para una hora y ponerlo en marcha cada vez que use un aparato electrónico. Cuando se le termine la hora, se termina el tiempo frente a la pantalla.

2. Apaguen la TV cuando nadie la esté viendo. Que su hijo elija un programa y encienda la tele sólo para ese programa. Si fuera posible grábenlo para que lo vea sin anuncios: pasará menos tiempo frente a la pantalla y no verá los anuncios de comida basura.

3. Ayude a su hijo a que encuentre alternativas al tiempo frente a una pantalla. Si se propone reducirlo quizá necesite una mano. Por ejemplo, usted podría colocar cestas con libros y materiales para arte en el cuarto de estar para que cuando entre a ver la TV vea otras opciones.♥

RINCÓN DE ACTIVIDAD



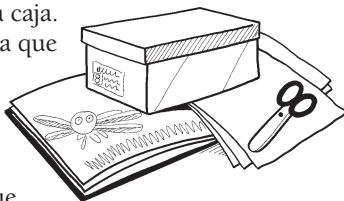
Hacer una escena

Que su hija transforme una caja de zapatos en la escena de un libro. Desarrollará la habilidad de comprender lo que lee mientras diseña y usa su proyecto.

Materiales: caja de zapatos, cartulina, tijeras, pegamento, plastilina

Lean una historia conocida como *The Very Lonely Firefly* de Eric Carle. Coloquen una caja de zapatos sin tapa sobre uno de sus lados y dígale a su hija que se imagine que el cuento tiene lugar dentro de la caja.

Ayúdela a que corte trozos de cartulina para forrar la caja de modo que



parezca la escena del libro. *Idea:* Puede hojear el libro para buscar ideas. Por ejemplo, podría pegar cartulina verde en el fondo para la hierba y azul oscuro en los lados para el cielo nocturno. Sugíerale que use plastilina para los personajes (luciérnaga, personas) y los objetos (auto, linterna).

Finalmente, puede mover las piezas por la caja para representar el cuento. Cuando termine, que exponga su escena en una mesa para que todos la vean.♥

DE PADRE A PADRE

Basta de alardear

Nuestro hijo Kyle es un corredor rápido y se lo hemos dicho muchas veces. Pero de repente empezó a decirles a sus amigos que era el mejor corredor del colegio.

Le expliqué a Kyle que hablar así de uno mismo es alardear y que puede molestar a los demás. Le pedí que me dijera qué cosas hacían bien sus amigos. Se lo pensó un momento y me dijo que Alice hacía dibujos preciosos y Travis podía contar hasta números muy altos. Le dije que sus amigos probablemente sabían qué hacía él bien, sin necesidad de que él se lo dijera.

Le sugerí a Kyle que en lugar de hablar de su propio talento procurara felicitar a los demás por los suyos. Poco después de nuestra conversación me dio gusto escuchar cómo felicítaba a un amigo por un buen lanzamiento en fútbol.♥



P & R

Sigue intentándolo

P: Mi hija suele rendirse con facilidad cuando algo es difícil o le lleva mucho tiempo. ¿Cómo puedo ayudarla a que persevere?

R: Enseñe a su hija frases que la animen a seguir adelante. Puede repetir las cuando se sienta desanimada. Por ejemplo, podría decirse “Puedo hacerlo”, “Voy a seguir adelante” o “Es difícil pero lo conseguiré”.

Ayúdela también a dividir sus tareas en porciones manejables. Por ejemplo, si tiene que escribir su nombre

10 veces podría hacer 5 antes de la cena y 5 después. O si está aprendiendo a montar en bicicleta, que practique un poquito pero lo deje antes de empezar a desanimarse.

Finalmente, muéstrele que también usted tiene que perseverar. Podría decirle: “Estoy aprendiendo un nuevo programa de computación en el trabajo: es difícil, pero podré dominarlo si sigo esforzándome”.♥



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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