



Head Start Times



January
Zumbrot
Issue 5 of 9

Theme: **Dinosaurs**

Activities in the Classroom: We will be learning about the different species of dinosaurs, playing Dino-bingo, sorting dinos by color, size and type, playing with plastic dinos in the sand and water tables.

Words We Are Using: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday, toes, hose, quick, slow

Books We Are Reading

Dinosaur Days by Linda Manning

How Do Dinosaurs Go To School by Jane Yolen

Dinosaur Roar by Paul Stickland

Check them out at your local library!



Upcoming Events

Classroom Announcements:

*conferences for the AM class will start after January 11th, watch for a sign up to come home to pick a date and time.

*The PM teacher will be calling to set up conference dates and times soon.

Family Activity Day:

*Thursday, January 21st.....watch for more info. to come home in your child's backpack

Local Family Activities

*The Zumbrot Public Library, 100 West Ave., Zumbrot, 507-732-5211, is open Mon., 12-8; Tues., 10-8; Wed., Thurs., 12-8; Fri., 10-5; and Sat., 9-3.

Parent Center Committee Meeting

When: Monday, January 25th

Where: Zumbrot Head Start

What: Tina Gapp - Nutritionist

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!

Humpty Dumpty

Humpty Dumpty sat on a wall,
Humpty Dumpty had a great fall.

All the king's horses
and all the king's men,
couldn't put Humpty
together again.



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!!