



Elkhart and St. Joseph Counties Head Start Consortium

Jimtown North EHS-CC/ Room 132
Miss. Brianna Culbreath & Miss. Janelya Gates



Monthly News and Updates

School Start at 8:00 am

Drop off and Pick up will take place at Door B-2.

Drop off at 8:00 am to 8:30 am

Please arrive early and allow yourself at least 10 minutes for drop off.

NO CHILDREN WILL BE ACCEPTED AFTER 8:30 am and NO CHILDREN CAN BE PICKED UP BEFORE 1:00 pm.

Pick up at 1:00 pm

Please arrive early and allow yourself at least 10 minutes for pick up.

You will be required to have your temperature checked at both drop off and pick up, following a few COVID-19 questions.

Currently, we all not allowing people into our building, sorry for any inconveniences. You are free to email Miss. Brianna or Miss. Janelya with any questions or concerns you may have concerning your child or school related questions.

Miss. Brianna:

bculbreath@headstartesj.com

Miss. Janelya

jgates@headstartesj.com

Parent Engagement

Monthly Newsletters – 8/31/2020

Please read this whole Newsletter for it has important information.

Parenting Class – 9/16/2020

Parenting Class Topic: "Family Harmony During Negative Times."

Social/Emotional Tips

Three deep breaths shut off the "fight or flight" system of the brain. This active calming technique is an essential component of emotional health.

Teach children to S.T.A.R.: **S**mile, **T**ake a deep breath **A**nd **R**elax.

Search **S.T.A.R. Breathing Tool** on YouTube or follow the link below to learn the S.T.A.R breathing Technique.

<https://youtu.be/qDqOGORiSE>

Nursery Rhyme/Song

This month we will be working on our Morning Greeting Song. You can practice at home or in the car.

We use the Hello Song which I have included the lyrics to and the also located on the Music Together CD we sent home with your child on the first day of School.

*Hello everybody, so glad to see you!
Hello everybody, I'm so glad to see you!*

*Hello to **Insert a name**, so glad to see you!*

*Hello to **Insert a name**, so glad to see you, too!*

We just repeat for every child.

Monthly Nutritional Activities

Exercise Party

Activity goal:

To help children learn different ways to move their body.

Supplies:

Copy of Activity cards (Provided with Newsletter)

What to do:

- 1. Explain that there is different way to move their bodies besides running or walking.*
- 2. Using space in your home, pick out and activity card and have the child proceed to complete the activity. You can have the child practice their counting with different cards. You may have to show your child how to do the activity.*
- 3. Feel free to add more activities, as you have time.*

Book List

When I Feel Scared by Cornelia Spelman

<https://youtu.be/mRI&nDGodbQ>

Germ's are not for Sharing by Elizabeth Verdick

<https://youtu.be/4swRSIppZnY>

The Napping House by Audrey Wood

<https://youtu.be/TNgAGveZpw>

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