



Elkhart and St. Joseph Counties Head Start Consortium

Ms. Liz and Ms. Darlene

Early Head Start Classroom: Jimtown Room #104

September News and Updates

Parent Engagement

Dear parents,
Welcome back! We are so excited to be serving your families once again. We are dedicated to providing the best care to your children even in the midst of these difficult times.

Ms. Darlene is new to room 104. She has been with the consortium for a year and at Jimtown since January. She comes with 15 years of experience in Early Childhood Education and has much to contribute to helping your children learn and grow.

Many of you parents already know Ms. Liz and that she is an excellent teacher, hardworking caring and professional.

Now that you know our teaching team, thank you for entrusting us with the care of your children as we look forward to an AMAZING year!

This month we are working on establishing a routine and building relationships with adults and children.

Housekeeping:

Please send an extra change of clothing for your children in case there are accidents. Also, send you children to school with bags or backpacks so that take-home items can be stored

Parent Engagement

September 16,2020 Parenting Class
Topic: Family Harmony During Negative Times

Social/Emotional Tips

Practice deep breathing with your child (especially when he/she is upset), breathing in through the nose and out through the mouth. Encourage your child to feel the rise and fall of his/her belly while breathing.

Nursery Rhyme/Song

"Five Little Monkeys Swinging in the Tree"
Five little monkeys swinging in the tree, teasing Mr. Alligator, "Can't catch me! No, you can't catch me!"
Along came Mr. Alligator quiet as can be and snapped (clap

Monthly Nutritional Activities

We Grow
Exercise Party
Keep Germs Away
Apples

hands) that monkey
right out of the tree!
(Repeat with 4,3,2,
and 1 monkey.)

Booklist

Little Excavator by Anna Dewdney
Bye-Bye Big Bad Bully Bug by Ed Emberly

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opportunity provider and
employer**