

Elkhart and St. Joseph Counties Head Start Consortium



Head Start Classroom: Lafayette Room # 19 September

Monthly News and Updates

We want to thank the parents who completed our home visits, we enjoyed meeting you. Our virtual classroom will start working on kindergarten readiness which includes learning alphabet knowledge, number recognition and social skills through play and key experiences.

Mrs. Elisa and Mrs. Phyllis

Dates to Remember:

NO SCHOOL

September 7nd :Labor Day

WELCOME TO VIRTUAL SCHOOL



PLEASE DO HOMEWORK WITH YOUR CHILD

And send back the in-kind forms

Virtual Classroom Activities

- Fine motor skills /Early Writing
- School Family
- Working with paint, exploring colors
- Classroom expectations/ routines
- Learning Safety skills (Safety Sam).
- Learning to count objects
- Learning about shapes – drawing pictures with shapes

This institution is an equal opportunity provider and employer

Parent Engagement

Remember to sign in on time for our virtual meeting. We invite you to build an everlasting learning experience for your child and encourage parent/family participation in our classroom and through educational enrichment at home.

Activities: Be a Safety /Smart about school buses and Pedestrian
Cabbage / Recipe.

Social/Emotional Tips

Establish a Morning Routine: help you to make it go smoother.

1. Make sure everyone is getting enough sleep.
2. Prepare the Night before.
3. Get Up before your kids. And make a morning routine chart.

Nursery Rhyme/Song

Baa, Baa, Black Sheep

Baa, baa, black sheep
Have you any wool?
Yes sir, yes sir, three bags full.
One for the master,
And one for the dame,
And one for the little boy
Who lives down the lane.

Songs

- Hello to everybody
- Welcome
- Five little monkeys

Monthly Nutritional Activities

, Keep Germs Away, Apples, Move like an Animal and Cover your Sneeze, please

Class Schedules

8:00A.M. – 1:00 PM. If your child is not feeling well, please keep them home, and call before 8 .00 A.M.

393-5893

In the event you are picking your child up, pick up time is 12:50 pm.

Do not hesitate to contact us

(574) 393-5864

Book List

- The wheels on the bus, The Kissing Hands, Have you filled a bucket today?

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 wait for the bus, keep away from the street and traffic. Put your papers in a folder or backpack. Stay in your seat and talk quietly. Your head, arms, and legs belong inside the bus. Many people want your bus ride to be safe. By working together, we can travel safely every day.



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.

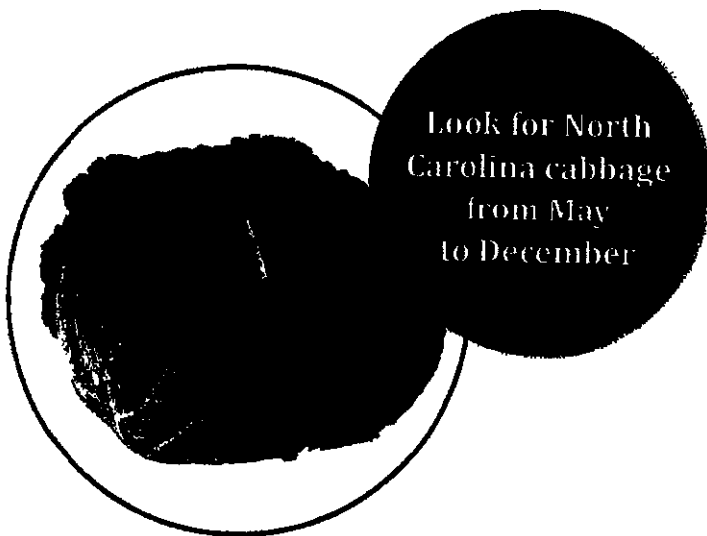
This school bus safety story contains scrambled words. Unscramble the words and read the story.

There are many things you can do to have a safe school bus trip. When you **aitw** () for the bus, keep away from the **troast** () and **ffraict** (). Put your papers in a **diocfr** () or **lpcbakca** (). **Tysa** () in your **toas** () and talk **lyqitue** (). Your **dhoe** (), **msar** (), and **gals** () belong inside the bus.

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

Answers on back

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.



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.