

Little People's Head Start and Early Head Start

February 2018

Another friendly reminder to send your children in warm clothes. We are doing outside play and in order for them to play outside, they have to have warm clothes.

Important Dates to Remember:

February 19, 2018-President's Day- NO SCHOOL

TBA Policy Council at 8:15 a.m.

February 20, 2018-Board of Directors Meeting at 10:30 a.m.

February 27, 2018-UNLV Dental will be on campus. If your child needs a dental check-up, this is the perfect time to get it done. They will also be following up on the students they seen six months ago. Please watch for important information from your child's teacher. Your child can't be seen without all the proper paperwork completed.

Please remember to contact us if your child will not be attending school. We all love and worry about the kids and want to make sure they and their families are safe.



"When educating the minds of our youth, we must not forget to educate their hearts." ~ Dalai Lama

Cassie Carlstrom
Program Director

Cassie Carlstrom

February Newsletter



From the Family Service Manager

Christina Burdick

I hope all the families are enjoying the new year. Please make sure to return your child's homework and reading logs at the end of each month. We encourage all the parents to come in a volunteer in your child's classroom or come eat a meal with your child. We love to see all the parents.

Our attendance has been down this month due to colds going around. Please make sure you call in if your child will not be here. In January we had 9 children in Early Head Start with perfect attendance and 18 in Head Start.

Please remember my door is always open if you need anything. Next month I will be handing out the Family Dynamics Survey. This has to be done twice a year. I will also be checking in with the parents on their family goals.

Here are some ideas of thing to do with children while they are at home:

- [Read a book together](#)
- Kids Yoga
- Play hot potato
- Put on music and have a dance party
- Start a game of "Simon Says" it's a classic never gets old
- Play Tic Tac Toe
- Build a fort out of blankets

Important Dates:
February 19th, 2018
President's Day No School



Employee Spotlight

February's Employee of the Month is Esther Ortiz-Gonzalez. Esther is one of our Early Head Start Teachers. She has been with LPHS for two years. She started out as a substitute but quickly moved into a full time position as a Head Teacher. She received her CDA in April 2017.

This semester, Esther started taking college classes to work towards her Associates in Early Childhood Education.

Esther loves to come to work each day and spend time with her kiddos. She knows that she is making a difference in their lives.

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

Esther has started taking college classes to work on her Associates in ECE!

She does great in her class and w/the kids.

She is creative, always has a lot of ideas to help in the classroom.

She is working hard on her college classes and has a positive attitude.

Esther is a very hard working person. She is so positive and creative. She is always ready to help.

**Employee
of the
Month**

Esther is a hard worker. She has a fun sense of humor.

February 2018 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SCHOOL HOURS: HEAD START: EARLY HEAD START:	8:00am - 3:00pm 8:00am- 3:30pm		1)	2) TEACHER IN-SERVICE DAY ...NO SCHOOL
5)	6)	7)	8)	9) TEACHER IN-SERVICE DAY ...NO SCHOOL
12)	13)	14)	15)	16) TEACHER IN-SERVICE DAY ...NO SCHOOL
19) HOLIDAY- NO SCHOOL	20) Mental Health Consultant On-Site	21)	22)	23) TEACHER IN-SERVICE DAY ...NO SCHOOL
26)	27) BOD MEETING. 10:30am @ the Trailer UNLV Dental On-Site	28)		

CHECK OUT OUR NEW WEBSITE: LPHSELY.ORG

HS Parents

These is our School Readiness Goals for the month of February 2018. They relate to the Cognitive and General Knowledge Domain. These goals are one of our science TSG Objectives. Please use the Family Strategies to practice these goals at home.

DOMAIN: COGNITIVE AND GENERAL KNOWLEDGE

Goal: Children will demonstrate age appropriate general cognitive skills.

Head Start Objective 3: By Spring 2018 preschoolers will demonstrate some knowledge of the physical properties of objects and materials.

Preschoolers: The children will meet or exceed the TSG Objective (26) of using their senses to explore things. They will learn about their shape, color, temperature, weight and how things move and change.

Effective Teaching Practices:

- Teachers will include opportunities for the children to learn about the physical properties of objects and materials and the natural forces that affect them.
- Teachers will use the appropriate vocabulary to describe phenomena. Use words like sink, float, dissolve, melt, absorb, adhere, attract, and repel.
- Teachers will offer a variety of substances for the children to explore and learn their characteristics. Include objects made of metal, wood, plastic and paper.
- Teachers will plan experiences where children can observe changes in the physical properties of objects and materials. For example, leave an ice cube outside in the sun and observe it become a liquid. Mix different materials in water to see if they dissolve.
- Teachers will make charts and/or graphs about the physical properties of objects and materials. For example, children might explore concepts such as absorb/repel, sink/float, hot/cold or rough/smooth.
- Teachers will implement the "MESS" (Marvelous Explorations through Science and Stories) Program.
- Teachers will use Creative Curriculum Teachers Guide Studies to support investigation of physical properties of objects and materials.

Family Practices:

- Families will volunteer in their child's classroom to better understand how to help their child increase their science exploration skills.
- Families will then use those teacher strategies at home to improve their child's science exploration skills.
- Families will provide children many opportunities to learn about the properties of objects and materials at home.
- Families will assist their child's teacher with setting science goals for their child's Individual Child Plan and then work on these goals at home.
- Families will assist their child with the science home activities that are provided by the child's teacher.

Thank you,

Linda Garcia

Education/Disabilities/ Mental Health/ Manager

EHS Parents

These is our School Readiness Goals for the month of February 2018. They relate to the Cognitive and General Knowledge Domain. These goals are one of our science TSG Objectives. Please use the Family Strategies to practice these goals at home.

DOMAIN: COGNITIVE AND GENERAL KNOWLEDGE	
Goal 3: Children will demonstrate age appropriate general cognitive skills.	
Early Head Start Objective 3: By Spring 2018 older infants and toddlers will become interested in living things and the properties of objects and materials.	
Older Infants: The children will meet or exceed the TSG Goal (25) of beginning to demonstrate knowledge of the characteristics of living things.	Toddlers: The children will meet or exceed the TSG Goal (26) of beginning to demonstrate knowledge of the physical properties of objects and materials.
Effective Teaching Practices for Older Infants and Toddlers: <ul style="list-style-type: none">• Teachers will use every day activities as opportunities for children to learn about the physical properties of objects and materials.• Teachers will offer a variety of substances for children to explore and learn their characteristics. Include objects made from metal, wood, plastic and paper.• Teachers will include opportunities for the children to care for living things• Teachers will provide opportunities for children to observe the life cycle of living things• Teachers will go on walks to observe living things using a magnifying glass• Teachers will introduce the "MESS" (Marvelous Explorations through Science and Stories) Program.	
Family Practices: <ul style="list-style-type: none">• Families will help their child explore different substances in the home environment.• Families will volunteer in their child's classroom to better understand how to help their child increase their science exploration skills.• Families will then use those teacher strategies at home to improve their child's science exploration skills.	

- Families will provide children many opportunities to learn about living things at home.
- Families will assist their child's teacher with setting science goals for their child's Individual Child Plan and then work on these goals at home.
- Families will assist their child with the science home activities that are provided by the child's teacher.
- Families will have family pets and also plants at home so the children learn about the needs and the life cycle of these living things.

Thank you,

Linda Garcia

Education/Disabilities/Mental Health Manager

FEBRUARY NEWS

2018

HEALTH/NUTRITION

A THANK YOU to all of you who took the time on your winter break to have your children to their health care providers and have physicals and immunizations all caught up. Please remember if you have any questions or concerns regarding your child's health issues, I will always take the time to talk to you. My office is located in the WIC building, Nicole at the front desk can always find me if I'm not in my office.

If you missed getting an appointment for the Ronald McDonald Dental Van for your child in January, the UNLV school of Dentistry will be here to give checkups and fluoride varnishing to our students again on February 27th that is a Tuesday. There will be a consent that has to be signed by the parents or guardian, even if you choose not to have the services, this is for your child's file. We are hoping to have another good turnout for them so they keep coming back. The work is done by a licensed dentist not a student.

Please try to have your children here at school at 8:00 am that is when we sit down to breakfast. The school day starts at that time. (Children don't like to eat alone). If you do come in late and your child has not had breakfast please go to the kitchen and let them know they will give you something for your child. The teachers are not allowed to leave the class room so they cannot do this for you.

If you have any extra socks for your child it would not be a bad idea to bring in an extra pair so they can change socks after being outside, some of the children are getting wet from the weather and this helps keep them warm and dry.

PLEASE IF YOUR CHILD IS SICK KEEP THEM HOME! You will not get in trouble for keeping your child home just call Tina or their teacher and let them know. When you take your child to the doctor please let Tina or your child's teacher know the results, there are times we must post a warning to the other parents the watch for symptoms in their child. This keeps the spread of illness down in the school.

*Thank you,
Jay*

VALENTINE'S CRUNCH BARS

PREP TIME: 5 MINUTES COOK TIME: 8 MINUTES TOTAL TIME: 13 MINS

SERVES: 12 BARS ADJUST SERVINGS

These cereal bars are ooey gooey good! The kids love the m&m candies hiding inside the bars and I love how quick these are to prepare.

INGREDIENTS

- 4 tablespoons butter
- 10 ounces marshmallows
- 6 cups Rice or Corn Chex cereal
- 3 tablespoons sprinkles
- 1 cup m&m candies

INSTRUCTIONS

Heat a large pot over medium heat. Add the butter and melt.

When the butter has melted, stir in the marshmallows. Continue stirring, until marshmallows have just melted. Remove from the heat.

Stir in the cereal until mostly coated in marshmallows.

Add the sprinkles and most of the m&m candies. Reserve a handful of m&m's for sprinkling over the tops of the bars. Stir the mixture together.

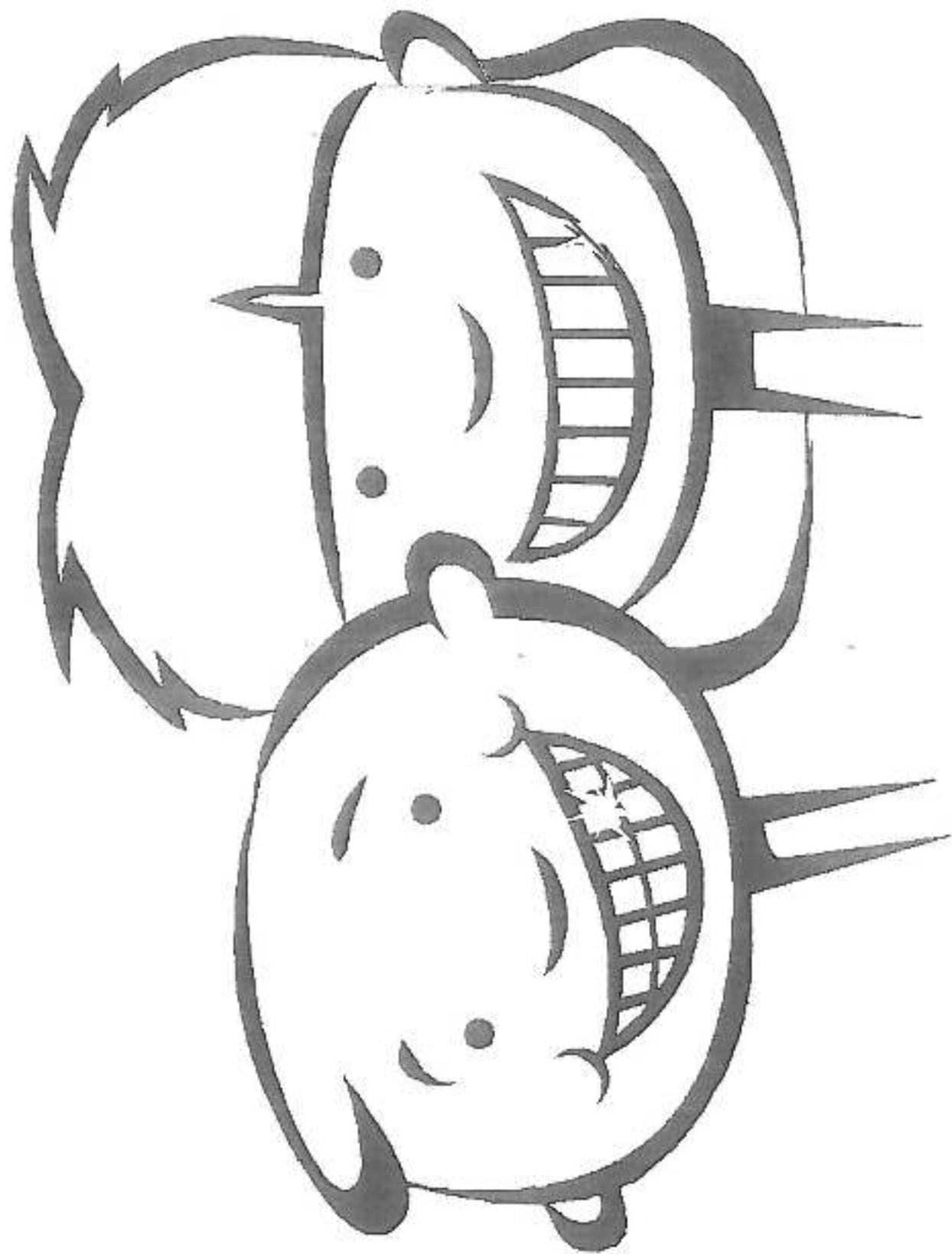
Press the mixture into a greased 9x13 baking dish. Press the remaining m&m's onto the top of the bars.

Let cool 10 minutes before cutting and serving.

RECIPE NOTES

You can create these bars for any holiday by switching out the sprinkles and m&m candies with various colors!

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Together... Let's Try New Foods!

Enjoy all kinds of foods! That's good advice for kids - and for you. Why? When kids learn to enjoy many foods, they have more choices for smart eating throughout life. That's good because different foods promote growth and health in different ways.

Food variety makes eating more interesting and fun, too. Remember: seeing, trying, comparing, and talking about different foods is part of learning.

Good feelings about trying new foods help lead to a lifetime of healthful eating. Try new fruits and vegetables as fun experiences with your child.

Offer a new food first, and no foods for a while after trying. Kids usually are more willing to try new foods when they are hungry.

Let your child pick the new food. Trying new foods is more fun for kids when they pick them.

Use words to help. Talk about a new food. Have your child describe the color, shape, feel, smell, sound, and taste - and not whether your child likes or dislikes it. No "yucks!"

Let your child taste "one bite." But stay away from forcing your child to taste. Keep food trying positive.

Try new foods by two. Encourage your whole family to try new foods! Kids copy what they see and hear. Keep quiet if you don't like the food.

Explore new foods in different ways. Many kids prefer to pick up raw vegetables with fingers. That may seem better than the same new vegetable that is cooked.

Try and try again. Many kids need to try a new food 5 to 10 times before they like it. It's normal for kids to be cautious at first.

Everyone. Your child doesn't need to like every food. Everyone (you, too) has different food favorites.



Provided by _____

FOR CHILDREN FROM BIRTH TO 5 Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service



NEWS...



United States Department of Agriculture

WIC

The Foundation
of
Healthy Families



WIC provides a variety of services to help women, infants, and children live healthier lives.

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October 2014
Source: Supplemental Nutrition Assistance Program for Women, Infants, and Children (WIC)
Food and Nutrition Service
USDA is an equal opportunity provider and employer.

WIC can make a difference....Call 775-289-6113, ext. 4 to learn of the eligibility requirements and schedule an appointment.



....Dedicated to Helping
Children and Families in Need!

Scheduled events:

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

Clothes Closet: Come check out the newly donated gently used clothing....Sizes newborn to 6/7

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)

Grandparent Respite: Childcare payments for those over the age of 55 raising their grandchildren without any help from the natural parents.

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 Fly by Elko FRC).



MS. MIKKA &
MS. JANELLE

Children will be investigating different types of clothing. They will be exploring different materials, types, and accessories to clothes. Children will investigate buttons, zippers, buckles and laces. Children will also be working on Individual Goals throughout the month.



Socialization– February 6th– Mixing colors science activity

February 14th– Valentines

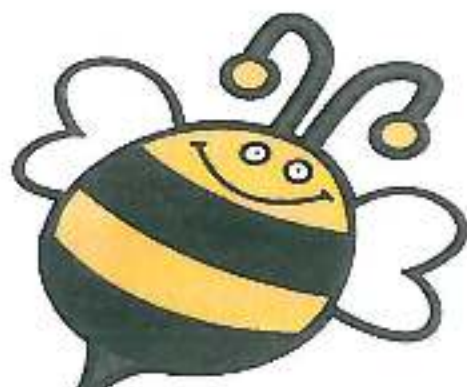
Day party

Parent Meeting– February 13th at 8:00

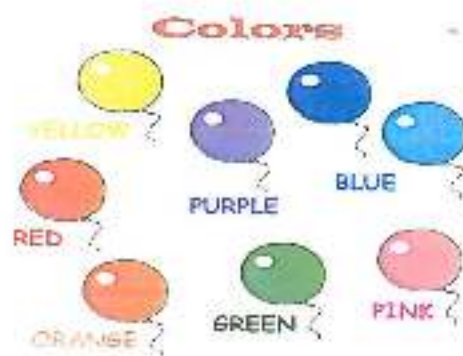
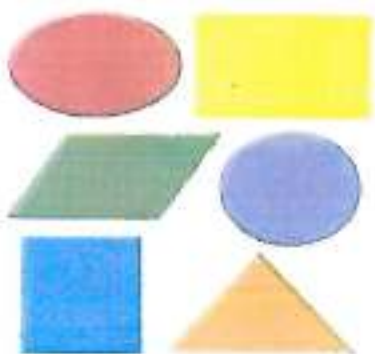
AM



Busy Bees



We will be working on our Clothing Unit this month. Our School Readiness Goals for this month is Cognitive and General Knowledge, the children will be demonstrating some knowledge of the physical properties of objects and materials. They will learn about shapes, rhyming, colors, temperature, weight, and how things move and change. They will be learning about Winter.



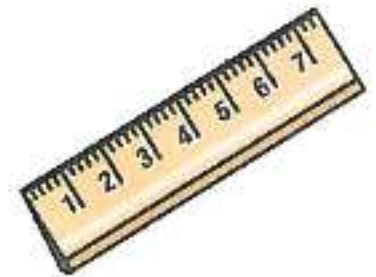
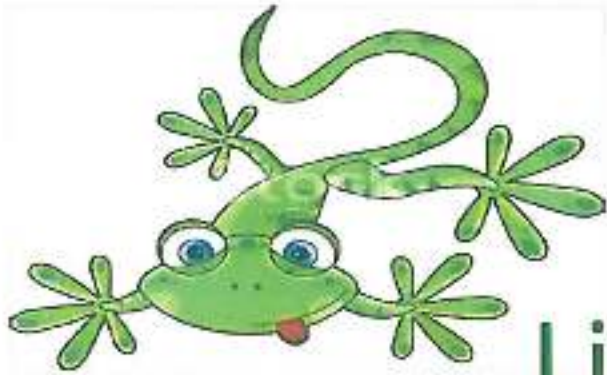
Please dress your child in a coat every day as we go outside everyday.



Ms. TERESA & Ms. SHANIA

Leaping

Ms. JESSICA &
Ms. JODI



Lizards

I would like to start off with this month with a Valentine's Day Party on February 14th. You are welcome to bring sweets and cards for the children, if you need a list of the kids names I will be more than happy to give you one. We are going to be working on our Clothing Unit this month, so if you have any clothes you are looking to give away you are more than welcome to bring them into the class so we can go over different sizes.



Important Dates:

No School– Monday, February 19th

Valentine's Party– February 14th





Ms. Shana

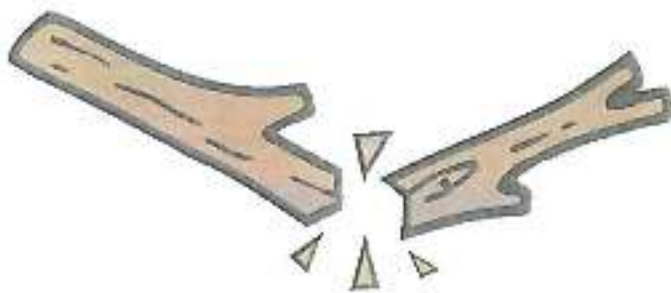
&

Ms. Esther

Bumble

Bees

For the month of February teachers will introduce many different materials, like metal, wood, plastic, and so on. Teachers will show students how these materials are used in our world. Teachers will also give children the opportunity to observe the life cycle of a plant.



Parent please keep your children home if they are not feeling well, we would like to stop spreading germs so other children do not get sick also.



THE EXPLORERS

This month we will be working on the SRG (School Readiness Goals) of Identifying scientific properties of objects. We will also be working on empathy with our classmates. Feel free to join us in our class activities such nature walks (weather permitting) and starting a rock collection.



Reminder:

School starts at 8:00 am, and it is very important for our children to have a structured routine. Have a great February!

Ms. Alisha & Ms. Kirstan

Courageous

Ms. Melissa

&

Ms. Jasmine



Cubs

Hello, welcome to the month of February. This month we will be working on Science and exploring Living Things. We will be going outside so please make sure that your child is dressed appropriately. We would like to remind parents to bring extra clothes, such as socks, underwear, shirts, pants, and sweaters. We will still continue to work on quantities and colors. Thank you to the parents who returned the reading logs and homework.



Parent Meeting: February 22nd
Homework Folder due: February
28th



Ms. Maria



Ms. Alisa

Hello Parents

This month we will be focusing on Cognitive Skills. We will study living things and the properties of objects and materials. We encourage parents to volunteer in our classroom to see how we explore their Science Skills and to get ideas to work with your families at home. Please remember to bring shoes and coats as we will be exploring outside.



Forest Friends

Ms. Kathlyn

&

Ms. Tami



We are excited to welcome Steven Robertson to our class, we have been busy getting to know him and his family. We appreciate his mom, Kayla for volunteering at our school. We also appreciate Heather Varney's help in our classroom, as well as at our school. Thanks girls!



February's school Readiness Goal is focused on Science. The children will explore living things and physical properties of objects. We will let the children observe the fish more and explore textures more this month. We will be sending out a survey that will help us plan our next Parent Meeting.

*Happy
Valentine's
Day*

No School- February 19th President's
Day



Extended Day



Hello to February! I'm excited to share our plan for this month.



This month we are going to learn about Friendship. We will honor with discussions, stories, & encouragement on how to show love to friends.

Art exploration about Valentines themed colors & heart shapes. Our books will be on *The Giving Tree* by Shel Silverstein & *Guess how much I Love You* by Sam McBratney.

Ms. EL & Ms. Mya