



**Elkhart and St. Joseph Counties Head Start Consortium**  
 Mary Beck #131/Mrs. Amy & Ms. Jenell

Head Start Classroom: Mary Beck Room #131

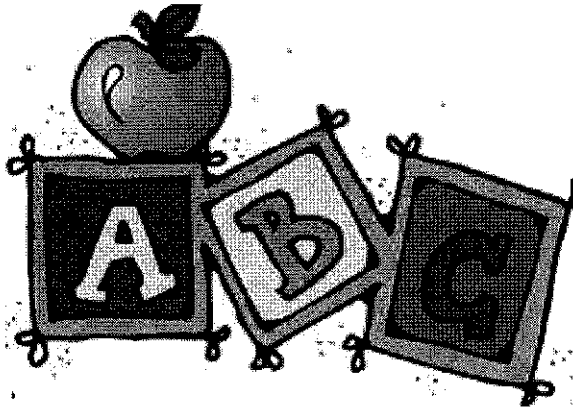
**Monthly News and Updates**  
**Parent Engagement**

Hello Parents and guardians! We are excited to be back in the classroom. The teaching staff in classroom 131 is Mrs. Amy and Ms. Jenell. This year many changes have happened due to Covid-19. Our new motto here at Head Start is flexibility.

This year we hope to introduce fun activities for your child to do here in the classroom, as well as activities to do at home with the family.

As a reminder, we will not have in person classes on Fridays.

There is no school on September 7<sup>th</sup> in observation of Labor Day.



**This institution is an equal opportunity provider and employer**

**Parent Engagement**

As discussed at Home Visits, you will be receiving 3 activities to work on with your child each week. As you work on these activities, please fill out as many In Kind forms as often as you can. Once you have filled them out completely, please send them to school in your child's folder.

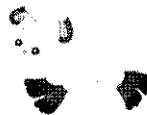
**Social/Emotional Tips**

When you are feeling stressed, take a deep breath in – like you are a balloon. Exhale as if you are a balloon that is deflating. Repeat as many times as needed until you feel calm and less stressed.

**Nursery Rhyme/Song**

**Mary Had A Little Lamb**

Mary had a little lamb  
 It's fleece was white as snow, yeah  
 Everywhere the child went  
 The lamb, the lamb was sure to go,  
 yeah  
 He followed her to school one day  
 And broke the teacher's rule  
 And what a lime did they have  
 That day at school



**Monthly Nutritional Activities**

Aug. 31<sup>st</sup> - Sept. 7<sup>th</sup>:  
 We Grow (Heights & Weights)  
 Sept. 14<sup>th</sup>:  
 Germs All Around  
 Sept. 21<sup>st</sup>:  
 Keep Germs Away  
 Sept. 28<sup>th</sup>:  
 Apples

**Booklist**

I Love you, Stinky Face by Lisa McCourt

Just A Minute by Yuyi Morales