









Serving Birth to 5



Newsletter for January 2023

National Soup Month - Lots of yummy soup recipes online or make your own!
Bath Safety Month - NEVER leave a baby or young child unattended in a bathroom.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 SCHOOL RESUMES!	10 CUT YOUR ENERGY DAY	11	12	13 RUBBER DUCKY DAY	14
15	16 	17	18 WINNIE THE POOH DAY 	19	20 PENGUIN DAY 	21
22	23 PIE DAY 	24	25	26	27 CHOCOLATE DAY 	28
29 PUZZLE DAY 	30	31				

These tips will show you how to be more energy efficient and save energy, money, and will go a long way to improving the environment.

1. Close your storm windows. This is hands down the simplest yet most overlooked way to keep the cold air out. Simply raise your screen windows and lower your storm windows for the extra layer of protection from winter.

2. Open your curtains during the day. If your windows are facing the sun, let the sunshine in and turn on nature's heater!

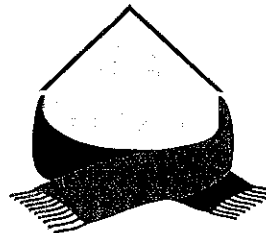
3. Keep doors closed. If you have a large closet or any other rooms that aren't heated (and don't need to be), keep the doors closed to minimize the space requiring heating. This also eliminates the need to insulate these small spaces.

4. Look for any gaps at bottom of your doors. You can lose a lot of heat at the bottom of your doors, especially ones with large gaps. You can buy a plastic "door sweep" that runs along the bottom of the door to seal it. You can also use a towel across the bottom of the door is a nice quick fix.

5. Install curtains. You might be surprised to know that attractive drapes will both brighten your space and add a warm layer between you and the dreary weather outside.

6. Make sure your heat sources aren't blocked. This may seem obvious, but make sure your furniture is not blocking any vents or radiators! This can have a big impact on how efficiently your home or apartment is heated.

7. Use the ceiling fan (if you have them). If you think ceiling fans are just for cooling, think again. If you run fans in reverse, they push warm air downward, to where you can enjoy it.



For more tips to learn how to save energy and cut costs, visit www.energystar.gov.

What's In Our Newsletter

Classroom News	P.1-2
Something from FSW	P.3
A Word from Tammy	P.4
January Menu	P.5

Website:
www.dodgecountyheadstart.org
 Address:
 P.O. Box 244, 1024 W. 23rd St.
 Fremont, NE 68025
 Phone:
 402-721-9022
 Fax:
 402-721-0504

RED ROOM NEWS

Dear Red Room Parents,

During the month of December, the children learned about letters N, O and B; numbers 6 and 7; rectangles; red and the word family '_it.' We also spent time talking about how to wait and take turns while playing with our friends, which the children do an amazing job with! During the month of January, the children will learn about letters D, K and R; numbers 7 and 8; stars; blue and the word family '_op.'

We started learning about Pets this month. So far, we have talked about what we already know about pets and what kind of animals are pets. We will spend the rest of January learning about pets. The topics discussed will range from what pets eat and where they live to how they make us feel. Thank you to everyone who told us about the pets they have at home and sent in pictures. It helps the children show us more about their families.

If you would like to spend time with your child at school, you are more than welcome to join us for a meal. Let us know if you are interested in that.

Miss Dani and Miss Amber

GREEN ROOM NEWS

Green Room Greetings and Happenings!

December zoomed by just as quickly as the 2022 year! Our classroom community has demonstrated so much curiosity and enthusiasm during the introduction and start of our investigations for our study of Music Making. They have taken great pride in caring for the instruments we have at our fingertips and show a great eagerness to explore what else is out there in the world of music. YouTube has been a friend as children explore how the instruments not at our fingertips (tuba, grand piano, clarinet, etc) are played and the unique sound each one makes. They also giggled at the concept that music is not only heard but seen and read. Since the start of our study, we've had a few children voice future ambitions of playing an instrument. As we continue to study music making, a few things you can do at home to further promote our music making may include:

- Listening for and playing music
- Starting a family band using things within your home (i.e. pots and pans, DIY instruments, etc.)
- Playing 'name this song' by humming the tune and allowing your child to guess
- Coloring to music

Creating a list of your family's favorite songs

Thank you again for all those "extra" (little or big) things you do at home! As your child's first teacher, your encouragement, commitment, and hard work continues to support not only us, but your learner as we continue to develop our little Green Room community.

YELLOW ROOM NEWS

Hello from the Yellow Room

I can't believe we are already at winter break and soon we will be discussing the end of the year. I have been enjoying getting to know your children and getting to know you as a family.

We ended the month of December learning about social emotional skills, Tucker the Turtle, problem solving with our friends and how we can be a super friend.

When we return after winter break, we will still do our study of "Balls". This is a fun study because there is a lot of hands on leaning and discovery different kind of balls and the children like talking about all kind of different balls they seen.

Just a reminder keeps working on child-parent connectors they never expired.

I hope you all have a wonderful winter break, and we will see you in January.

Miss Tammy and Miss Leticia



BLUE ROOM NEWS

Hello from the Blue Room!

So hard to believe that December has already come and gone, welcome 2023! It didn't seem like we had much time together in December between illness closure, weather and winter break. The few days we did get to spend together were lots of fun! We made some bird feeders to help the birds have fuel to survive the impending storms and it was a great time to be had by all.

This month we will continue on with our exploration of buildings. We made a map of our building and explored the different rooms on a walk, we will take a walk around the neighborhood, discuss what buildings are made of and what makes them strong, and what makes our own building special. We are hoping to get a field trip in soon, more information to come!

Shout out to parents for keeping their children home when they are sick so we can keep each other healthy and well. We had quite a few connectors come back after break, way to go Blue Room!! Keep in mind they never expire so turn them in as you get them done. A couple of reminders, please send your child's bag empty to school each morning unless otherwise indicated. Things like chap-stick, lotion and toys must stay at home. My email address is degr@dcheadstart.com, as always email or call the center anytime you have questions or concerns! Thank you for sharing your learners with us!



Miss Dawn, Miss Tamara and Miss Kelly



Our temperatures continue to fall as we enter the winter months, I thought it was important to point out some car seat safety. We see many parents doing a great job with winter coats and car seats. Keep up the good work! As a reminder puffy winter coats don't allow a proper fit in a harness and is not advised. Some ideas to still keep warm include taking the coat off once in the car and cover up with it, keep a blanket in the car, or some children like to put their coat on backwards once properly installed. On the next pages are some basic car seat safety facts. Another great resource is nhtsa.gov. Recently the new car seat recall list was released. You can find this hanging on the information station board when you walk past the kitchen. Feel free to take it down and check it out. Also I would like to point out Head Start has two certified car seat safety technicians on site. Ms. Sandy our bus driver, and Ms. Shauna PFCE Specialist. Please feel free to reach out to either one of them if you would like us to inspect your install or have any specific questions related to car seat safety.

Also, if you find your child is in need of coats, hats, or mittens please reach out to your child's teacher or Shauna. We have a few items on hand for donation as supplies last.

Stay Warm and Happy New Year!

Family Service Team

BASIC CAR SEAT SAFETY

Be sure to buckle up the right way on every ride!

SAFE
KIDS
WORLDWIDE

All children must use a car seat, booster seat or seat belt.

- My child always rides in a back seat and never in front of an airbag.
- Everyone in my car buckles up on every ride using the right car seat, booster seat or seat belt for each person's age and size.
- My child's car seat has all of its parts, labels and instructions and has never been in a crash.
- I follow the instructions for my car and my car seat so that my child is buckled in right and tight.
- My child's car seat has never been in a crash.
- I never leave my child alone in a car.



Use our online [Ultimate Car Seat Guide](http://www.safekids.org/ultimate-car-seat-guide) for information on all your car seat needs.
www.safekids.org/ultimate-car-seat-guide

www.safekids.org

Proud Program Supporter



SEGURIDAD BÁSICA SOBRE EL ASIENTO DE SEGURIDAD

SAFE
KIDS
WORLDWIDE

¡Asegúrese de abrocharse de forma correcta en cada viaje!

Todos los niños deben de viajar en un asiento de seguridad, un asiento elevador -booster o con el cinturón de seguridad.

- Mi hijo siempre viaja en el asiento trasero del vehículo y nunca delante de una bolsa de aire.
- En cada viaje, toda persona en mi vehículo se abrocha de acuerdo a la edad y tamaño, en un asiento de seguridad, asiento elevador- booster o con el cinturón de seguridad.
- El asiento de seguridad de mi hijo tiene todas sus piezas, etiquetas y las instrucciones y nunca ha estado envuelto en un choque automovilístico.
- Sigo las instrucciones de mi auto y mi asiento de seguridad para asegurar que mi hijo este sujeto y abrochado correctamente.
- El asiento de seguridad de mi hijo nunca ha estado envuelto en un choque automovilístico.
- Nunca dejo a mi hijo solo en un auto.



Utilice nuestra Guía Definitiva de Asientos de Seguridad en línea, para obtener información sobre todas sus necesidades sobre asientos de seguridad.

www.safekids.org/ultimate-car-seat-guide

A Word from Tammy/Behaviors

Do you ever find yourself asking "Why is my child doing ____"? Well, you are not alone even as a teacher, I find myself asking the same question. At times it can be very frustrating and even exhausting. As adults we need to understand that all challenging behaviors are a form of communication from children. What we can do as adults are to try to find the reasons and help the child express their wants and need in a more appropriate way. The handout provided, provides tips and suggestions on how to support your child and help them learn to communicate about their wants and needs in a more positive way.

Circle below what additional information you would like on above topic and send back to school in your child's bag.

.....
.....

Setting clear expectations for my child

Setting up routines for the following parts of the day _____

Getting someone's attention appropriately

Parent's Name: _____

Child's name _____ Classroom _____

Circle the best way to receive the information

Email: _____

In my child's school bag

Any other additional questions or suggestions on upcoming coming topics that you would like to learn about:

All breakfasts and lunches are served with 1% milk. Whole wheat or whole grain is served a minimum of once a day. All juice is 100%. Menus are subject to change,



without notice, due to product availability..

JANUARY 2023 HEAD START MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9 Yogurt Peaches Graham Crackers	10 Tortilla Peanut Butter Applesauce	11 Muffin Pears	12 Pancake Strawberries	13 Cereal Raisins	14
BREAKFAST						
LUNCH	Chicken & Noodles Green Beans Pears	Marinara Meatballs String Cheese Corn Fruit Cocktail Dinner Roll	Ham & Scalloped Potatoes Peas Pineapple Bread	Hamburger Stroganoff Broccoli Tropical Fruit	Hamburger French Fries Pears	
SNACK	Goldfish Mixed Fruit	PBJ Juice	Graham Bug Bites Peaches	Chex Mix Applesauce	Animal Crackers Juice	
15	16 Biscuits Peanut Butter Peaches Tuna & Noodles Peas Tropical Fruit Sun Chips Mixed Fruit	17 Bagel/crm chz Pineapple Sweet & Sour Chicken Brown Rice Broccoli Mandarin Oranges Cheese Stick Applesauce	18 Muffin Pears Hamburger Gravy Mashed Potatoes Green Beans Dried Cranberries Dinner Roll Goldfish Milk	19 Waffle Peaches Chili Oyster Crackers Cheese French Fries Pineapple Doritos Juice	20 Cereal Blueberries Hot Dog Baked Beans Fruit Cocktail Wheat Crackers Pears	21
22	23 Yogurt Mandarin Oranges Swedish Meatballs Brown Rice Green Beans Fruit Cocktail Animal Crackers Pears	24 Muffin Blueberries Ham & Noodles Broccoli Peaches Sun Chips Mixed Fruit	25 Tortilla/p.butter Raisins Spanish Rice Corn Pears Cheese Stick Applesauce	26 Bagel/crm chz Mandarin Oranges Tater Tot Casserole Peas Pineapple Bread PBJ Milk	27 Cereal Peaches Chicken Tenders Potato Wedges Tropical Fruit Bread Pretzels Juice	28
29	30 Yogurt Graham Crackers Pineapple Chicken & Rice Green Beans Peaches Goldfish Pears	31 Pancake Applesauce Scrambled Eggs & Ham Hash Browns Mandarin Oranges Muffin Cheese Crackers				