



Elkhart and St. Joseph Counties Head Start Consortium

Head Start Classroom: Lafayette Room # 3

Monthly News and Updates

First Day of School

Labor Day :

September 7th

First Day of Fall :

September 22nd

Classroom Hours :

For Teachers : 7:30 AM -3:30 PM

For Children : 8 AM – 1PM

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This institution is an equal opportunity provider.





Parent Engagement

Kids :Be Safety Smart about School Buses!

Cabbage Facts/Recipe

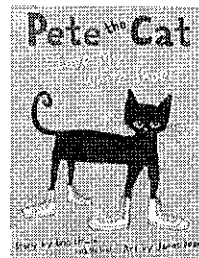
Parents: Be a Safety Smart Pedestrian !

Conscious Discipline Four Elements of Connection

 <p>Drain</p> <p>Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "ssshhh" sound and release all your muscles, draining out the stress.</p>	 <p>S.T.A.R.</p> <p>Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.</p>
 <p>Pretzel</p> <p>Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.</p>	 <p>Balloon</p> <p>Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbbpbbpbb" sound.</p>

Book of the month

I love my White Shoes
Pete the Cat ,
By Eric Litwin



Monthly Nutritional Activities

Aug 31st : Keep the Germs Away

Sep 2nd : Exercise Party

Sep 9th : Apples

Sept 16st : Move like an Animal

Classroom news :

Happy birthday to our friends A' and S



KIDS: BE A SAFETY SMART PEDESTRIAN!

Follow these safety rules as a pedestrian on neighborhood and city streets, and at intersections and railroad crossings:

- Always look left, right, and then left again before crossing a street. Only cross at a corner, green light, or walk sign.
- Wear bright colored clothing or reflective clothes when it is dark, snowing, raining, or foggy. If at all possible, avoid walking outside in these conditions.
- Find an adult who can help you get a ball, toy, or pet out of the street.
- Meet friends in parks, community centers, and school or church playgrounds to play. Avoid streets, roads, bridges, mall parking lots, railroad crossings, construction sites, or closed areas.
- Obey traffic lights and traffic signs. Traffic lights and traffic signs tell you when it is safe and not safe to walk.
- Always walk on sidewalks, when available. Avoid walking on curbs or in the street.
- Most safety experts recommend that you walk facing traffic, if sidewalks are not available. Stay as far as possible to the left side to be seen by approaching traffic.

Do you know these signs? Draw a line to match the name with the sign.

Crossroad

Pedestrian Crossing

Stop



Railroad Crossing

Safe Place

School Zone
(Children Crossing)

PARENTS: BE A SAFETY SMART PEDESTRIAN!

Children are always on the move. Help your child practice safety as a pedestrian on neighborhood and city streets, roads, intersections, and railroad crossings by teaching these guidelines:

- Cross only at a corner and on a green light or walk sign. Look left, right, and then left again before crossing. Cross the street in a straight, not diagonal line. Do not cross a street between parked cars where you may not be seen by a driver of a parked car or by approaching traffic.
- Wear bright colored or reflective clothing when it is dark, snowing, raining, or foggy. If at all possible, avoid walking in these conditions.
- Do not run out into the street to bring back a ball, toy, or pet. Find an adult who can help.
- Play in areas such as parks or school or church playgrounds, not on streets, roads, or railroad crossings. Stay away from construction areas or areas closed to the public.
- Obey all traffic lights and traffic signs.
- Walk on sidewalks. Do not walk on curbs or in the street.
- If your child uses a wheelchair in the community, make certain that the wheelchair is properly marked with reflective tape or reflective lights. During day travel, consider adding a bike flag to the wheelchair to alert drivers.
- When sidewalks are not available, most safety experts advise that you walk facing the traffic and as far to the left as possible, so you can be seen by approaching traffic.



Raisin and Cabbage Slaw

www.gottobenc.com

Ingredients...

- 4 cups cabbage, shredded
- 2 cups carrots, shredded
- 1 cup seedless, packed, raisins
- 1 cup cheddar cheese, shredded
- $\frac{3}{4}$ cup low calorie mayonnaise
- 1 teaspoon yellow mustard
- 2 teaspoons white, granulated sugar
- 4 teaspoons lemon juice
- $\frac{1}{2}$ teaspoon onion powder
- 1 teaspoon salt

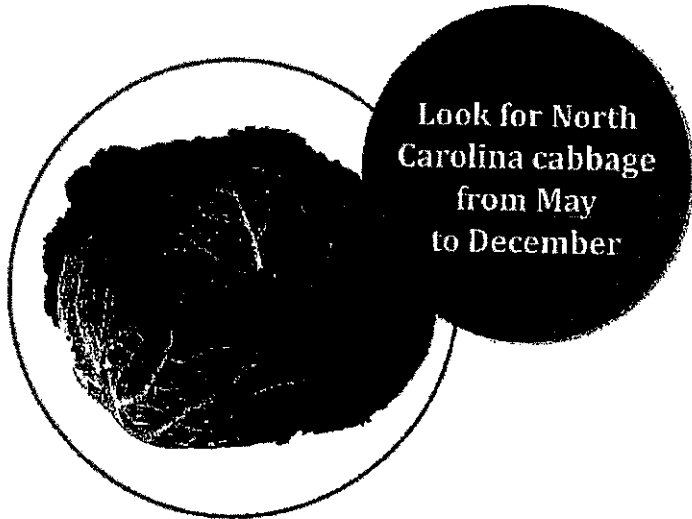


Directions...

1. In a large mixing bowl, prepare cabbage and carrots. Toss together and set aside.
2. In a small bowl grate cheese and set aside.
3. Combine the mayonnaise and the last five ingredients in a separate bowl. Stir mixture into cabbage and carrots along with cheese and raisins.
4. Chill at least one hour for flavors to blend.

Nutrition information... Calories 156, Fat 7g., Carbohydrate 21g., Protein 4g., Fiber 2g., Sodium 409mg., Cholesterol 16mg.

Cabbage



Cabbage is a good source of fiber, vitamin C and potassium. Cabbage is a great addition to soups and stews.

Buying fresh cabbage...

- Choose firm, heavy cabbages that are free of yellowing leaves, splits or soft spots.
- The leaves should be compact and smooth for green and red cabbage, but Savoy cabbage leaves should be crinkly and less compact.

Storing fresh cabbage...

- Keep in the refrigerator and use within two weeks.
- Wash well and remove wilted leaves before using.

Enjoying fresh cabbage...

- Add chopped cabbage to salads or slaws.
- Steam, stir-fry or boil. Slices or wedges cook in about 6 to 12 minutes.



KIDS: BE SAFETY SMART ABOUT SCHOOL BUSES!

- Decide with your parents where you should wait for the bus.
- Enter and leave the bus in single file.
- Arms, hands, legs, and head belong inside the bus.
- Do not wear loose clothes, clothes with drawstrings, or backpacks with loose straps, which can catch in the bus door or handrail.
- Stay in your seat and talk quietly.
- When you get on and off the bus, be sure the driver can see you! Take 10 giant steps away from the bus before you cross in front of it.
- Carry all papers in a folder or backpack. If you do drop something outside of the bus, be sure the bus driver sees you before you pick it up.

This school bus safety story contains scrambled words. Unscramble the words and read the story.

There are many things you can do to have a safe school bus trip.

When you **awit** () for the bus, keep away from the **treast** () and **ffraict** (). Put your papers in a **dloefr** () or **hpobakca** (). Tysa () in your **taes** () and talk **lyqitue** (). Your **dhae** (), **msar** (), and **gale** () belong inside the bus.

Many people want your bus **drie** () to be **fase** (). By working **goethtre** (), we can travel safely every day.

Answers on back



PARENTS: BE SAFETY SMART ABOUT SCHOOL BUSES!

Talk to your children about the following:

- Arrive on time for the bus.
- Select a safe place away from traffic and wait quietly for the bus.
- Only approach the bus after it is completely stopped.
- Enter and leave the bus in single file.
- Go directly to a seat and sit down.
- Talk quietly.
- Stay seated while the bus is moving.
- Keep the aisles clear.
- Keep head, arms, hands, and legs inside the bus at all times.
- Do not wear loose clothes, clothes with drawstrings, or backpacks with loose straps, which can catch in the bus door or handrail.
- Carry papers in a folder or backpack so they do not slip out of your hands.
- Never bend down to pick up anything dropped in front of or near the bus until the driver sees you.
- If necessary, cross in front of the bus. Never cross behind it.
- Take 10 giant steps away from the bus before crossing in front of it.
- Listen to the bus driver and follow instructions.
- Watch for traffic when leaving the bus. Look both ways before crossing the street.

School Bus Safety Story Answers:

There are many things you can do to have a safe school bus trip. When you aitw (wait) for the bus, keep away from the treest (street) and ffraict (traffic). Put your papers in a diocfr (folder) or kpcbakca (backpack). Tyaa (Stay) in your taes (seat) and talk lyqitue (quietly). Your dhoe (head), msar (arms), and gslc (legs) belong inside the bus. Many people want your bus drie (ride) to be fase (safe). By working gaethre (together), we can travel safely every day.

Connection Requires Four Critical Elements:

Eye Contact



Get down on the child's level to achieve **eye contact** for a brief moment. When eyes meet, a wireless connection is created between the orbital frontal areas of the prefrontal lobes. From this connection, we download inner states into one another. The eyes contain nerve projections that lead directly to key brain structures for empathy and matching emotions. As soon as you have eye contact, download calm, "There you are. You're safe. Breathe with me. You can handle this." "Mirror neurons ensure the moment someone sees an emotion on your face, they will at once sense the same feeling within themselves."
- Daniel Stern

Presence



Being present in the moment means your mind and body are in the same place. Your mind is free from chatter. You are still enough to see the beauty in the child. Presence is about acceptance as we join together to share the same moment. The present moment is where joy lies. Relax into it.

Touch



Touch is the only sense we cannot live without. The skin and brain are made up of the same embryonic tissue. The skin is the outside layer of the brain. Touch creates a hormone that is essential to neural functioning and learning. If we want smart, happy kids, then we need to provide more appropriate, caring touch.

Playfulness



Playfulness helps build bonds and creates a biochemistry in the brain for dopamine. Dopamine says, "Pay attention, stay focused." Playful situations strengthen the dopamine system, increase attention spans and boost social development.





**Conscious
DisciplineSM**

Four Elements of Connection

All learning begins with connection! Connections on the outside (with other people) actually create and strengthen neural connections within the brain.

Eye contact, presence, touch and a playful setting are the four core components required to truly connect with others. Learn how to provide all four essential elements (and why) with this helpful guide.

ConsciousDiscipline.com