

# Head Start Newsletter for Parents of Preschool Children

Northeast South Dakota Head Start Program, Inc.  
200 South Harrison Street, #1 Aberdeen, SD 57401

*January – February*

# 2023

## Happy New Year

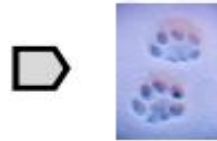
## Winter SCAVENGER HUNT



Snowman



Snow Angel



Tracks in the snow



Hot Cocoa



Snow Flakes



Winter Mittens/Gloves



Pine Tree



Sled or Sledding



Deer



Pine Cone



Bird



Ice Skates



Icicles



Warm Hat



Camp fire or smoke  
from a chimney

dates  
to Remember

**January 2**

Holiday

**January 10**

Policy Council and Board  
of Director's Meeting

**January 16**

Holiday

**January 27**

Staff In-Service

**February 14**

Policy Council and Board  
of Director's Meeting

**February 20**

Holiday

**CAUTION**

**ICY**

WALK  
LIKE A  
PENGUIN



Center sidewalks and  
driveways may be icy  
and slippery due to the  
winter weather!

## Aberdeen Center



Happy New Year from the Aberdeen Center! I hope everyone enjoyed their holiday break and were able to enjoy extra time with their family and friends. It is hard to believe that we are halfway through the school year, already. The last four months have been full of lots of learning, field trips, parent/child activities, and fun here at the center!

The teachers have finished their first set of parent teacher conferences. We had a good turnout, whether it was in person or over the phone. Thank you, to all of those who were able to attend a conference. Each of the teachers will be reaching out again soon, to set up a second conference for February.

October's parent/child activity was all about pumpkins. Each child and their family were able to decorate a pumpkin, explore the outside and inside of a pumpkin, and complete a pumpkin name puzzle. In November, we went swimming at the YMCA, it was a lot of fun seeing our Head Start children and their families enjoy this activity together. Our December activity was canceled due to a winter storm and will be rescheduled in January, when we return from Christmas Break.

Jean, from Delta Dental, came to our center in November and taught our children the importance of dental hygiene! The children and staff LOVED her presentation. It was full of magic tricks, puppets, books, and other visuals. Each child was gifted a toothbrush, toothpaste, and floss.

Toys for Tots delivered toys to the Center at the beginning of December. These were distributed to the children the week before Christmas break. Each child was given one as they were picked up from school or dropped off at home or daycare by the bus. We then ended the year with a week full of dress up days. Monday was favorite color day, Tuesday was favorite character day, Wednesday was wacky day, and Thursday pajama day. It was so much fun seeing all our children and staff dress up together! There were lots of smiles, laughs and memories made. We ended the week full of fun with a movie, popcorn, and hot chocolate. The Aberdeen Center will defiantly make this a yearly tradition!

I hope everyone has enjoyed the first four months of the school year as much as we have here at the Aberdeen Center! We are excited to see where the next few months take us, and as always, thank you for allowing the Head Start staff to be a part of your families lives and trusting us with your wonderful children!



# Webster Center Newsletter

The Webster Center has 2 duration classrooms with a teacher, assistant & bus driver in each classroom. Jaime's class has been busy learning colors, shapes, counting and numbers, writing names and letters. They work daily on listening skills such as following directions. The students are also focusing on using words to express what they need as well as sharing and taking turns. Sandy's class has been working on social skills, number recognition and recognition of the first letter of their names. They are doing the Exercise Study now and learning about the importance of daily exercise and how it affects our bodies. Sandy's students are receiving a Scholastic book each month, thanks to the Scholastic Book Club Classrooms Count fundraiser. They were able to raise enough money to purchase a \$2 book each month for each student. Sandy wants to encourage each parent to read to their children and instill the love of reading in them. In October, both groups took a trip to the Webster Area Fire Station. The children were very excited to see the Fire trucks and equipment. Jeff, the Fire Fighter talked to the children about what to do if there was a fire in their home and not to be afraid if they see a Fire Fighter all dressed in his/her gear. An upcoming activity for the last day of school before the Christmas break will be a Pajama & Movie Day. In November, Parents and children enjoyed the "Number & Counting" activities. In December, Parents & Children enjoyed making ornament crafts. In February, Darcy Pommer from Delta Dental will be visiting the classroom and discussing Dental Health with the children & parents. We are all looking forward to Spring and the warmer weather.



Jaime's Class at the Webster Area Fire Station



Sandy's Class at the Webster Area Fire Station



# Blue Group Newsletter



## December is here

What I love about Head Start~

Parent, Christine Gross submitted this article ☺

I love that I get to spend one-on-one time with my child each week, that I otherwise would probably let slide. I love that I can sit down and watch my child grow and watch her eyes light up when she catches on to stuff. I love that Head Start supplies us with "Fun Activities" every week. I love that our Head Start Teacher, Roxy Lapka is so fun, caring and compassionate. Basically, she has a heart of gold. I love the opportunity to go on fun and exciting field trips with my child. The colonies thank the Head Start Program for all the good that you have done for our families. For the progress, we see in our children's education, for building new relationships and for being our breath of fresh air each week!

Some of the Fun and exciting field trips & Parent Child Activities have been:

**September**--Visit to Storybook Land with Pizza

**October**--Tour of the Leola Fire Station & Pete's Museum

**November**-- Making Art Folders with the Parents and Children

**December**--Crafts & Gingerbread Houses

## Upcoming Events....

**January 12<sup>th</sup>** --Parent/Child Activity  
Suzanne Semmler, Storytelling  
Presentation

**February 9<sup>th</sup>** --Dental Parent/Child  
Activity with Darcy Pommer, from Delta  
Dental

**March 9<sup>th</sup>** --Alphabet/Name Activities

**April 20<sup>th</sup>** --To be decided

**May 4<sup>th</sup>** --End of the Year Parent/Child  
Activity



## Tour of Story Book Land



## Making Art Folders





## Spring Creek Colony at the Leola Fire Station



## Spring Creek Colony at Pete's Train Museum in Leola





## Long Lake Colony Parent Child Craft & Gingerbread House Activities



## Spring Creek Colony Gingerbread House Activities





United States Department of Agriculture

Food and Nutrition Service

# Healthy Snacks with Smiles

At child care, we offer a variety of healthy snacks for your child. Think of snacks as mini-meals. They help provide the nutrition and energy your child needs to grow, play, and learn.

Your child is offered at least two of the following types of foods at each snack:

## **Milk** (½ cup)

**Examples:** ½ cup low-fat (1%) milk, ½ cup fat-free (skim) milk

## **Meat or Meat Alternate** (½ ounce equivalent)

**Examples:** ¼ of large egg, ½ ounce of cheddar cheese

## **Vegetables** (½ cup)

**Examples:** ½ cup of cucumber slices, ½ cup of bell pepper strips

## **Fruits** (½ cup)

**Examples:** ½ cup of berries, ½ cup of peaches

## **Grains** (½ serving)

**Examples:** 4 whole-wheat crackers, ½ slice of whole-wheat bread

## Activity for Kids

Find these objects in the big picture:

- ☐ Carrot
- ☐ Egg
- ☐ Pear
- ☐ Cracker
- ☐ Milk



**Nibbles for Health** Nutrition Newsletters for Parents of Young Children



## Fun Snacks

There are many easy ways to make healthy snacks fun. Try these ideas at home.

### Fruity Faces

Create smiley faces with pieces of fruit.

### Dippin' Vegetables

Thin strips of bell pepper and low-fat dressing or hummus (bean dip) make a great snack.

### Smart Drinks

Plain water and low-fat milk make great beverage choices for snack time.

### Snacks-to-Go

Decorate sandwich bags or fruit cups with markers or stickers. Healthy snacks can also come in fun packaging.

### Super Shapes

Use cookie cutters to cut fun shapes out of sliced whole-grain bread, watermelon, low-fat cheese, and more.

Offering a variety of healthy foods as snacks helps kids get the nutrients and fiber they need for good health.



Name.....

# WINTER COLOR BY NUMBER

Directions: Color the picture according to the code.

1 - Red	3 - Orange	5 - Blue	7 - Purple
2 - Yellow	4 - Pink	6 - Green	8 - Brown







NATIONAL CENTER ON  
Early Childhood Health and Wellness

# Cold Weather Safety



Children are more vulnerable than adults to the effects of cold weather. Share these tips with Head Start parents and staff to keep children safe, healthy, and warm this winter.

## Sleeping Safely in Any Season

- Keep babies' cribs free of stuffed animals and extra blankets. A firm mattress covered with a tight-fitting crib sheet is all that an infant needs to sleep safely.
- If you are worried about keeping babies warm, dress them in a wearable blanket, also known as a sleep sack.

## Bundle Up!

- Children are at greater risk for frostbite than adults. The best way to prevent frostbite is to make sure children dress warmly and don't spend too much time outside in extreme weather.
- Dress children in layers of warm clothing. If the top layer gets wet, they will still have a dry layer underneath.
- Tuck scarves inside coats and jackets to prevent them from becoming strangulation hazards.
- Car seats and winter coats don't mix. Bulky coats can compress in a crash and create a loose car seat harness. Instead, lay the jacket or a blanket over children once you've safely strapped them into their car seat.



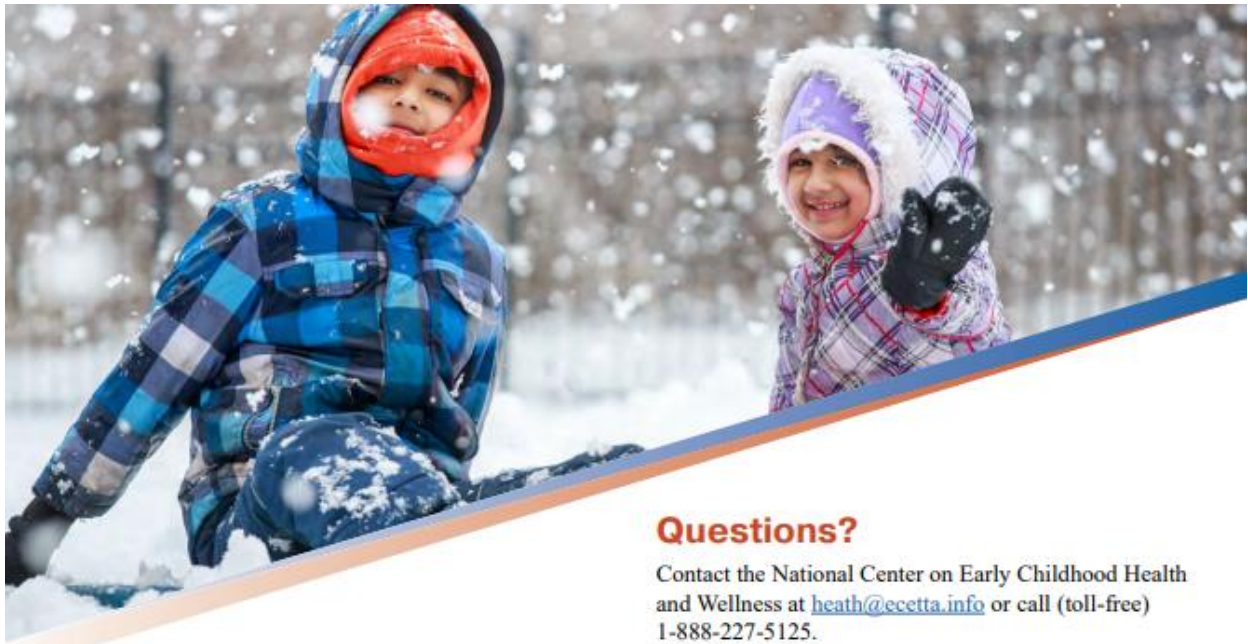
## Keeping Healthy Outdoors

- There's no set amount of time for children to play outside safely when the weather is cold. Use your best judgment. When the cold becomes unpleasant, it's time to go inside.
- If you are unsure if weather conditions are safe for outdoor play, check the [Child Care Weather Watch Chart](#).
  - Have children come indoors periodically to prevent hypothermia or frostbite. A temperature of zero degrees Fahrenheit and a wind speed of 15 mph creates a wind chill temperature of -19 degrees Fahrenheit. Under these conditions, frostbite can occur in just 30 minutes.
  - Frost nip is an early warning sign of frostbite. The skin becomes red and may feel numb or tingly.
  - To prevent frostbite, check that mittens are dry and warm and noses aren't too red. Frostbite occurs mostly on fingers, toes, ears, noses, and cheeks. The area becomes very cold and turns white or yellowish gray.
  - Even though it's cold outside, it's important to use sunscreen and stay hydrated. Children are more likely than adults to become dehydrated.

## Staying Safe Indoors and in Vehicles

- Keep anything that can burn at least three feet away from heating equipment, including furnaces, fireplaces, wood stoves, and portable space heaters.
- Set up a three-foot "kid-free zone" around open fires and space heaters.
- Remember to turn portable heaters off when leaving the room.
- Test smoke alarms at least once a month.
- Vent all fuel-burning equipment to the outside to avoid carbon monoxide (CO) poisoning.
- Install and maintain CO alarms. Keep alarms at least 15 feet away from fuel-burning appliances.
- If you need to warm up your vehicle, remove it from the garage as soon as you start it to avoid the risk of CO poisoning. Don't leave a vehicle running inside a garage.
- If vehicles are parked outside, check to make sure the tailpipe is not blocked with snow, which can also cause problems with CO.





## Questions?

Contact the National Center on Early Childhood Health and Wellness at [health@ecetta.info](mailto:health@ecetta.info) or call (toll-free) 1-888-227-5125.

## Infection Control

- Cold weather does not cause colds or flu. However, viruses that cause a cold and the flu are more common in the winter when children spend more time indoors.
- Keeping everyone's hands clean is one of the most important ways to avoid getting sick and spreading germs to others. Wash hands with soap and clean running water, and rub them together for at least 20 seconds.
- Teach children to cough or sneeze into their upper sleeve or elbow, not their hands. Adults should model this behavior.
- Review program policies on hand washing; cleaning, sanitizing, and disinfecting; and excluding children and caregivers who are sick.
- The U.S. Centers for Disease Control and Prevention and the American Academy of Pediatrics recommend that all children 6 months and older receive the seasonal flu vaccine every year. All early care and education program staff should also get vaccinated for the flu.

