

Greetings Head Start Families,



We sure did celebrate Read Across America Day in style! The Cat in the Hat was even spotted on the playground! Since the beginning of the year, we have been working with LeAnn Beaulieu to coach and support staff through the implementation of Executive Function strategies. These strategies allow students to practice developing self-regulation, impulse control, and working memory. One way for you to be involved in this practice is to ask your child to recall the question of the day. Each day, teachers post a question of the day in their classroom and invite students to answer. Students may have the opportunity to do something to get their answer. (i.e. Does the penny sink or float? Students can visit the counter where there is a cup of water and a penny for them to test). When a group of students are gathered around the question, the teacher can facilitate a conversation about what they believe the answer is and why. As a class, the teacher will review the question of the day. Teacher's often use this review as an opportunity to incorporate math (more, less, how many said yes, how many said no, etc.)

Have fun!

Your partner in education,

Jaclyn Valley

Director

## EDUCATION/DISABILITIES NEWS

Happy End of Winter!

Can you believe it's time for some of you to be thinking about the transition from Head Start to kindergarten? It seems like all those little faces just walked through our doors for the first time. As students of Head Start and Enfield Public Schools your child will already be registered for kindergarten. Please disregard any registration packets you may receive in the mail. The schools have asked that you continue to watch your mailbox and the local papers throughout the spring and summer for orientation information. Please feel free to call your child's school with any questions you may have. Several weeks ago, I sent home the name of the school your child will attend for kindergarten.

Henry Barnard: 860-253-6540

Enfield Street: 860-253-6565

Hazardville Memorial: 860-763-7500

If you are unsure of your child's kindergarten school, please call me.

We continue to work hard to make sure each child's needs are met in the areas of education, social/emotional and health. Please share with us any concerns you may have about your child, or suggestions for the program. We are happy to hear from you.

March 31 will be my last day as an educator with Head Start. I have been here since 1986 and it is time for retirement. This is an amazing program to be a part of. Take away advice?: Please continue to be a strong advocate in your child's education. You are the most important.

Enjoy those longer days of almost spring and sunshine outdoors.

Melissa Levasseur



## FAMILY ENGAGEMENT

*WELCOME TO MARCH! The JOY OF SPRING is right around the corner!*

The school year is flying by and the coming months will be filled with FUN family activities here at Head Start and Stowe Early Learning Center. I want you all to have an opportunity to attend as many activities as you can. Here is a list of upcoming SPRING Family Engagement opportunities:

PLAY LAB NIGHTS March 10<sup>th</sup> and April 24<sup>th</sup>

WELCOME TO SPRING! FAMILY NIGHT March 17<sup>th</sup>

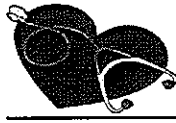
COLOR THE WORLD WITH CHALK FAMILY FUN NIGHT May 4<sup>th</sup>

We are also accepting applications for the upcoming 2020-2021 school year. If you know anyone who is interested in Head Start please have them go online to [Enfieldschools.org](http://Enfieldschools.org) to fill out an application. Our Family Support office will be meeting with prospective new families over the next few months.

As always please remember to contact me or your family advocate if you need anything at any time. Our door is always open!

-Kelly Bowles

Family Support Manager



## **Health and Nutrition News for March 2020**

During the month of February, I continued to focus on health and nutrition. We will be calculating all of the children's BMI's in the coming month and send home a "report card" with your child's height and weight results and healthy tips and information. If you have any concerns about your child's eating habits, growth or nutrition, please see me. *We have a registered dietician available to meet with parents and families with nutritional concerns.*

We have had some illness this winter, including Influenza (Flu), Strep, pink eye, fevers, and stomach viruses. Please keep your child home for at least **24** hours after the symptoms (diarrhea, vomiting, and fever) have gone. This will help decrease the spread of infection here at school and ensure that your child will be able to participate in classroom activities when he/she returns.

Your child's oral health is very important. It is required that all Head Start children be seen by a dentist within the first **90 days** of enrollment, and yearly thereafter. However it is recommended that children see their dentist **every 6 months**. If your child has not seen a dentist, please make an appointment. If you need assistance, a list of dentists, or have any questions, please contact me.

### **Reminder:**

**I will be sending home reminder letters if your child is due for his/her yearly physical. Head Start requires a current yearly physical be on record. If your child has an upcoming appointment, please let me know. I will need a copy of the current physical after it is complete.**

Jennifer Maier RN  
School Nurse Stowe Early Learning Center  
Health Manager, Head Start  
117 Post Office Rd, Enfield CT  
W: 860-763-8858  
F: 860-253-0096

# Nutrition Nuggets™

Food and Fitness for a Healthy Child

March 2020

Enfield Head Start

## BEST BITES

### Positive peer pressure

When your youngster eats with friends at school or at home, encourage her to notice healthy foods they enjoy. She may be inspired to try something new, such as collard greens, polenta, or artichokes, just by seeing a friend eat it.



### Act out the weather

What's the weather outside? Let your child show you, instead of telling you, with this active idea. Have him look outside and then "become" the weather. He might whirl around fast like the wind, stomp his feet and pound his arms for thunder, or dance with his arms outstretched on a sunny day.

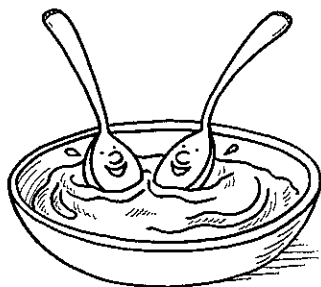
## DID YOU KNOW?

Oregano is full of antioxidants, which can boost your youngster's immune system and help her stay healthy. Try adding fresh or dried oregano to salads and grilled meats or fish. Your child may like the flavor because it reminds her of pizza!

### Just for fun

**Q:** What did one spoon say to the other?

**A:** Let's stir things up!



## Calcium counts

How can you get your child to eat more calcium? Appeal to his desire to be strong! Let him know that calcium builds strong bones for playing and growing. Then, try these ideas.

### Fill a bank

Encourage your youngster to make a "calcium bank." First, turn a plastic milk jug on its side and cut a slit in it. Next, help him find magazine pictures of foods with calcium (milk, cheese, dark-green leafy vegetables). He could cut them out and glue them all over his bank. Each time he eats one of those foods, he puts a coin in the slot.

### Add to every meal

Get your child used to having calcium throughout the day. Point out calcium-rich foods he's already eating (milk in his breakfast cereal, grilled cheese for lunch), and help him think of more he could have (baby spinach



in his sandwich, yogurt and fruit for dessert). *Tip:* Adding an 8-oz. glass of nonfat milk to a meal gives him another serving of calcium.

### Cook with calcium

Add calcium to your youngster's diet by cooking with dairy products and foods that contain calcium. For instance, use nonfat milk instead of water when heating up canned tomato or mushroom soup. Melt Parmesan cheese onto cooked zucchini or green beans. Put tofu into a stir-fry, or stir white beans into chili. ♥

## Celebrate spring!

Enjoy the first day of spring on March 19, and get some exercise, by heading outdoors with your youngster. Here's how.

**1. Take a walk.** Look for signs of spring. Does your child hear woodpeckers pecking on trees or spot buds on bushes?

**2. Visit a farm.** Your youngster may see newborn lambs or other baby animals. Plus, some farms have play areas where she could climb on hay bales or play beanbag toss.

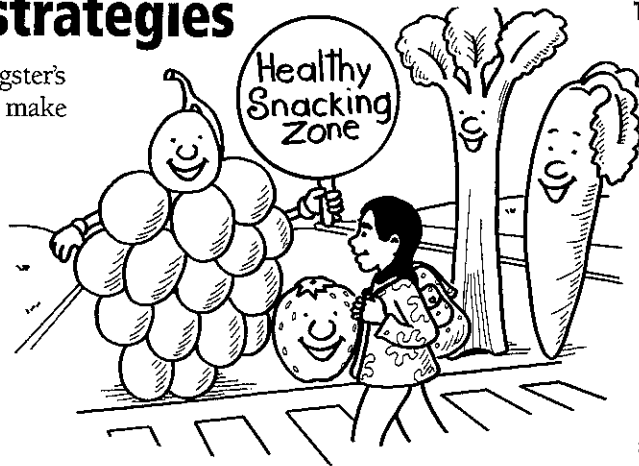
**3. Do spring cleaning.** Ask your child to help you wash the car or clean out the garage. She could also hose down her bike and outdoor toys. ♥



# Better snacking strategies

The right snacks satisfy your youngster's hunger in a healthy way. Teach her to make smart choices with these tips.

**Pack smart.** Send nutritious snacks that are appealing, portable, and easy to eat when your child is away from home. Many kids love finger foods like grapes, baby carrots, and string cheese. (Include an ice pack to keep cold foods cold.) *Note:* Be sure to follow her school's policy on snacks.



## Think beyond "snack foods."

Foods your youngster normally eats at breakfast, lunch, and dinner can be snacks, too.

Together, think of examples, such as whole-grain toast with almond butter, a salad, or mini turkey meatballs.

## Establish good habits.

Help your child develop healthy snacking habits to avoid overeating or making poor food choices. You might limit snacking to the kitchen table and put away electronics while you eat. Also,

look at packages together to find and measure out the healthy serving size. ●

## ACTIVITY CORNER

### Scarf games

Get two lightweight scarves (or cloth napkins) for these games that will boost your child's coordination.

● **Catch.** Take turns throwing a scarf in the air for the other person to catch. The scarf will float slowly to the ground, giving him time to catch it. This is a great way to build confidence as your youngster's catching skills improve.



● **Copycat.** Have each player hold a scarf, and take turns adding movements for each other to copy. Your child might do big arm circles with his scarf. You mimic him, then add a move, perhaps swooshing your scarf behind your back. Keep going, repeating all the previous movements and tacking on your own. When someone can't remember a move, the other player wins. ●

## 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  
128 N. Royal Avenue • Front Royal, VA 22630  
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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## Q&A Pasta every day?

**Q:** My daughter would eat the same foods every day if I let her—especially pasta. How can I get her to branch out?

**A:** It's normal for kids to prefer familiar foods, but a balanced diet will give your child a variety of nutrients.

Try starting with foods she likes and make small adjustments. For instance, serve spaghetti squash or "zoodles" (zucchini noodles) with your daughter's favorite pasta sauce. Or add chopped broccoli to macaroni and cheese.

You might also offer a new food as an appetizer before a meal, when your youngster is hungrier. Set out cucumber slices with a dip she'll eat, for instance.

Finally, keep in mind that it may take a dozen attempts or more before a child accepts a new food—so keep serving them in different ways until you find a winner! ●



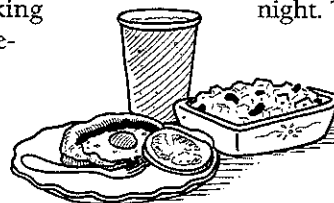
## IN THE KITCHEN

### Wake up with veggies

Fruit, toast, milk, eggs ... which food group is missing from that typical breakfast lineup? Vegetables! Round out your child's morning meal with these recipes.

#### Egg in a cap

Place a large portobello mushroom (stem and gills removed) upside down on a foil-lined baking sheet. Crack an egg carefully into the cap and bake at 375° for 15–20 minutes, until set. Top with chopped tomato.

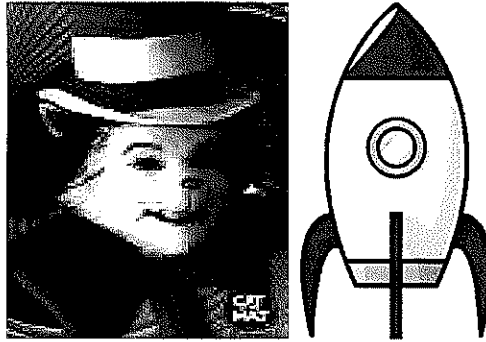


#### Green smoothie

Let him blend 1 cup fresh spinach, 1 banana, 1 cup fat-free milk, ½ cup frozen cauliflower, and 1 tsp. each vanilla extract and honey.

#### Breakfast potatoes

Thaw 3 cups frozen potatoes (shredded or cubed) in the refrigerator overnight. Toss with 1 cup black beans and ½ cup each diced green and red peppers. Spread on a lightly greased baking sheet. Bake at 400° for 30 minutes. ●



March 2020

Room 1

During March we will be reading books by Dr. Seuss and doing activities to go along with the books. Some books by Dr. Seuss are The Cat in the Hat, One Fish Two Fish Red Fish Blue Fish, and The Foot Book. He is our author of the month.

We will begin studying space. We will talk about the moon, sun, star and planets. We will also talk about traveling into space.

Our monthly family activity will be creating a spaceship or rocket at home. Please send it to school as soon as it is done.

Happy Birthday to Michael (2), Alex (18) and Callie (22).

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.

Mrs. Guile

Miss Mitchell

Miss Wendy

### \*March In Room 3\*

During the month of March, we will be talking about colors and rainbows. We will make a class graph of our favorite colors. We will also learn about dinosaurs, including their diets and habitats.

We have begun talking about Dr. Seuss in February, and we will celebrate his birthday on March 2<sup>nd</sup>. We will be reading, The Cat in the Hat, Hop on Pop, and The Foot Book, just to name a few.

The children will be reading Dr. Seuss books, practicing rhyming and participating in fun literacy and math activities to go along with the stories.

Don't forget, we welcome volunteers! Our door is open if you wish to spend time with us!

We continue to try to get outside when possible, so please send warm coats, hats and gloves!

Miss Brown

Miss Candice

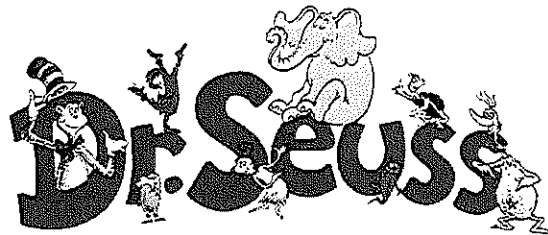




# Room 9

This month we will continue focusing on rhyming with nursery rhymes and Dr. Seuss books. We will do some math and literacy activities that correspond to the Dr. Seuss stories we are reading.

**The author of the month will be...**



Some books to enjoy are:

The Cat in The Hat  
The Foot Book  
Green Eggs and Ham  
One Fish, Two Fish, Red Fish, Blue Fish  
Hop on Pop

Please continue sending in warm coats, hats, mittens, and boots. We still can have some cool and muddy days!



**Thank you**

Mrs. Smith

Mrs. Young



## March News Room 10

During this month, we will talk about the wind and spring weather changes. March brings lots of green activities, leprechauns and rainbows. We have many fun science activities planned around the colors of the rainbow. In addition, we will begin a study on pets.

We will have a Dr. Seuss Celebration this month by reading and talking about some of our favorite books by Dr. Seuss- The Cat in the Hat, Fox in Socks, The Foot Book and Green Eggs and Ham.

We continue to help get ready for kindergarten by introducing more letters and numbers. You can help by reinforcing them at home.

Ms. West      Miss Sandy   Miss Julie

# MARCH 2020



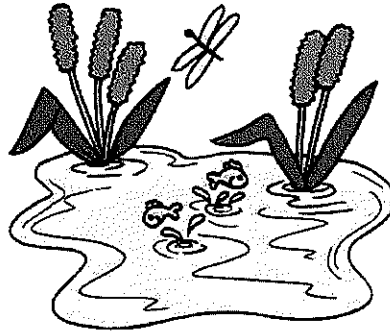
ROOM 11

Mrs. Lampro

Mrs. Claire

Mrs. Nute

Our focus this month will be on Pond Life. Our students will explore the animals that live there and the environment.



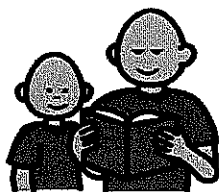
This month we will also celebrate Dr. Seuss's birthday and "Read Across America". We will read some of his books and have a special snack. We will discover healthy eating habits.

## **Great books:**

- *Green Eggs and Ham* by Dr. Seuss
- *The Cat in the Hat* by Dr. Seuss
- *Slower than a Snail* by Anne Schreiber
- *In the Small, Small Pond* by Denise Fleming
- *It's Mine* by Leo Lionni

## **Reminders:**

Please send your children to school with boots, hats and mittens. We try to get outside as often as possible.



# Head Start Room 12

## DEAR ROOM 12 FAMILIES

It was so wonderful to get a chance to meet with you all for parent/teacher conferences last month! Our classroom is filled with some pretty amazing kiddos and it's always a treat to spend time discussing how they progress over the school year.

*Some favorite books from last month:  
I Stink! by Kate and Jim McMullan*

*Sam Helps Recycle by Judith Bauer  
Stamper*

*Peter's Chair by Ezra Jack Keats*

In February we focused on our Creative Curriculum study of Recycling. We discussed where our waste goes as well as how we can reuse materials that we would usually throw away. Children had the opportunity to reuse materials like newspaper, bottle, caps and paper towel rolls. We also used some of the milk jugs from breakfast to create bird feeders!

## 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.

## Music Making

In March we will be focused on the study of Music Making. If your child has an instrument that they would like to share with the class that would be more than welcome. We will also be making some of our own instruments so donations of paper towel rolls, rubber bands and tissue boxes are greatly appreciated!