



Head Start Times



SEPTEMBER
Wabasha
Issue 5 of 9

Theme: Winter Fun

Week of January 4th – Penguins and Polar Bear – the letter W

Week of January 11th – Snowmen – the letter S

Week of January 19th – Winter – the letter M

Activities in the Classroom: we will be going outside to make snowmen if the weather permits us to do so, otherwise we will bring snow into the room. We have an ice fishing shack in our dramatic play area and will be catching some “keepers” for sure ☺

Books We Are Reading

Polar Bear, Polar Bear What Do You Hear by Bill Martin Jr

The Snowy Day by Ezra Jack Keats

The Snowmen by Raymond Briggs

The First Snowfall by Anne Rockwell

One Winters Day by M. Christina Butler

Check them out at your local library!

Upcoming Events

Classroom Announcements:

*NO money, toys or food are allowed on the bus! If your child is Star of the Week they may bring their items in their backpack.

*There will be **NO Head Start** on Monday, January 18th

*Please call the bus if your child will not be riding. If they are a no-show for 2 days in a row you may lose your bus service. **Changes to daycares, pick up and drop off addresses must be made one week in advance in writing!**

*Conferences will be held this month. If you haven't scheduled a time with Martha please call her at 1-800-277-8418 ext 210 or return the form sent home with a date and time.

Local Family Activities

*Storytime at the Wabasha library will be January 9th at 10:30 AM

*Lake City WinterFest – January 30th – smooch races, snowsculptures, horse drawn sleigh rides, fireworks...see www.lcbetterfutures.org for more info.

Parent Center Committee Meeting

When: Friday, January 22nd @9:30 AM

Where: Wabasha Head Start classroom

What: those that attend may receive a new carseat

Recipe of the Month



WIGGLY FINGER WONDERFULS

You can substitute grape juice or cranberry juice for the pineapple and orange juice.

3 packages unflavored gelatin
3/4 cup pineapple juice
1 cup boiling water
1 cup orange juice

Soften gelatin in a little pineapple juice. Add 1 cup boiling water slowly, stirring constantly until gelatin is dissolved. Add remaining juices. Pour into 9 X 12 inch pan. Chill until set. Cut into finger lengths. Store in covered container in refrigerator. Makes 72 pieces, each having 4 calories, 3 mg vitamin C, and 0 mg sodium

Fingerplay Fun!

Chubby Little Snowman

A chubby little snowman had a carrot nose. (*form snowman with right fist*)

Along came a bunny and what do you suppose?
(*hold up two fingers on other hand for bunny ears and hop to the snowman*)

The hungry little bunny, looking for his lunch, ate that snowman's carrot nose, nibble, nibble crunch!
(*bunny grabs snowman's nose and nibbles on it*)

Nursery Rhyme Time!

I'm a Little Teapot

I'm a little teapot short and stout.
Here is my handle, here is my spout.
When I get all steamed up hear me shout!
Tip me over and pour me out.



Here's what you can do with your child at home!

Show your child how you use reading and writing in your everyday activities.

*When you make a list or leave a note for someone, or when you read the newspaper, a map, or a menu, your child sees that reading and writing are useful!

*Talk with your child about signs, schedules, newspapers, and books, and encourage her to try reading them.

*Read aloud to your child. Don't know what to read? Your librarian can help.

*Visit the library, and help your youngster get a library card as soon as she can.

Encourage children to draw, write, and use books for fun and learning.

*Keep books, magazines, and games at home where your child can use them.

*Keep materials for drawing and writing where your child can use them.

*When your child draws, ask him to tell you about the picture.

*Write his words down so he can go back to them and "read" them himself.

I am *moving* A Proactive Approach for Addressing Childhood Obesity in Head Start Children I am *learning*



At Home Activity



Beanbag Balance

When it comes to balancing activities, this is an all-time favorite for children.

Place a beanbag or a small, soft toy on your child's head. Invite her to walk from one point in the room to another without dropping the beanbag. If she has to, she can hold on to it at first.

Also:

Ask her to balance the beanbag as she walks both slowly and quickly, in different directions (forward, backward, or sideward), and in different pathways (straight, curving, and zigzagging).

Invite her to try balancing the beanbag on other body parts, like a hand, shoulder, or elbow.

Here is an activity you can do with your child at home that will get them on their feet and active!!