Elkhart and St. Joseph Counties Head Start Consortium

September 2020

Early Head Start Classroom: Jimtown Room # 112

Monthly News and Updates

- **Please remember drop off is at 8:00 AM**
- **Pick Up is at 1:00 PM**
- **NO LATE DROP OFF**
- **No School- September 7th**
- **If your child will be absent call the office to inform us**
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- **Please arrive on time. If child does not arrive before 8:30 we will not be able to provide a breakfast in the classroom for them.**
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[redacted]
- **Please bring extra clothes for your children. We paint and get messy from eating. We are learning after all!**

***This institution is an equal opportunity provider.**

Parent Engagement

- Interact with your child and use the literacy bags and read daily
- Do nightly readings to encourage speech for your child!
- Encourage healthy eating behavior and healthy words

Social/Emotional Tips

- Model the emotions you want your child to show
- Be responsive to your child's emotions and behaviors
- To help your child work through negative emotions offer choices and ask simple questions
- When they are upset calmly sit down with them and just breathe.

Nursery Rhyme/Song

"It's raining, its snoring the old man is snoring. He went to bed and bumped his head and couldn't get up in the morning!" (Change lyrics to snow during winter time!"

Monthly Nutritional Activities

Bubble Wrap Jump

Talk about healthy heart and staying active. Jump on bubble wrap till all the bubbles have been popped! Tape the bubble wrap down and keep on jumping till you have popped them all! Try walking and talk about what was more effective and why you guys think that way was better. Turn on music and dance and pop or play Simon Says with the bubble wrap!

Book List

- Old McDonald
- Oh David!