



UCHRA Van Buren County Head Start

9/26/19



Learning experiences can be fun for everyone. Children and parents can share the joy of learning and playing while they communicate and grow together. By working together with your child, you are helping to build his/her language and literacy, social and emotional, gross motor, fine motor, and cognitive skills. Remember, you are your child's first and most important teacher and your home is a primary learning place! Their learning will depend on the opportunities and support that you offer them at home and in their surroundings. So get out there and play together!

Attention Head Start Parent & Guardians: School Readiness Begins with HEALTH!



Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications. (For more information about Influenza please visit <https://www.cdc.gov/flu/about/index.html>)

As a result of the risk associated with the flu, we strongly encourage you to have all your family members vaccinated. Because we care for your child's and family's health, we have designed this Flu Vaccination Incentive plan:

With documented proof of the enrolled child and one additional family member having been vaccinated for the 2019 flu season you will become eligible for a FREE \$10 gift card (Free \$10 gift cards for the first 25 Flu Shot Vaccination Recipients.) So not only can you protect your family from the flu, you can add a little cash to your budget! 😊

We have partnered with our friends at the local Van Buren Health Department to make accessing the flu vaccination even easier. In addition to walk-ins & appointment availability at the health department office, they will also be offering a Flu Vaccine Clinic during our Hero's & Princesses-Family Reading Night on Thursday October 25th @ the Head Start center. Flu vaccine will be offered to insured AND uninsured adults AND children.

For any questions please contact Lindsey – Health & Disability Services Specialist @ 423-881-5182

September Perfect

Attendance

Timmy
Apphia
Sailor
Bentley
Brooklynn
Alex
Lola
Avery
Landon P.
Zoey



October Birthday's

Emma
Kaylee
Avery

Van Buren County Head Start! If you have not liked/followed us on Facebook please do so. Some of the benefits include: photo galleries, special news and updates, plus the ability to connect and chat online with other people who share your interest.



October Happenings

Bring Your Dad To School Day
Wednesday, October 2nd through Friday, October 4th 9 AM till 11 AM

Fall Break

Monday, October 14th through Friday, October 18th

Fingerprinting w/ Van Buren County Sheriff Dept.
Thursday, October 24th

Family Reading Night (Hero and Princess Theme) @ 5PM
Thursday, October 24th

Friday, October 25th
No School In-Service Day

Saturday, October 26th
Drug Take Back Day at the Head Start 10AM till 2PM

Thursday, October 31st
Monthly Birthday Recognition



Transition Talk

The greatest factor in learning to read and language development is early exposure to language. By reading to your child every day, you promote and build on your child's language and literacy skills. When you take time to read to your child, sitting them in your lap, holding them, allowing them to turn the pages, asking them questions about the story, you are instilling in them a love for reading. You are your child's first and most influential teacher, they are watching you and when you have a love for reading they see that and often portray that in their everyday life. How many times has your child repeated what you were saying when you had no idea they were even listening? They are always watching, listening and learning what is important to you and that will be important to them. At Head Start, we promote reading to your child through our "Reading Program". We have an onsite library which has books available for check out. Remember to turn into your child's teacher your reading log monthly. We also work with our local library in Spencer and ensure that each one of you have a library card that enables you to check out books. You are preparing them for kindergarten when you help them listen for sounds of the letters making the words. Children need to hear the sounds of the letters to establish strong reading skills. Don't forget to visit the parent page on our website and review Zoo-phonics which helps teach children letter sounds to strengthen early literacy skills. You are preparing them for their "transition" to kindergarten and establishing excellent "school readiness" skills. READ! READ! READ!

Rita Mayfield, Assistant Mentor Coach/ Education Supervisor



9 Fun Ways to Keep Kids Interested in Reading and Storytelling



It can sometimes be a struggle to get kids interested in reading, but it's so important, in ways we may not always think about. Reading and storytelling are vital to preserving cultural identity, developing healthy brains, and cultivating curiosity in youngsters. In the following excerpt from other authors offer a simple methodology for getting kids interested in storytelling and helping them find their sweet spot when it comes to reading.

1. Storytelling doesn't just mean reading! Listen to storytelling podcasts and radio shows like The Moth. Play audiobooks in the car. Retell folktales, fairy tales, urban legends, family lore. Whenever you're telling or reading a story, keep your kid engaged by asking them open-ended questions about the characters or plot, questions the kid can't answer with a yes or no.
2. If your kid doesn't like to read, don't give up. You haven't found the right book. Explore different kinds of fiction, poetry, graphic novels, books of world records and kooky facts, profiles of presidents and sports heroes, gross-out science books. Get suggestions from a cool teacher or librarian. If your kid has a learning disability or just isn't into reading on their own, read aloud to them, tell stories and listen to audiobooks together for as long as your kid will let you.
3. You can't go wrong with funny. For younger kids, rhyming books are great; they can guess at each rhyme, so there's built-in suspense. Have no shame when you read aloud: Do accents. Take dramatic pauses. Modulate your voice, raising and lowering it to build narrative momentum. Let your children mock you. My kids always loved when I cried at the end of *Charlotte's Web* or *Mrs. Katz and Tush*. They'd look at each other, snickering, clearly thinking, *Poor Mom, she's daft*.
4. Dedicate time to reading. Make it a ritual. Make it part of your day. If your kid is not a sit-still kid, even 15 minutes of reading a day is better than nothing. And again: You might just not be reading the right book.
5. Let kids choose their own books. I've never told my kids they weren't allowed to read something. I learned this from my fabulous mom, who watched me read Deb Putnoi's copy of Judy Blume's *Forever* at a house party when I was nine. Adults were giving her an earful about "letting me" read something so risqué, but she kept replying with variants of "If she has questions, she'll ask me." That was a big lesson for me, and now that I'm a parent, I've exercised veto power only at bedtime, and only once or twice. Because when [my daughter] Josie got scared she became a hysterical cholerica (excessively nervous person: literally "person with cholera") and would fight sleep for days and make us all want to die of exhaustion. (Advice within advice: Let your children read Roald Dahl's *The Witches* only during daylight hours.) And if your kid is reading books you don't approve of — from sexist comic books to poorly written sparkly vampire romance, the worst thing you can do is ban what they love. Talk about why you think certain books are dumb or offensive (or better, let your kid make a book recommendation, actually read the thing, and then discuss the book together), but don't shame your kid for having different tastes from yours.
6. Harness peer pressure. Kids take book recommendations from other kids more seriously than they do recommendations from adults. When Josie went through a sci-fi and fantasy stage, a genre about which I'm clueless, she got book suggestions from her friend Nora.
7. Get your kid into series books. They may not be the greatest literature, but they create anticipation and identification with recurring characters. You can always mindlessly borrow or buy the next one in the series, which is a huge relief when you'd rather be thinking about a cocktail than kids' lit.
8. Kids see through "do as I say, not as I do." Model the behavior you want to see. Invite your kid to sit next to you on the couch as you both read. Keep books out — in baskets, on shelves, and on coffee tables. The way I got Josie to read *Harry Potter* — which I knew she'd love but which she stubbornly refused to try because she is contrary like her mother — was to take it on vacation, leave it on the coffee table of our rental house, and say absolutely nothing.
9. Pro Tip: "Two truths and a lie" is a good way to get sullen tweens to tell a story. Here's the game: At dinner, everyone has to say three things that happened that day, two of which are true and one of which isn't. Then everyone else has to guess which is the lie. It's a sneaky way to get anecdotes out of your kids beyond "How was your day?" "Fine."



Books by the Bushel

October 2019

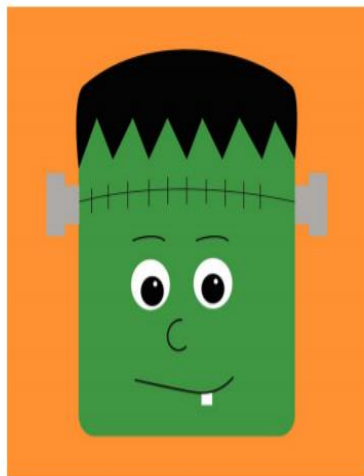
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cookie Month Pizza Month Drum Month	National Book Month Popcorn Month	1 National Homemade Cookies Day- Make your favorite cookies!	2 Read a book you have never read for National Book Month!	3 Go outside and take a walk, see how many different leaves you can find!	4 World Smile Day- Show us your best smiles!	5 World Teacher's Day Do Something Nice Day
6 National Popcorn month- Make some popcorn and eat it as a snack!	7 Make your own Mini Drum for Drum Month! (See Activity)	8 American Touch Tag Day- Go outside and play some Touch Tag!	9 Fire Prevention Day	10 Take Your Teddy Bear to work day	11 How many words can your child think of that rhyme with "ghost"	12 National Farmer's Day- Read "Old Macdonald" or another farm book!
13 Discuss the different activities you do in the Fall compared to the other seasons.	14 Columbus Day National Dessert Day	15 Make a Halloween Book-mark!	16 Dictionary Day- What is your favorite word in the dictionary?	17 Read a book that has the word "pumpkin" in it	18 National Chocolate Cupcake Day!	19 Rake together a pile of leaves, then jump in the pile!
20 Go on a walk and collect items that are related to Fall!	21 Count Your Buttons Day- How many buttons could you count?	22 National Color Day- How many colors can you find around your house?	23 Using chalk, draw a picture on the sidewalk of what Fall looks like	24 Make your own Trick-Or-Treat Basket!	25 Frankenstein Friday- (See Activity)	26 National Pumpkin Day- Paint a face on a pumpkin for Halloween!
27 Read a Halloween book!	28 Plush Animals Lover's Day	29 National Cat Day- Make a list of words that rhyme with "cat"	30 National Candy Corn Day- Practice simple addition problems using candy corn- then eat them as a snack!	31 Happy Halloween- Dress up as your favorite book character!		



Frankenstein Pudding Cups

Ingredients:

- 1 Box of Instant Pudding Mix (Vanilla or Banana)
- Green Food Coloring
- Plastic Cups- 4-6
- Black Sharpie
- Oreos- Crushed



Instructions:

- Mix the Instant Pudding Mix, when done, add green food coloring to the pudding mix (the more drops of food coloring you add, the darker shade of green the pudding will be)
- Draw a face on each plastic cup using a black sharpie- the faces can be silly or scary!
- Crush about 15-20 Oreos together
- Fill each cup with pudding and then on top of the pudding, add the crushed Oreos- Take a look at your Frankenstein creation!
- Enjoy your Halloween treat!

www.booksbythebushel.com

Mini Drum

Materials Needed:

- Mini Pringles Can
- Colored Construction Paper
- Square Piece of Tissue Paper
- 2 Rubber Bands
- Glue
- Scissors
- 2 Unsharpened Pencils



Instructions:

- Measure the colored construction paper, so it covers the Pringles can- glue the paper to the can
- Measure a piece of tissue paper, so it covers more than the Pringles lid- cut into a square and glue to the lid
- Put the lid back on to the Pringles can and put a rubber band around the extra tissue paper- add another rubber band to the bottom of the can
- Use unsharpened pencils as your drum sticks!