

# Head Start Times

February  
Red Wing  
Issue 6 of 9

## Theme: Healthy Bodies

We will be taking about keeping our bodies healthy, dental health, exercise and using good hygiene

Activities in the Classroom: We will be making body collages, painting with toothbrushes, making healthy food projects and fruit smoothies

Words we are using: fruit, vegetable, grain, exercise, meat, sweets, body, dentist, doctor, toothbrush, cavity, hygienist

## Books We Are Reading

Going to the Dentist by Anne Civardi

How Do Dinosaurs Eat their Food by Jane Yolen and Mark Teague

It's Not Easy Being Big by Stephanie St. Pierre

Get Up and Go by Nancy Carlson

Check them out at your local library!

## Upcoming Events

### Classroom Announcements:

NO CLASSES on Monday, February 15th

### Upcoming Field Trips:

We will be arranging a visit to a local dentist and well as the library. Watch for more information and permission slip in your child's folder

### Family Activity Day:

The PM class will have a Parent Day on February 11<sup>th</sup> from 1:00 – 2:30 – come into our classroom to spend some time with your child learning about Healthy Eating/Food Groups. Siblings are not able to attend this event so please find other arrangements for them.

### Local Family Activities:

\*Eagle Watch Weekends – Feb 20-21, 27-28 and March 6-7, 13-14, 20-21 – Visit Colvill Park on Hyw 61 and use available telescopes from 1-3 PM or bring your own binoculars and camera to capture bald eagles flying around the Mississippi River.

\*Winter Family Storytimes at the Red Wing Library – Saturdays at 9:30 AM – Feb 6, 20 and March 6, 20

## Parent Committee Meeting

When: Friday, February 26<sup>th</sup> at 10:00 AM

Where: Colvill Family Center

What: watch for info on the topic of this month's meeting to come home in your child's folder

## Recipe of the Month



### GRAHAM CRACKER FACE-UPS

1 graham cracker  
1 tablespoon peanut butter  
Add-ons: 1/4 banana, sliced; 2 tablespoons applesauce, 2 tablespoons crushed pineapple  
Sprinkle-ons: 1 teaspoon each of raisins, sunflower seeds, crisp rice cereal, granola, coconut

Break each graham cracker into two squares. Using a table knife, spread each square with peanut butter. Select one of the add-ons to spread on top of cracker. Sprinkle one or more of the sprinkle-ons on top.

## Fingerplay Fun!

### Mittens

Thumb in the thumb place (show thumbs alone facing up),

Fingers all together (put fingers out with thumb still up so that it looks like a mitten).

These are the things that we wear in mitten weather (move "mittens" back and forth).

## Nursery Rhyme Time!

### Hey Diddle Diddle

Hey diddle diddle,  
the cat and the fiddle.  
The cow jumped over the moon.  
The little dog laughed  
to see such sport  
and the dish ran away  
with the spoon.

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

#### Alphabet Matchup

Materials: clothespins, paper, tape, pen or markers, old magazines, scissors

#### Directions

- \*Write the letters of the alphabet on small pieces of paper and tape them to clothespins, or print the letters right on the clothespins.
- \*Cut out magazine pictures, one for each letter of the alphabet, and have your child match the clothespin letters to the beginning sounds of the objects in the pictures.
- \*Clip the clothespins to the corresponding pictures.

#### Food Count

Materials: Empty egg carton Pen or marker  
Small food items (raisins, cereal, chocolate chips, candies)

#### Directions:

- \*Write the numbers 1 to 12 on the individual sections of an egg carton.
- \*Have your child count out each number using small food items.
- \*Then have her fill the numbered section with the correct number of items.
- \*Once the sections are filled, work in reverse, having your child identify each number, count the pieces. then eat them!

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

#### At Home Activity



- \*Turn on the radio and dance to your favorite music
- \*Make an indoor bowling alley with homemade pins (made from empty plastic milk jugs, juice bottles or cereal boxes) and a small soft rubber ball.
- \*Shoot toys into a toy basket when cleaning up

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