

Greetings Head Start Families,

Can you believe we are 1/12 of the way through 2020? We are busy as ever here in Head Start working on school readiness skills, social emotional development, and exciting winter themes! The most exciting thing about what is going on in all the classrooms is that they are all based in PLAY! The best thing about play is that it doesn't take fancy materials or have to be at a special time of day. For instance, you can play with words while your driving in the car! Try playing would you rather. Ex. Would you rather be a lion or a bird? Then ask why! This is playful and supports vocabulary development and overall language skills. I have listed some fun ones to get you started: **Would you rather...**

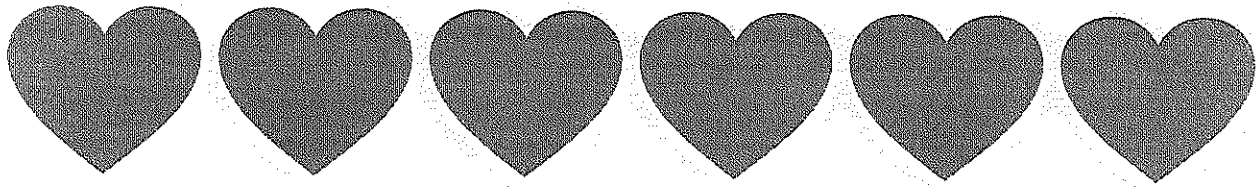
- **Play outside all day or play inside all day?**
- **Spend the day at the beach or spend the day at an amusement park?**
- **Play in the pool or play on a trampoline?**
- **Live on a farm or live in a mansion?**
- **Have a pet cat or a pet dog?**
- **Jump into a pool of chocolate pudding or jump into a pool of chocolate ice cream?**

Have fun!

Your partner in education,

Jaclyn Valley

Director



February 2019

## Education/Disabilities News

Teachers are beginning winter parent conferences. Thank you for making the time in your very busy schedules. The teachers enjoy hearing about your child's progress at home too.

Our teaching staff are working very hard with the children to guide them with their pre-reading and writing skills. You will see very busy children when you stop into a class. Try these tips at home to continue developing these skills.

**READING at Home  
with Your Child**

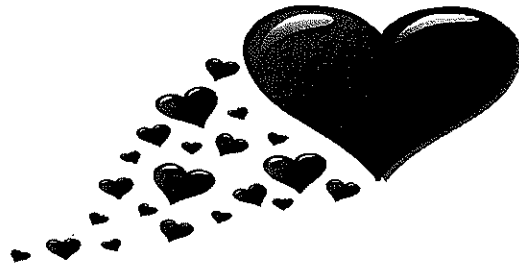
HERE ARE A FEW TIPS AND IDEAS TO HELP CULTIVATE A LOVE OF  
READING AT HOME!

- Let them hold the book as you read
- Allow them to turn the pages
- Invite them to read with you
- Let them finish the sentences if reading with you
- Point to the words as you read so they associate words with reading
- Model reading in front of your child
- Go to the library
- Encourage them to read the pictures and talk about them
- Read the same 2-3 books every day for a week, then switch.
- Read to them daily
- Designate a "reading time" where the whole family sits down to read
- Allow them to choose books
- Talk about the books after reading them
- Be excited about reading with your child! It's contagious!

"CHILDREN ARE MADE READERS ON THE LAPS  
OF THEIR PARENTS." — EMILIE BUCHWALD

Melissa Levasseur  
Education/Disabilities Manager

# **FEBRUARY Family Support News**



- Family Advocates are finishing up the last of their 2<sup>nd</sup> home visits. If you have not had your 2<sup>nd</sup> home visit please touch base with your family advocate. This is an opportunity to set your family goals and action steps. We are also available to help at any time with community referrals.
- We are kicking off February with lots of Family Engagement opportunities here at Stowe.
  1. Gross Motor Night on 2/5 at 6-6:45pm in the gym. ALL families are encouraged to attend this fun filled night.
  2. FTO Meeting 2/6 at 9:30 AM or try the VIRTUAL MEETING at 7:30pm. Come help with the planning of our upcoming family engagement events!
  3. Monday February 10<sup>th</sup> we will have another fun Family Play Lab Night. 6-7pm.



- We are accepting applications for the 2020-2021 school year.  
**BIG NEWS!!!!** Our application is now **ONLINE!** If you know anyone who is interested in Head Start for their child have them simply go on [Enfieldschools.org](http://Enfieldschools.org) and fill out the application online. It will go directly to us here at Stowe and we will contact them for an intake.

# Nutrition Nuggets™

Food and Fitness for a Healthy Child

February 2020

Enfield Head Start

## BEST BITES

### Put away the salt

Here's an easy way to cut back on the amount of salt your child eats: Don't invite the salt-shaker to the dinner table! If it's out of sight, he won't salt food without thinking. Too much salt can lead to high blood pressure and other health risks. *Idea:* Set out alternatives like lemon pepper and salt-free seasoning blends.

### Active fundraisers

Offer to help plan a healthy PTA or PTO fundraiser. Instead of selling candy or other sugary foods, suggest active ways to raise money. Your group might hold a bike-a-thon or a student-teacher kickball tournament, for instance. This will get your youngster and her classmates moving and encourage healthy habits.

## DID YOU KNOW?

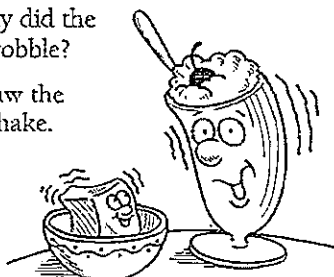
Your child can use science to determine whether an egg is fresh!

Have him put an egg in a glass of cold water. If it's fresh, it will sink. If it floats, it's past its prime. Why? Eggshells have tiny holes that air seeps into over time—the more air an egg has inside, the older it is and the more likely it is to float.

### Just for fun

**Q:** Why did the jelly wobble?

**A:** It saw the milk shake.



## Healthy choices at the store

Turn a trip to the supermarket into a healthy adventure for your child. Use these tips to teach her to make good food choices from the start.

### Make a list

Before you head out, plan meals with your youngster. Ask her to name healthy foods to eat this week. Which lean protein (chicken, black beans, fish) would she like for dinner each night? What nutritious snacks should you buy?

Have her write a shopping list that includes her ideas. She'll learn that using a list can keep her focused and cut down on the tendency to toss chips or cookies into the cart.

### Read labels

At the store, show your child how to read labels. Then, give her challenges. You might ask her to find a box of crackers with whole wheat as the first ingredient (meaning there's more whole wheat than anything else)

or the yogurt with the least amount of sugar per serving.

### Discover new foods

Work-together to find a healthy new food to try. In the produce section, she might spot parsnips or rutabagas, for example. Check out the international aisle, which may have tahini (sesame seed paste) or brown rice noodles. Let her put the new food in the cart, and at home, research ways to include it in a meal. 🍴

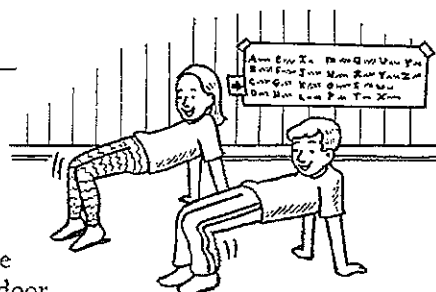


## Alphabet fitness

Get fit from A to Z! With this suggestion, your youngster will always have something active to do.

**First**, help your child make a poster of fitness options, one for each letter of the alphabet. Encourage him to include a variety of ideas—indoor and outdoor, or ones he can do alone or with other people. *Examples:* A = acrobatics, B = beach ball toss.

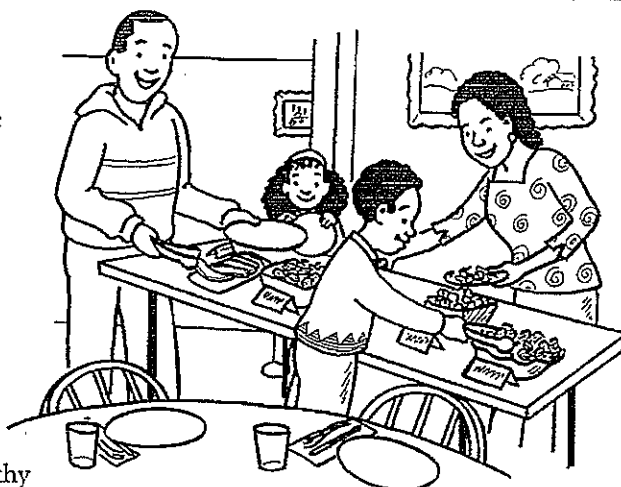
**Now** put a set of letter tiles or magnetic letters in a bag or bowl. Your youngster can pull out a letter anytime and do the matching activity. "It's C. Let's have a crab-walk race!" 🦀



# Salad days

Salads make it easy to get more vegetables into your youngster's diet. Try these kid-friendly strategies that will have your child asking, "More salad, please!"

**Favorites first.** Start with ingredients your youngster likes, such as croutons, cheddar cheese cubes, and broccoli crowns. Then, let him mix in greens like romaine or arugula. Finally, he could drizzle on a healthy dressing like ranch made with yogurt.



**Give it a twist.** Who says you have to eat salad with a fork? Have your child fill his plate with finger foods, such as baby kale leaves, red pepper spears, green beans, and cucumber slices. Or he might make a "deconstructed" salad by putting each ingredient in a separate section of his plate.

**Create a buffet.** Ask your youngster to help you set up a salad bar for dinner. He could choose fun containers for ingredients and add signs. *Examples:*

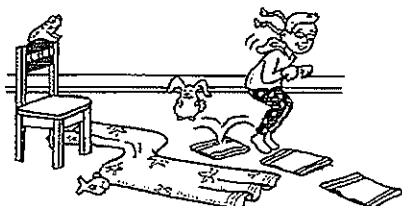
"Superhero Spinach," "Tasty Turkey." Encourage him to put veggies on half his plate, then add cheese for calcium, a whole grain (cooked pasta wheels or farro), and protein (hard-boiled egg slices, lean ham). ●

## ACTIVITY CORNER

### A "forest" obstacle course

Trekking through a forest is great exercise—and so is navigating this creative indoor version. Encourage your child to make and play in an obstacle course disguised as a forest.

**1. Set it up.** What can she find around the house to make her "forest"? She might use a blue beach towel for a stream, green washcloths for lily pads, blocks for stones, and chairs for trees.



**2. Add "creatures."** Now your youngster can scatter stuffed animals or magazine pictures of animals throughout.

**3. Go exploring!** Let your child move through her forest. She can hop across the lily pads, climb the chair, and move like the animals. Maybe she'll swim like a fish or jump like a bunny. ●

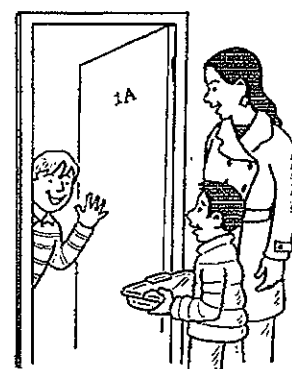
## PARENT TO PARENT

### Managing diabetes

When my son Logan was diagnosed with Type 2 diabetes, I worried about how he'd manage, especially when I wasn't with him. So we worked with a dietitian to create a healthy eating plan.

The dietitian said Logan doesn't need special foods—just a nutritious diet and plenty of exercise. She also told us to email copies of his care plan to his teachers, the school nurse, the cafeteria manager, and the principal. Now they know when Logan may need a blood sugar check or a snack. If he goes to a friend's house, I send a healthy treat to share and give the parent a list of symptoms that would indicate his blood sugar is dropping or spiking.

Our whole family is working on eating better and being more active. That's making things easier for Logan and keeping us all healthier. ●



## IN THE KITCHEN

### Four-ingredient meals

Healthy dinners don't need to be complicated. These meals taste great and burst with nutrition—and each one has just four ingredients.

#### Chicken caprese

*Stir together:* diced baked chicken, grape tomatoes, marinated mozzarella balls.

*Toss with:* whole-grain angel hair pasta (cooked, drained).

#### Quinoa bowl

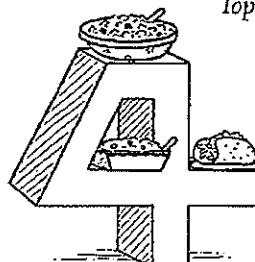
*Stir together:* cooked quinoa, canned chickpeas (drained and rinsed), sliced black olives.

*Top with:* plain nonfat yogurt.

#### Tuna tacos

*Stir together:* can or pouch of tuna (packed in water, drained), avocado chunks, shredded purple cabbage.

*Serve in:* whole-wheat tortillas. ●



## OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of CCH Incorporated  
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800-394-5052 • [rfecustomer@wolterskluwer.com](mailto:rfecustomer@wolterskluwer.com)  
[www.rfeonline.com](http://www.rfeonline.com)

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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February 2020



Room 1

February is dental health month. We will learn why it is important to brush our teeth and eat healthy foods. We have a curriculum called Cavity Free Kids that helps us practice good habits for keeping our teeth clean and our I am Moving, I am Learning curriculum gives us activities to keep our bodies active. We will also finish up our ball unit.

We will also talk about love & kindness towards our family and friends. Our monthly family activity will be for each child to make a valentine of some kind to share and display at school.

Please send in a hat, mittens and boots daily. We try to go outside every day. The children love to play outside, especially in the snow.

The children will exchange valentines. Please send them to school on Wednesday, February 12<sup>th</sup>. We will pass them out on the 13<sup>th</sup>. We have 17 children in our classroom.

Remember: Please **DO NOT** send any candy or food with the valentines.

Mrs. Guile

Miss Mitchell

Miss Wendy

## February in Room 3



In February we will be talking about Groundhog Day and learn about shadows. We will talk about kindness and friendship. We will also be reading nursery rhymes and doing fun activities to incorporate literacy and numeracy each day.

We will be reading many books by Iza Trapani, including:  
Row, Row, Row Your Boat; Mary Had A Little Lamb  
& Twinkle, Twinkle Little Star

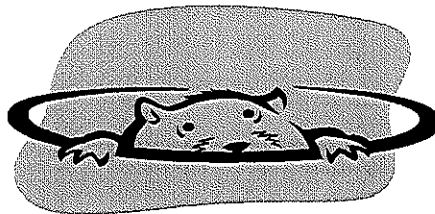
We would like to spend some time outside, so please send your children with boots and snow pants if it snows.

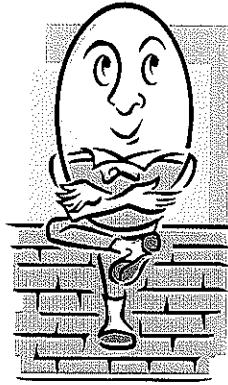
\*We will be beginning a space unit at the end of February, so look for a family project at the end of the month.

Miss Brown

Miss Candice

Mr. Jake





## **Mrs. Smith and Mrs. Young**

This month we will focus on rhyming. We will act out nursery rhymes and play rhyming games. We will also focus on dental health using our Cavity Free Kids curriculum. We will continue to focus on literacy and numeracy activities.

Books to read:

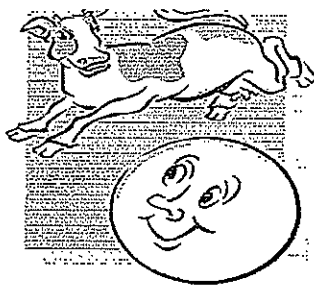
**Itsy Bitsy Spider** by Iza Trapani

**Baa, Baa Black Sheep** by Iza Trapani

**Twinkle, Twinkle Little Star** by Iza Trapani

Reminder : Please send in hats, mittens, boots and snow pants for outdoor play.





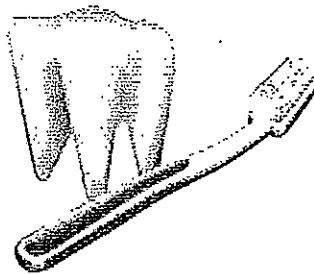
## February News

During the month of February we will be learning about nursery rhymes. We will be doing literacy and numeracy activities to go along with the rhymes. We encourage you to continue these fun rhymes by reading to your child at home.

February is also a month to learn about taking care of our teeth, practicing good brushing, and eating foods that are good for our teeth.

It's conference time so we will be calling you to have you stop in to get updates on your child's progress.

Ms West   Miss Sandy   Miss Julie



# FEBRUARY 2020



ROOM 11

Mrs. Lampro

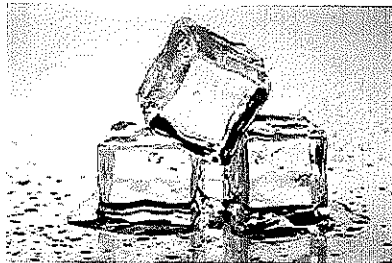
Mrs. Claire

Mrs. Nute

This month we will focus on kindness and friendship. We will create "kind hearts" that children can hang up when they have done something nice for someone else (help with a coat, show empathy to a friend who is upset, or help someone clean up a spill). Our children are kind each day already; this activity can bring it to our attention and focus on positive actions.

We will also be taking a closer look at our body's heart. We will discover foods and exercises that help to keep our hearts in shape. We will create graphs using foods that are good for our hearts. Please feel comfortable to join us in our kind and healthy heart activities.

Ice experiments will be on the agenda for this very cold month. How does it form? How does it melt? And so many more questions to answer.



## Our Favorite Books:

- The Wind Blew by Pat Hutchins
- Jamerry by Bruce Degen
- I'm not Sleepy by Robie H. Harris
- A Taste of Honey by Nancy Elizabeth Wallace

## Reminders:

Please send your child to school with a hat, mittens and boots everyday. We try to get outside as often as possible!

Please send in dry clothes to keep in your child's cubby in case of an accident or a spill.

A decorative background on the right side of the page featuring several sharpened pencils of various colors (white, yellow, green, blue) standing upright. The pencils are arranged in a slightly staggered, row-like fashion, with their sharp tips pointing upwards. The background is a light, textured grey.

February 2020

# Head Start

## Room 12

### DEAR ROOM 12 FAMILIES

January was an exciting and month from our Room 12 friends! We experienced a variety of weather, ranging from frigid cold to fun outdoor sunshine. We also started answering a question of the day. This means the children have to find their name in a group and then answer "Yes" or "No" to a fun question on our pocket chart.

*Some favorite books from last month:*  
*Goldilocks and the Three Bears*  
*Little Red Riding Hood*  
*Llama Llama Red Pajama*

In January we focused on the Creative Curriculum study of clothes. Our friends learned about the different types of clothing people wear, why it is important to dress for the weather and how we take care of our clothes. We did fun projects like "washing" clothes with puffy paint (a mixture of shaving cream and glue) and collaging felt shirts onto a paper letter "S". We also loved reading "Llama Llama Red Pajama" which taught us how to be patient.

### SECOND STEP CONNECTION

Your child is learning that he or she has strong feelings that are uncomfortable. Your child is also learning about feeling frustrated. Children can feel frustrated when they are trying to do something that is really hard.

Children are learning this step for when they feel frustrated: Put your hands on your tummy and say "Stop" to begin calming down.

Knowing how to calm down helps your child learn at school and home.

### Reduce, Reuse, Recycle

In February we will be focused on the study of Recycling. We appreciate any recyclable materials (tissue boxes, paper towel rolls, plastic bottles, etc.) that you could donate to help us learn about this important job.