

MRS. WILCOX  
MRS. LOUCKS



# December 2017

## BRISTOL HEAD START

CLASSROOM PHONE #:  
574-295-4998  
PLEASE CALL WHEN YOUR  
CHILD WILL NOT BE AT  
SCHOOL



Elkhart/St. Joseph County Head Start Consortium

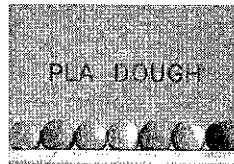
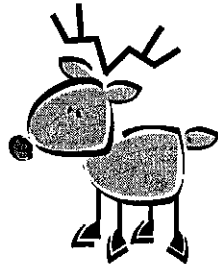
"This Institution Is an equal opportunity provider."



### What is happening in our class?

Here are some of the things that we are working on in our class:

- \*Counting 1-20
- \*Recognizing shapes: circle, triangle, rectangle, square
- \*Recognizing our names
- \*Uppercase/lowercase letters



### Homemade Play Dough

- 1 1/2 Cups Flour
- 1/2 Cup Salt
- 2 teaspoons Cream of Tarter
- 2 Tablespoons Oil
- 1 Cup Boiling Water

Mix it all together. Knead a few times and it will become perfectly smooth. You may add food coloring too!

### Things to do over winter break:

- \*Bake Cookies
- \* Play your favorite game
- \* Go Ice Skating
- \* Read a New Book
- \*Play hide and seek
- \* Help make dinner
- \* Sing!
- \* Build with Lego's
- \* Go for a walk
- \* Go to the Library
- \* Have some hot chocolate
- \* Try a new food
- \* Eat a candy cane
- \* Play with play dough
- \* Read your favorite book



### Important Dates:

**12/1: No School Head Start**

**12/21: Family Winter Wonderland 11:00-12:00**

**12/22-1/5: Winter Break**

**NO SCHOOL**

### REMINDERS

\*Please do not send any food or toys to school.

\*When there is a 2 hour delay there is NO AM Head Start. PM will run normal.

\*You will not be informed by Head Start staff. Please check the news stations.



Ready to quit smoking? Call 1-800-quitnow

### Is Your Child Getting Enough Sleep?

#### Healthy sleep requires:

- A sufficient amount of sleep
  - Uninterrupted (good quality) sleep
  - The proper number of age-appropriate naps
- A sleep schedule that is in sync with the child's natural biological rhythms (internal clock or circadian rhythm)

#### Length of sleep

Children simply must have a sufficient amount of sleep to grow, develop, and function optimally. How much is right for your child varies by age. Remember, each child is unique and individual variation occurs.

#### Quality of sleep

Quality sleep is uninterrupted sleep that allows your child to move through all the different and necessary stages of sleep. The quality of sleep is as important as the quantity, playing its essential role in nervous system development.

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### IMPORTANT DATES:

11/3 NO SCHOOL (Head Start)

11/13-11/17 Parent Teacher  
Conferences

11/22-11/24 NO School  
Thanksgiving Break

Ready to quit smoking:  
Call 1-800-Quit Now



### REMINDERS

Please make sure  
you are doing  
homework that is  
being sent home  
AND turning in your  
IN-KIND forms. That  
is VERY important.



### What is happening in our class?

Hope you enjoyed the extra  
days off of Fall Break with  
your families!

Here are some of the things  
that we are working on in  
our class:

- \*Counting 1-20
- \*Recognizing shapes: circle, triangle, rectangle, square, heart, oval
- \*Recognizing our names
- \*Uppercase/lowercase letters

During October we explored pumpkins. We planted pumpkin seeds which are growing in our class. We also experimented if pumpkins sank or floated. Ask your child what they thought!



### Parent/Teacher Conferences

We will begin calling to set up parent teacher conference appointments. If we leave you a message, please make sure you call us back so that we can reserve a spot for you.

### Conferences will be November 13-17

They will be held before and after school.

"Family is not an  
important thing,  
it's everything!"

-Michael J. Fox

Take time this month to make a list of the things you are thankful for. Set aside time to share with each other!



### Steps in Resolving Conflicts, continued

Here is more information about resolving conflict with your child:

#### 1. Approach calmly, stopping any hurtful actions.

\*Place yourself between the children, on their level.

\*Use a calm voice and gentle touch.

\*Remain neutral rather than take sides.

#### 2. Acknowledge children's feelings.

\*You look really upset.

\*Let children know you need to hold any object in question.

#### 3. Gather information.

\*What is the problem?

#### 4. Restate the problem.

\*So the problem is...

#### 5. Ask for ideas for solutions and choose one together.

\*"What can we do to solve this problem?"

\*Encourage children to think of a solution.

#### 6. Be prepared to give follow-up support.

\*"You solved the problem!"

\*Stay near the children.