NEW YEAR – NEW ROUTINES - NEW OPPORTUNITIES

Linda Flowers

Head Start recognizes the important contributions parents make toward a child’s success in school. There is no question about it - success at school begins at home. One of the most important parts of Head Start is the partnership between the centers and parents who work together for the best interest of Head Start children. Throughout the year parents have the opportunity to develop that partnership in a wide variety of ways - volunteering in classrooms, attending parent meetings, school activities, home visits, etc.

As we begin a new year, Head Start staff will continue encouraging routines for children to follow. These routines create safe and smooth running classrooms and centers where children can learn and develop. It is also important to establish routines at home - routines for bed time, meals, story time, play time, etc. As you establish and continue routines for the new year, keep in mind that early childhood is a special time of learning, exploration and growth, and that your child becomes the person he/she is capable of becoming in school and in life.

From Your Policy Council

This is my third year as a parent with the program, and my first year on the Policy Council. I am a member of the Parent Committee, and the Secretary on the Policy Council.

My son was in the Marion Center for two years, and it is because of this program that he is doing so well. My daughter is in her first year at the Malone’s Early Learning Center Co-Location Head Start. My experiences with both the Marion Center and Malone’s, has been great. My daughter loves her teachers, and has made lots of friends. She is my social butterfly. She is learning so much and is also writing her name.

I know we are busy, but if you can volunteer at the center that your child attends for just 15 or 30 minutes at a time, it is a big help. Assisting staff at Parent Committee Meetings, helping teachers in the classroom and at mealtimes, helping out at naptime, reading a story, and helping at special events at the centers are just a few ways to generate in-kind! When I visit my daughter’s classroom, her face lights up and that means the world to her and me.

Jamie Kerrigan

Our children love to see us when we come to their school. Completing the Parent-Child Learning activity sheets at home has been a lot of fun, and don’t forget to send them back to school. Volunteering has been great!

Let’s continue to work together to make this year the greatest year of volunteering ever!
Eating Healthier for a Healthier YOU!

With a new year beginning, now is the best time to make changes. They say it takes twenty-one days for a change to become a habit, so why not start today! A healthy you (and a healthy family) starts with eating healthy. When preparing your family’s plate, aim for half of it to be filled with fruits and vegetables. Fruits and vegetables are full of phytochemicals. Phytochemicals are non-nutritive substances that provide health benefits. They vary by color, therefore you want to vary the colors of your fruits/vegetables to get the most health benefits.

Aside from filling half of your plate with fruits and vegetables, choose lean protein (that is not fried or breaded) such as poultry, fish, and lean beef to make up one-fourth of your plate. Other great and inexpensive sources of protein include beans, lentils, eggs, nuts, and seeds.

The last (one-fourth) portion of your plate, should be made up of grains. Try to aim for a majority of your grain intake to be from whole grains. Whole grains are full of fiber. Fiber not only helps with digestion, but also plays a role in weight management, among other health benefits.

Whenever possible, drink milk with your meals. Milk is full of nutrients such as calcium and vitamin D. Be sure to choose low-fat or fat-free milk versus whole milk. If milk is not an option, choose water.

As the winter months progress, so will the weather. Therefore you want to make sure that your family is dressing appropriately for the weather. Before going outside, make sure your family is dressed in the following items this winter.

Layers
Always dress in layers as they are easy to take off if they get wet or if you get too warm.

Winter Boots
Make sure that everyone in your family has a pair of boots to wear this winter. A lot of your body’s heat is lost from your feet, therefore you want to make sure that they are covered properly. Boots help keep snow from getting your socks wet while keeping them warm! Again, waterproof is best.

Hat, Scarf, Gloves/Mittens

These three items are a winter must for everyone in your household! You lose a lot of heat from your head therefore you want to keep it covered with a hat. Using a scarf around your neck can block a lot of the cold air from hitting it. Loosely wrapping the scarf around your mouth and nose can help reduce runny noses when out in the cold. Always wear gloves/mittens as they will keep your hands warm and free from the chance of frost bite.

Dressing for the Weather

Winter Coat
It is essential for everyone in your family to wear a winter coat in the cold weather. Make sure the coat is buttoned/zipped for extra warmth. Waterproof coats are best as they help keep clothing underneath dry.

Activity: Have your child draw a picture while using the purple crayon and their imagination. Just like Harold does in this classic book. Have them explain the drawing after they are finished.

Head Start Job Openings
We are looking for:
- Bus Drivers
- Bus Monitors
- Substitute Bus Drivers
- Substitute Teachers
Contact your Center Director or call 453-6448 for more info.

Literacy Activity
Book: Harold and the Purple Crayon
By: Crockett Johnson
Supplies:
- Paper
- Purple Crayon
Activity:
Have your child draw a picture while using the purple crayon and their imagination. Just like Harold does in this classic book. Have them explain the drawing after they are finished.

FAMILY CONNECTIONS
Male Advisory Panel

SIU Carbondale Head Start had 40 father/father figures and children join us for our first MAP meeting of the 2015-2016 school year.

Men and children hammered away at a Lowe's Build and Grow project. Each child chose to put together a pirate ship or a coin bank wearing a Lowe’s apron.

Two Lowe's employees volunteered their time to help with any questions the men & children may have had. They also discussed their free clinic which occurs one Saturday a month at 10:00am. Any one can participate in these free clinics. All you have to do is go to Lowe's.com and search Build & Grow. There is a quick registration process.

Staff also spoke with the men about all the objectives from our Head Start curriculum that this project met. Objectives included following the directions, interacting with peers, and forms relationships with adults.

![Lowe's Build and Grow](image)

Helping Children Learn Math During Daily Routines

There are several activities you can do at home to help your child learn math. You can use these activities during your daily routines. For example:

**Getting Dressed**
- “How many buttons do you have on your shirt? Let’s count them as I button you up.” (Number-counting)
- “Here’s a sock for this foot. That’s one foot. Here’s a sock for the other foot. That’s two feet!” (Number-counting, using one-to-one correspondence)
- “Do you want to wear your short pants or your long pants?” (Measurement-comparing sizes)

**Setting the Table**
- “Will you help me? Each person gets one fork, one spoon, and one napkin.” (Number-using one-to-one correspondence)
- “How many spoons do we need? Let’s count.” (Number-counting, solving problems)
- “Give the big cup to daddy. I would like to have a little cup.” (Measurement-comparing sizes)

January Parent Meetings

January 19– Murphysboro at 6:00pm PACT at 5:30pm
January 20– Malone’s at 6:00pm
January 21– Carbondale at 6:00pm PACT at 5:30pm
January 25– Marion at 6:00pm PACT at 5:30pm

Ever wonder if your child is hitting the milestones they are supposed to be? Come join us at our monthly parent meetings to discuss child development. There will be a PACT activity focused on dentistry at 5:30pm before the meeting.
January Menu

DATES

1  NO SCHOOL

4  NO SCHOOL

5  Milk, Apple Juice, and Kix  Milk, Corn Dog Nuggets, Baby Carrots, Pears, Ketchup, and Ranch Dip  Milk, String Cheese, Chips, and Salsa

6  Milk, Orange Juice, Scrambled Eggs, Biscuit, and Honey  Milk, Cheeseburger, Potato Wedges, 5-Way Fruit Mix, Ketchup, Mustard, and Pickles  Milk, Animal Crackers, and Vanilla Pudding

7  Milk, Spiced Apple Rings, Waffle, and Syrup  Milk, Chicken Fajitas, Corn and Black Beans, Orange Slices, Cheddar Cheese, Sour Cream, and Salsa  Milk, and Pumpkin Bread

8  Milk, Peaches, and Rice  Milk, Beef & Tater Bake, Fruit Cocktail, and Wheat Bread  Milk, Blueberry Muffin, and Apple Slices

11 Milk, Banana, and Raisin Bran  Milk, Tuna Casserole, Peas, and Mandarin Oranges  Tropical Punch, Chex Mix, and Assorted Cheese Cubes

12 Milk, Mango, and Cinnamon Toast  Milk, Sliced Turkey Breast, Turkey Gravy, Mashed Potatoes, Apricots, and Wheat Bread  Milk, Breadstick, and Spaghetti Sauce

13 Milk, Applesauce, Bagel, and Cream Cheese  Milk, Chicken & Rice, Mixed Beans, and Peaches  Milk, and Banana Bread

14 Milk and Waffles  Milk, Chicken and Stuffing Casserole, Sweet Potatoes, and Tropical Fruit Salad  Milk

15 Milk, Frozen Blueberries, and Cream of Wheat  Milk, Pumpkin & Black Bean Chili, Corn Bread, Celery, and Pineapple Tidbits  NUTRITION EDUCATION: Strawberries, oranges, bananas, green grapes, and blueberries

18 NO SCHOOL

19 Milk, Banana, and Toasted Oats  Milk, Turkey & Cheese Roll Up, Potato Salad, Apricots, and Ranch Dip  Milk, Grapes, and Rice Crispy Snack

20 Milk, Orange Slices, Biscuit, and Country Gravy  Milk, Chicken Alfredo, Broccoli, and Pears  Milk and Peach Crisp

21 Milk, and Apple Rolls  Milk, Baked Ham, 5-Way Fruit Salad, Sweet Potatoes, Yeast Roll, and Margarine  Milk, Cheesy Bean Roll UP

22 Milk, Grape Fruit, Oatmeal, and Raisins  Milk, Fish Sandwich, Baked Beans, Pears, Tartar Sauce, and Ketchup  Milk, Fruit Salad, and Vanilla Wafers

25 Milk, Banana, and Granola  Milk, BBQ Sandwich, Potato Wedges, Tropical Fruit Salad, Ketchup, and Pickles  Milk, Graham Crackers, and Pineapple Cream Cheese

26 Milk, Orange Juice, and Cream of Wheat  Milk, White Chicken Chili, Corn Bread, Mixed Vegetables, Peaches, and Margarine  Milk, Pretzel Bites, and Honey Mustard

27 Milk, Pears, and Bran Muffin  Milk, Chicken and Noodles, Green Beans, and Beets  Milk and Apple-Cranberry Crisp

28 Milk, Apple Slices, Biscuit, and Turkey Sausage  Milk, Salisbury Steak, Mashed Potatoes, Deluxe Fruit Salad, and Yeast Roll  Milk, and Yogurt Sundae

29 Milk, Orange Slices, and Kix Cereal  Milk, Spaghetti with Meat Sauce, Snap Peas, and Pineapple  Grape Juice, Ritz Crackers, and Colby Jack Cheese Slices