

# Little People's & Early Head Start

# 2017

WOW! Can you believe the weather? Although we have experienced some cold mornings; mid-day and the afternoons are amazing! I am sure the weather will change, but until then, get out and enjoy the weather. Take family walks, bury each other in the leaves, Most of all, enjoy spending quality family time together!

I would like to thank the members of Policy Council who participated in November's meeting. It was great to see so many parents involved. It is important to have parent involvement. We value your feedback about what you like, dislike, and suggestions to help LPHS to strive for excellence in providing a quality education to the children we serve. Hope to see more faces at the next meeting on January 18th, 2018.

*Wishing all of our staff & families a  
Safe, & Happy Holiday!*

*Cassie Carlstrom,  
Program Director*

## Important Dates and News

December 22 through January 7  
2018—*Winter Break*

December 22 2017 from 5:30 p.m.  
to 7:30 p.m.—*Winter Festival at  
the David E Norman Gymnasium.*

**Don't forget to get your  
raffle tickets from the Family  
Services Manager for  
the 50/50 raffle. Good Luck  
to all!**

*Policy Council - January 18, 2018  
at 8:30*

**Board of Directors Meeting-  
December 19, 2017 at 10:30**



# December Newsletter

Dear Parents,

This month we will be having our Winter Festival. It will be held **December 22** at the David E. Norman Elementary School. The children will be singing in the gym and we will be eating dinner in the cafeteria. Dinner will be offered to all of our families. It will start at **5:30 pm**. All of the Head Start classrooms will be singing us songs. Little Hoots classroom 1 will perform at 5:30, Busy Bees classroom 2 will perform at 5:50, and Leaping Lizards will perform at 6:10. Please let me know if you need more tickets for the 50/50 raffle. Ticket and money are due back on December 21<sup>st</sup>. We will be doing the drawing at the Winter Festival.

Head Start and Early Head Start had 29 children with perfect attendance last month. I would like to thank all the parents for bringing back the children's homework folders. It has really helped with our In-kind.

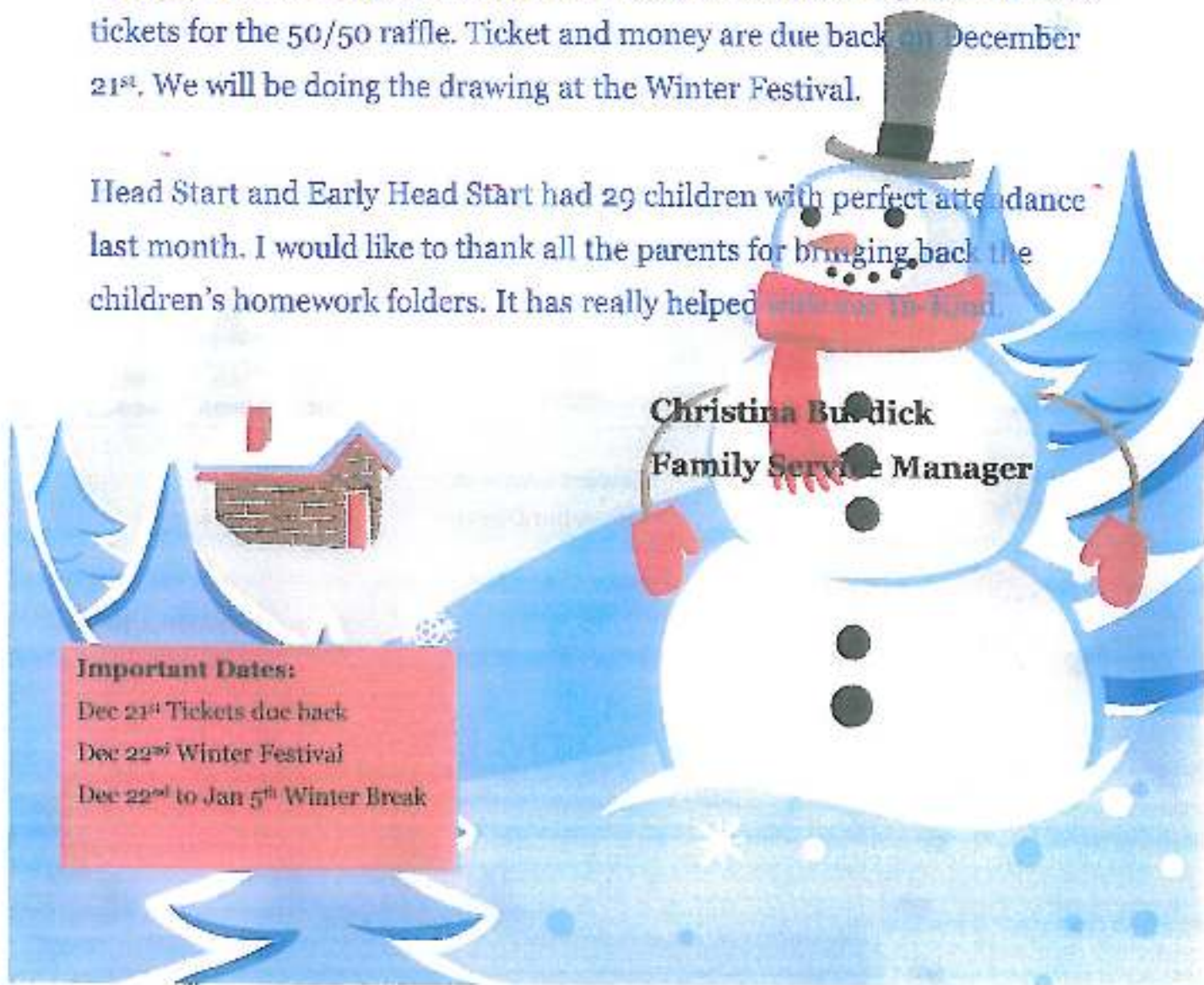
**Christina Buddick**  
**Family Service Manager**

## Important Dates:

Dec 21<sup>st</sup> Tickets due back

Dec 22<sup>nd</sup> Winter Festival

Dec 22<sup>nd</sup> to Jan 5<sup>th</sup> Winter Break



# DECEMBER 2017 CALENDAR

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| <b>SCHOOL HOURS:</b><br>HEAD START:<br><br>EARLY HEAD START: | 8:00am - 3:00pm<br><br>8:00am- 3:30pm   |  |  | 1)<br><br><b>TEACHER IN-SERVICE DAY ...NO SCHOOL</b>  |
| 4)   | 5)  | 7)   | 8)   | 8)<br><br><b>TEACHER IN-SERVICE DAY ...NO SCHOOL</b>  |
| 11)  | 12)   | 13)  | 14)  | 15)<br><br><b>TEACHER IN-SERVICE DAY ...NO SCHOOL</b>   |
| 18)  | 19)<br><br><b>BOD MEETING.<br/>                     10:30am @ the<br/>                     FRC Room</b> | 20)  | 21)  | 22)<br><br><b>NO SCHOOL<br/>                     WINTER FESTVAL<br/>                     5:30-7:30 @ DEN</b>                        |
| 25)<br><br><b>HOLIDAY- NO SCHOOL</b>                         | 26)<br><br><b>SCHOOL CLOSED-<br/>                     WINTER BREAK</b>                                  | 27)<br><br><b>SCHOOL CLOSED-<br/>                     WINTER BREAK</b> | 28)<br><br><b>SCHOOL CLOSED-<br/>                     WINTER BREAK</b> | 29)<br><br><b>SCHOOL CLOSED<br/>                     WINTER BREAK</b><br><br><b>SEE YOU JAN.<br/>                     8TH, 2018</b> |

CHECK OUT OUR NEW WEBSITE: [LPHSELY.ORG](http://LPHSELY.ORG)

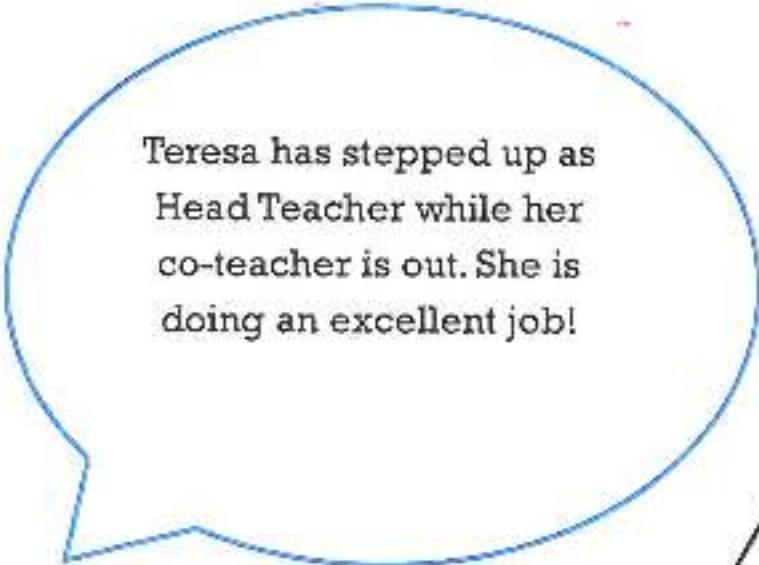
# HUMAN RESOURCES

December's employee of the month is Teresa Wise.

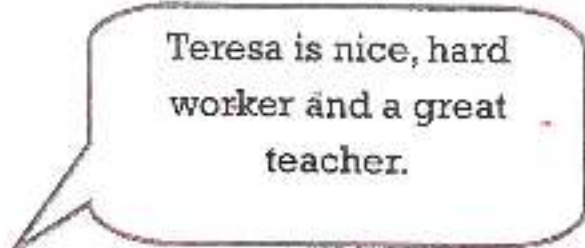
Teresa has been with Little People's Head Start for 11 years. She worked in Early Head Start for about a year before moving over to the Head Start side. She has been a Head Teacher and a Teacher Assistant. She enjoys working with the children at Head Start.

Teresa spend her free time taking care of her family. She loves being a grandma!

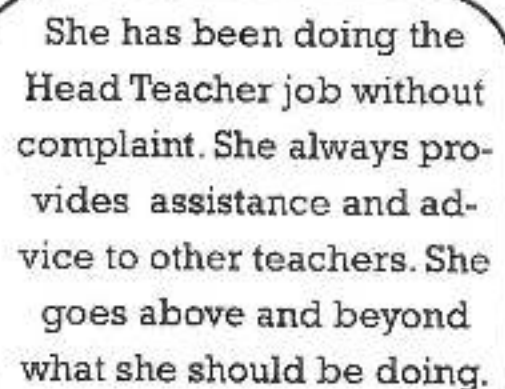
Here are some of the nice things her co-workers had to say about her.



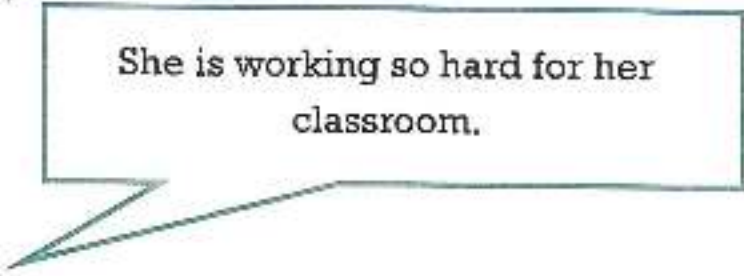
Teresa has stepped up as Head Teacher while her co-teacher is out. She is doing an excellent job!



Teresa is nice, hard worker and a great teacher.



She has been doing the Head Teacher job without complaint. She always provides assistance and advice to other teachers. She goes above and beyond what she should be doing.



She is working so hard for her classroom.

**Employee  
of the  
Month**

## Head Start Parents

Our School Readiness Goal for the month of December is a Cognitive Goal. This goal addresses demonstrating flexibility and using inventive thinking. At the bottom of the goals are Family Practices that parents can complete at home to help their child achieve this goal. Please help us improve your child's cognitive skills.

DOMAIN:COGNITIVE AND GENERAL KNOWLEDGE

Goal: Children will demonstrate age appropriate general cognitive skills.

Head Start Objective 1: By Spring 2018, preschooler will demonstrate flexibility and inventive thinking skills as measured below:

**Three to Five Year Olds:** The children will meet or exceed the TSG Goal (11.e) of changing plans if a better idea is thought of or proposed.

### Effective Teaching Practices:

- Teachers will provide many opportunities for children to make choices from among interesting materials that are familiar and challenging, and encourage children to use them in many ways.
- Teachers will respond to children's explorations and discoveries with enthusiasm and encouragement rather than by providing rewards like stickers or pizzas.
- Teachers will support children's spontaneous interests.
- Teachers will demonstrate, explain, and engage children in trying different ways of doing things. Discuss whether the strategies worked.
- Teachers will encourage children to solve problems for themselves when appropriate. Be available to offer support, encouragement, and new ideas if needed.
- Teachers will model flexibility by changing an activity to incorporate children's interesting ideas. To help children consider different perspectives or solutions, explain why the activity is being changed.
- Teachers will Implement STEM activities and encourage inventive thinking.
- Teachers will implement Creative Curriculum Teaching Guide Studies to encourage exploration.

**Family Practices:**

- Families will volunteer in their child's classroom to better understand how to help their child increase their flexibility and inventive thinking skills.
- Families will then use those teacher strategies at home to improve their child's flexibility and inventive thinking skills.
- Families will encourage their child's inclination to ask why questions and wonder. Help them refine their questions and support them finding answers.
- Families will assist their child's teacher with setting cognitive goals for their child's Individual Child Plan and then work on these goals at home.
- Families will assist their child with the cognitive and language home activities that are provided by the child's teacher.
- Families will encourage their child's imagination by finding images in clouds or puddles. Discuss pictures in which part of an object is missing.

## Early Head Start Parents

Our School Readiness Goal for the month of December is a Cognitive Goal. These goals address problem solving and matching objects. At the bottom of the goals are Family Practices that parents can complete at home to help their child achieve this goal. Please help us improve your child's cognitive skills.

|  |   |   |
|--|---|---|
| <b>DOMAIN:COGNITIVE AND GENERAL KNOWLEDGE</b>  |   |   |
| Goal: Children will demonstrate age appropriate general cognitive skills.  |   |   |
| <b>Early Head Start Objective 1:</b> By Spring 2018, infants and toddlers will problem solve and match objects as measured below:  |   |   |
| <b>Young Infants:</b> The children will meet or exceed the TSG Objective (11.c) of reacting to a problem; and seeking to achieve a specific goal.  | <b>Older Infants:</b> The children will meet or exceed the TSG Objective of (11.c) of reacting to a problem; and seeking to achieve a specific goals. | <b>Toddlers:</b> The children will meet or exceed the TSG Objective of (13) matching similar objects. |
| <b>Effective Teaching Practices for Infants and Toddlers:</b>  |   |   |
| <ul style="list-style-type: none"><li>• Teachers will encourage children to solve problems for themselves when appropriate. Be available to offer support, encouragement, and new ideas when needed.</li><li>• Teachers will encourage children to learn from their mistakes. Encourage them to make and test predictions.</li><li>• Teachers will provide children with time, space, and a variety of interesting materials to play with.</li><li>• Teachers will model sorting and classifying, and provide opportunities for children to practice.</li><li>• Teachers will play simple classification games with toddlers by gathering items that people use together, e.g. sock/shoe, flower/vase, plate/fork.</li><li>• Teachers will sing, recite finger plays, and read books that focus on colors, shapes, or animals.</li></ul> |   |   |
| <b>Family Practices:</b>   |   |   |
| <ul style="list-style-type: none"><li>• Families will volunteer in their child's classroom to better understand how to help their child increase problem solving and matching skills.</li><li>• Families will then use those teacher strategies at home to improve their child's problem solving and matching skills.</li></ul>  |   |   |

- Families will provide an assortment of age appropriate books for the children to explore and for the parent to read.
- Families will assist their child's teacher with setting cognitive and language goals for their child's Individual Child Plan and then work on these goals at home.
- Families will assist their child with the cognitive and language home activities that are provided by the child's teacher.
- Families will provide many opportunities at home to improve their child's cognitive and language skills.



DECEMBER NEWS  
HEALTH/NUTRITION AND SAFETY  
HAPPY HOLIDAYS

*December we are on the down heal side of the school year can you believe that?*

*There are a few things I would like to remind you of when it comes to your children. Please remember they play so hard here that they work up a good sweat every day. At the end of the day please put them in a nice warm tub and wash them off. This will make them sleep better and they will feel much more relaxed for a quiet evening at home. Please check their toenails and fingernails, they are getting long and we don't want them scratching themselves or their friends.*

*We go outside to play every day so a light jacket and a warm coat are needed for this, since it may warm up in the afternoon on some days. SOCKS and gloves are really important!*

*If your child gets an illness that is contagious please let their teacher or myself know so we can alert the class and building to have the other parents watch for the signs in their own children. This helps with keeping ill children from coming to school and infecting others.*

*The parking lot is going to start being slick in the mornings with the snow that is going to fall so please watch for families coming and going while you are on your tasks of bringing and picking up your children.*

Dear Parents/Guardians,  
Please make sure your children have had their physical exams and are up to date on their immunizations. If you need a form or report for the Dr. please let me know and I will get you one. If you have taken your child in for an exam or well baby checkup and forgot the paper from Little People's Head Start don't worry the Dr. report that is done on every visit will work just go to medical records at the clinic and ask for it, or contact the Health Nurse if that is where you went and they will get you the record also. You can give them our fax number and they can fax it to us also. If you need help with an appointment please let me know and I will see what I can do for you. The State requires us to have this information on file. If you have any questions please come see me! My office is located in the W.I.C. building next to EHS class #2

The recepies I have attached this month may not be the healthiest that I have put in the letters in the past but they were fun to make at my house and hope they are at yours too. Let me know!

Have a great Winter Break

Joy Asher

Health/Nutrition and Safety Manager

# CINNAMON ROLL BREAD

PREP TIME: 5 MINUTES    COOK TIME: 10 MINUTES    TOTAL TIME: 15 MINS  
YIELDS: 16 PIECES    ADJUST SERVINGS

## INGREDIENTS

### For the bread

- 1 loaf French bread
- 1/2 cup (1 stick) butter, room temperature
- 1/2 cup brown sugar
- 1/4 cup white sugar
- 1 tablespoon ground cinnamon

### For the frosting

- 4 ounces cream cheese, room temperature
- 1 cup powdered sugar
- 1/4 cup milk
- 1 teaspoon vanilla extract

## INSTRUCTIONS

Preheat oven to 350 degrees.

Slice the loaf of French bread in half length-wise.

Add the butter, sugars, and cinnamon to a small mixing bowl and stir until well combined.

Spread mixture evenly between the two halves of bread.

Bake for 10 minutes.

While the bread is baking, prepare the frosting. Add the cream cheese, powdered, sugar, milk, and vanilla to a small mixing bowl and mix until well combined, smooth, and creamy.

Let the bread cool for 5 minutes before slicing and drizzling with the frosting.

Serve immediately after frosting.

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# Marshmallow Recipe

## Ingredients

3 packages unflavored gelatin  
1 cup ice cold water, divided  
1-1/2 cups sugar  
1 cup light corn syrup  
1/4 teaspoon kosher salt  
1 teaspoon vanilla  
1/4 cup powdered sugar  
1/4 cup cornstarch  
Nonstick spray

## Instructions

1. Combine the gelatin and 1/2 cup of water in the bowl of an electric mixer fitted with the whisk attachment.
2. Stir together the remaining water, sugar, corn syrup, and salt in a medium saucepan. Bring to a boil. Cook until it reaches 240 degrees on a candy thermometer.
3. Turn your mixer onto low speed and slowly drizzle in the hot liquid, combining with the gelatin. Once you've emptied the saucepan turn the speed to medium and let the magic happen. You want to continue stirring until it has thickened and turned solid white (around 10 minutes).
4. While that is mixing, combine the powdered sugar and cornstarch. Spritz a 9x13 pan with nonstick spray and dust with the powdered sugar mix. Make sure you reserve the rest for later.
5. Pour your marshmallow into your prepared pan and let it sit, uncovered, overnight.

<http://www.sweetapiece.com/2014/01/marshmallow-recipe/>

# Let's Eat Out! Making Meals Pleasant

Eating out may be just what you need after a hectic day! And it can be fun for your whole family. A restaurant meal is also your chance to teach your child how to act with others away from home.

You control what happens when you eat out - more than you may think!

## What do you do if your child gets fussy at a restaurant?

- Excuse yourselves from the table. Take a short walk.
- Talk in a calm, quiet, and positive way. This isn't the place for loud discipline.
- Avoid forcing your child to eat. Instead have the meal packed to take home.
- Ask if the restaurant has a placemat to color or draw on. Think ahead. Bring your own - just in case.
- Bring along a stuffed animal to "share" the fun.



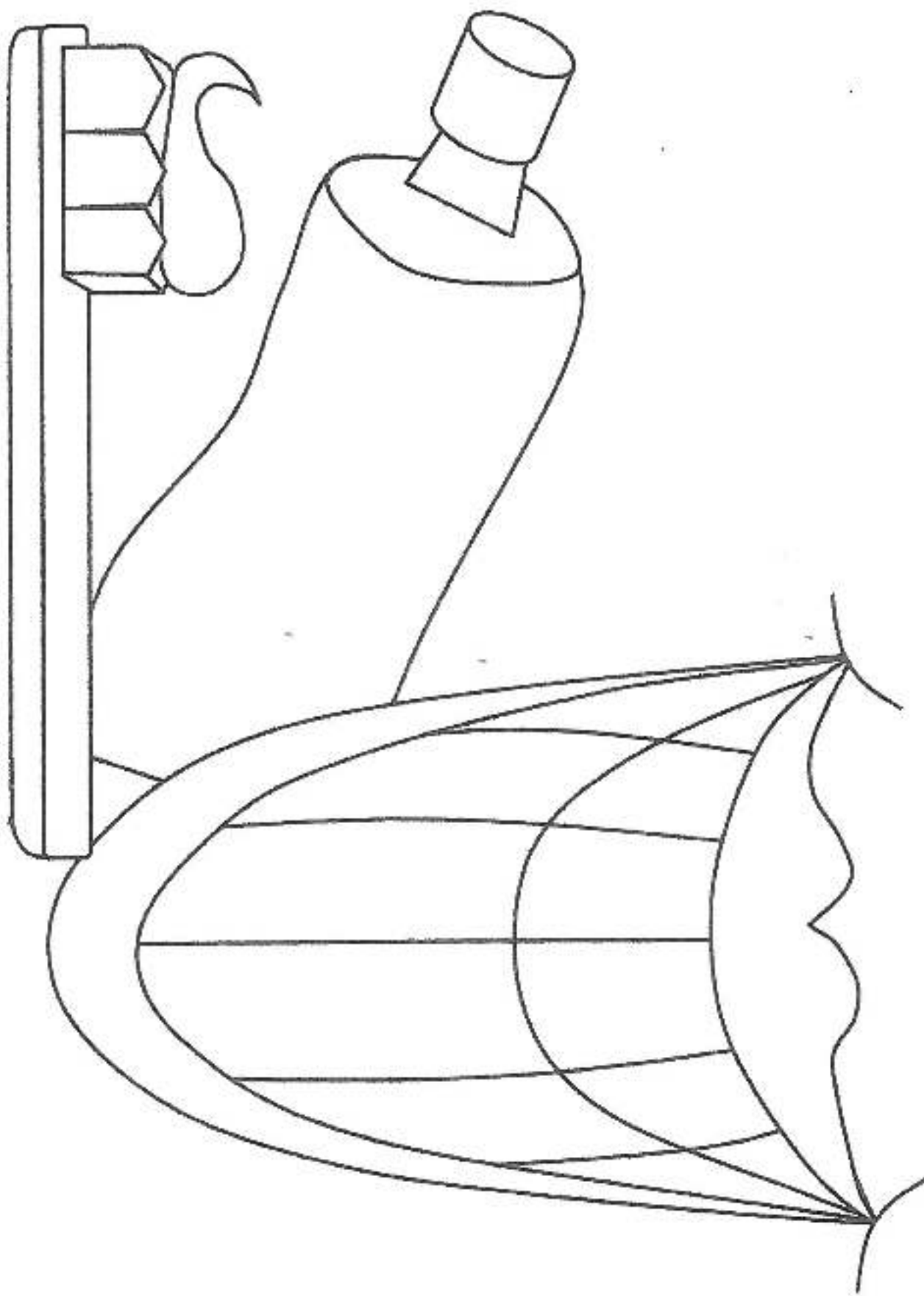
Visit a restaurant that welcomes kids. You may feel more comfortable. Your child will, too! Ask for the children's menu and a booster seat if your child needs to sit higher.

Stick to your family's regular time. It's normal for young children to get fussy when mealtime is delayed. If you must eat later, a small snack helps.

Ask about food preparation - before ordering. Most kids like simple foods. Ask for sauce on the side. Most restaurants can make a hamburger, cheese sandwich, or something else that's simple. You don't need to depend on French fries!

Suggest familiar foods - especially if your child doesn't eat out often. One new experience at a time is enough. Offer tastes of new foods from your plate.

Provided by \_\_\_\_\_



## What is WIC?

WIC provides nutritious foods, nutrition education, breastfeeding support, and referrals to health and other social services to participants at no charge.

### WIC food packages include:

- Fresh fruits and vegetables
- Milk and Cheese
- Eggs
- Peanut Butter
- Beans
- Whole grains
- Cereal



## Who Can Qualify for WIC?

Women who are pregnant, postpartum or breastfeeding

Infants or children up to the age of 5

Families who have a moderately low income or are already receiving TANF, Medicaid or SNAP benefits

A variety of families can qualify for WIC:

- Single and Married families
- Working or not working
- Mothers and Fathers
- Grandparents
- Foster parents
- Legal Guardians

Starting healthy habits,  
growing brighter futures



## WIC Services Include

### Nutrition Education

We will help your family create healthy habits and reach your family's nutrition goals with healthful tips, recipes and support.

### Nutritious Food

We will show you how to create healthy, affordable meals with the WIC Food Package by focusing on whole grains, fruits, vegetables and low-fat dairy.

### Breastfeeding

Breastfeeding is the best way to feed your newborn. We offer breastfeeding support, education and counseling.

### Community Referrals

We want you to have the community and healthcare assistance you need. We provide referrals for immunizations, health care and other programs.

### Counseling

Parents often worry about their child's eating habits. Our qualified nutritionists and staff can give you professional nutrition and wellness advice.

### Health Screening

Tracking your child's growth will help you understand their health and development.



Little People's Head Start  
435 South 13<sup>th</sup> Street  
Ely, Nevada 89301





## Family Matters from...

Coming December 18-until gone.....

# COATS for the entire family!!

Robinson Nevada Mine Employees are donating new or gently used coats to FRC. If anyone in your family or if you know of a family in need of a coat, please stop by the family resource family room. Variety of sizes/gender available!!

### Services available:

**Cribs for Kids Class:** Helping every baby sleep safer. Friday's at 10:00 (class participation gift given)

**Play/Social Group:** Thursday's at 10:00. Bring your infant, toddlers, children and enjoy a fun time of socialism and activities.

**Clothes Closet:** Come check out the newly donated gently used clothing... Sizes newborn to 8

**Baby Basics Class:** Swaddling, breast/bottle feeding, diapering, bathing, umbilical cord care, starting solids and how to soothe a crying infant will all be covered). All participants will have the knowledge and skills to confidently care for their infant.

### Services/Programs:

**Family Advocacy:** Individualized family support in developing health, independence, and self-sufficiency.

**Referrals and Information:** Each year we receive more than 9,500 calls for assistance from families residing in Northeastern Nevada. We connect these families and individuals with community services, businesses, etc.

**Women, Infants and Children (WIC):** Nutritional education and supplemental food for low income families.

**Breastfeeding Support & Information:** Help and resources for breastfeeding women.

**Clothes closet, Car seats (\$20 donation), Gas Cards** (use for travel to medical/dental appointment), **Parenting Classes** (starting soon)

**Teen Health Education:** Medically-accurate, evidence-based education programs, for adolescents and teens, aged 9-18, proven effective in reducing the risk of HIV, STDs and Teen Pregnancy (held in Ely by Elko FRC).





**MS. MIKKA &  
MS. JANELLE**



This month our children will be making different buildings and/or structures out of different materials. They will be exploring different tools and house materials, such as carpets, wood, and more. They will also be learning about winter.

**Socialization:**

5th- sugar cube building

14th-3d structures

Parent Meeting: 13th @ 8am

Winter Festival-22nd @DEN 5:30-7:30pm

Winter Break/No School- December 22nd- January 5th

**HAVE A GREAT BREAK!**

**WINTER  
FUN!**



# Busy Bees



This month we will be finishing up our building & Fall units. We will be tracing and drawing simple shapes and identifying them. We will be working on our first names by tracing them and identifying letters in our first names.



Our Winter Festival will be at DEN this year on the 22nd of December. There will be No School from December 22nd thru January 5th. We will resume school on January 8th 2018.

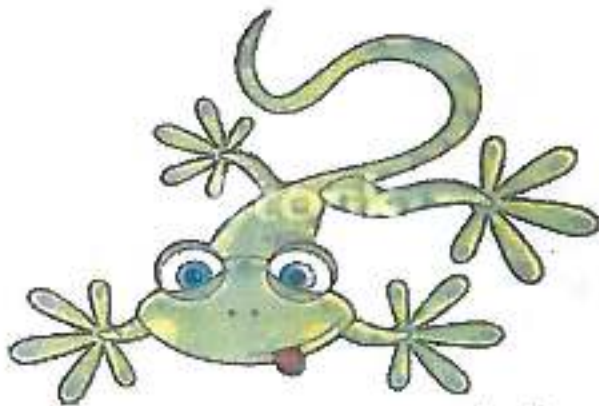


MS. MELINDA & MS. TERESA

# Leaping

MS. RENEE &

MS. JESSICA



# Lizards

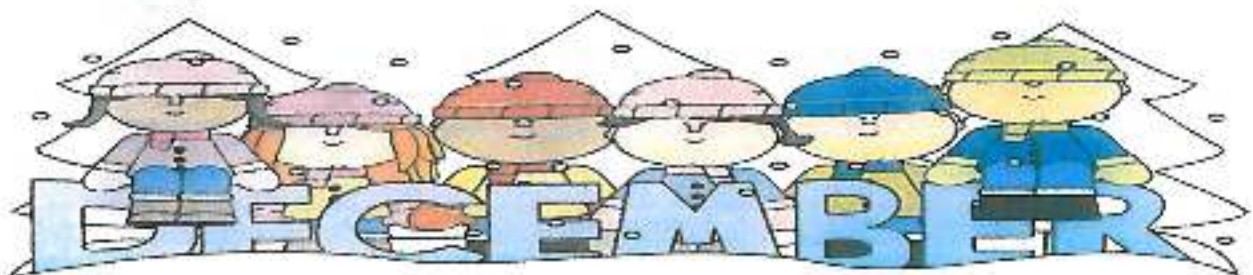
December is a hectic month, we will be continuing our Building Study for the rest of this month. Our last week of the Building Study Project is the week of the 18th so all the parents are welcome to come in during the week, and see what your child has learned and created from the building activities that we have been working on.



Important Dates:

Winter Festival– Friday, December 22nd at the DEN from 5:30-7:30 pm

Winter Break/No School– 12/22– 1/7/18





**Ms. Shana**



**Ms. Esther**

## Bumble Bees

December is here! So much to do before the year ends. Students will do many projects this month! We are excited to make Christmas trees and sensory activities. Teachers will have children play with shaved ice and even spray color the shaved ice. We will sing the song 5 Little Reindeers, and have lots of fun this month. Teachers will continue to add the school readiness goals to our activities. Parents please bring your children with appropriate clothing and shoes, we are still going outside and it is cold during outside time.



**Important**

**Dates:**

Winter Festival– December 22nd, 5:30-7:30pm

Winter Break– December 22nd-January 7th



# THE EXPLORERS

For the month of December we will be talking about snow and colors. Please remember as the weather is getting colder to dress your child appropriately. We are having the Winter Festival on the 22nd, following we will start our Winter Break until we come back to school on January 8th.

Thank you to all of our volunteers. Volunteering is encouraged in the classroom.

Our school readiness goal is matching colors. Just a reminder to bring back your reading logs and homework as they provide important information.



Have a wonderful December and Winter Break.

*Ms. Alisha & Ms. Kirsten*

# Courageous

Ms. Melissa

&

Ms. Jasmine



## Cubs



Hello friends and welcome to December! We would like to say a big THANK YOU to all of our Courageous cubs parents for coming to our Parent/Teacher meetings! We really appreciate all your efforts in working with us as a team to help your little ones develop at their best. Now that we have accomplished some goals we will be working on all new goals we have set.

We would like to remind you all to please fill out your child's daily report chart each morning as well as keep up the routine of washing your child's hands for breakfast. We know you all have busy schedules but it really is a big help in creating the routine and transitioning your child into the class. Also please bring extra clothes (shirt, pants, socks) just in case your child gets wet or dirty from all the fun they are having. Once again thank you for all your help and have a wonderful winter break!





Ms. Maria

Ms. Alisa



Hello room 4 parents!

Our goal this month is that the children will demonstrate age appropriate cognitive skills. As teachers, we will encourage children to solve problems for themselves when appropriate and encourage the children to learn from their mistakes. We will sing, recite finger plays, and read books that focus on colors, shapes, or animals.

The weather is getting colder, the possibilities of snow are increasing! Please make sure you bring appropriate clothing for your child, this includes jackets, sweaters, shoes, and even snow boots. We take the children outside to play every day if the weather allows us to. The ground could potentially be wet from the weather, and we don't want the children to become sick.

Also, just a reminder, please fill out the daily health check and daily reports that are in the children's folders, this is the main way that we can communicate with each other so it is very important.

NO SCHOOL- Dec 22nd-Jan 7

Winter Festival- Dec 22nd at 5.30pm at DEN



# Forest Friends

MS. KATHLYN

&

MS. TAMM



Hello December! What an amazing 3 months it has been! We can't believe it is already December! This month the Forest Friends are working on Cognitive, both young and older infants will be working on problem solving. Our toddlers will be working on matching similar objects. We have our Winter Festival coming up please watch for more details!

Important Dates:

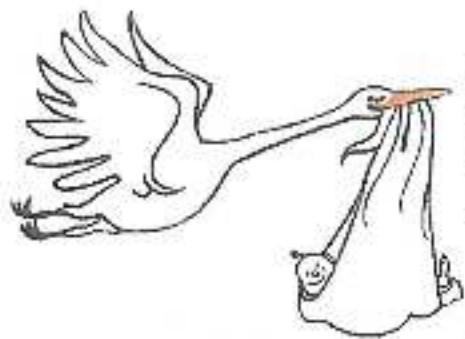
Winter Festival-December 22nd @5:30pm

Winter Break-December 22nd-January 7th

Parent Meeting/Class Party- December 21st(more details to come)

We want to wish Alicia Ann & Christian a HAPPY BIRTHDAY!

HAPPY  
BIRTHDAY



Congratulations to Jesalyn Carter on her baby boy, McKoy! We can't wait to have him in the classroom!

Thank you to all the parents who have turned in homework and reading logs! As well as those who come in and help in the classroom!



# Extended Day



Hello December! This month we are going to learn about the cold weather and how to enjoy activities in the weather.



We will be making arts & crafts for the Holidays. Please join us!

Ms. EL



