



Bucksport Early Care And Education Center

February 2010



Center Updates

It is almost time to start recruiting students for our next program year! When applications arrive at the center, if you have a child (or sibling of a current student) eligible to apply for 2010-2011, we will make sure that you have a new application to fill out. If we already have your child's birth certificate and a current immunization record, then you will not need to re-submit these items. If you know of another family in the community with a 3 or 4 year-old, please encourage them to apply also! We keep blank applications in the folder (on the bulletin board) beside the office door. Please help yourselves to the applications and thank you for helping with our recruitment efforts!

We have also begun our Kindergarten transition process for students moving on to Kindergarten in September! You will be receiving tips and information from your child's Teacher about Kindergarten transition. We will be visiting the Kindergarten library and classrooms, and will be inviting a Teacher and/or Mrs. Marble to visit our classrooms.

We hope everyone has a wonderful and safe February Vacation!

AnnualCreditReport.com is the official site to help consumers to obtain their free credit report.

To ensure that you are visiting the legitimate site, type <https://www.annualcreditreport.com> directly into the address bar on your browser. You will never receive an email directly from the Annual Credit Report Request Service.

Volunteer opportunities:

- Folding and distributing monthly newsletters to parent mailboxes.
- Filing artwork into children's mail slots
- Bulletin boards
- Craft projects
- Repairing books

Please check in with your Teachers if you would like to volunteer in the classroom, or take projects home to work on! Thank you for volunteering!

Parent Group

Hi Everyone,

We are still hoping to get a Parent Group together for the Bucksport Center and are looking for Parents/Guardians to participate! Meeting dates for the remainder of the year are: **February 10th, March 10th, April 14th and May 12th from 10:30-11:30AM.**

Everyone is welcome to attend!

Possible Opportunities for Parent Group:

- Time to connect with other Parents
- Work on projects for the classroom
- Organizing volunteers for the classroom

Possible Trainings/workshops:

- Nutrition / Health topics
- Child development / developmental delays
- Behavior Management
- Fatherhood / Male involvement
- Volunteering

If you have any other suggestions for topics, please let Paula Webster (Center Coordinator) know.

Policy Council

Congratulations to the following new Head Start Policy Council officers: Community Representative and past parent Renaud Cloutier, Chair; Harrington Representative Stephanie Moores, Vice-chair; Flaherty Representative Jennifer Prout, Secretary and Board Liaison. Policy council meetings will continue to be held on the third Monday of each month. The February meeting will be held in two locations linked by video conference - - Ellsworth and Marshfield - - beginning at 8:30 a.m. Arrangements can also be made for parents to call in via telephone. For more information, call Cathy Feldkamp at the central office 1-800-834-4378.

Our Center may have 2 Parent Representatives (and 1 Alternate) per classroom. If you are interested in joining Policy Council or finding out more about Policy Council, please see Paula Webster, Center Coordinator or call our Main Office 667-2995 and talk to Pam Gagnon or Ellen Savage (our Health and Family Partnership Managers).



Miss Kelly and Miss Rose (A)

Hello parents, we have had an exciting two months since our last newsletter update.

During January we focused on snow. Together we discovered the wonderful world of Jan Brett books. From those books (The Mitten, The Hat, Hedgie, and many more) we focused on our outdoor clothing that included learning more independence by trying to put them on ourselves.

We brought snow in the water table and let it melt so we could see what is in snow when it melts. The students were excited to see the little specks.

Our dramatic play area changed from the hair salon to a work shop. Both boys and girls enjoyed building towers and trying out the tools.

February is National Dental Health Month. Both classrooms had the opportunity to enjoy a special guest who visited us. She was a dental hygienist who taught our group the appropriate way how to brush, and when to brush. Nora helped us distinguish between healthy and unhealthy snacks. She brought a large sample set of teeth in and let the students touch them. Nora gave each child a tooth brush to bring home to practice with. Ask your child what he or she remembers from that day.

In our classroom we have been singing songs about teeth as well as doing art projects about dental hygiene.

As always we continue to work on the social emotional growth for all of our students. Between the ages of three and four there is much change occurring in their brains and bodies. Always remember each child is an individual. These changes will happen at different times for them. If you have any questions about development please ask Kelly or Rose and they will be happy to help you explore the parent library or other resources we have available.



Miss Joyce and Miss Gina (B)



Hello Families!

Wow! Have we been busy! Since the beginning of the year, we have been exploring winter wonderland. The weather has prevented us from going outside on some days. In conjunction with our 5-2-1-0 program, we have been learning about nutrition and healthy food options. Included in this program is an increase in physical activity. We have been doing a great deal of music and movement activities to promote healthy bodies. Also included in some of our songs is language that will be used as we learn to write letters. (i.e. big line, small line, top, middle, bottom, etc.)

Phonological awareness activities are sprouting up all over our classroom. We have begun exploring sounds, building from root words such as *at (bat, cat, fat, hat, etc.)* Something that we are all very excited about is our beginning reading books. After vacation we will be sending home books for your children to read with you at home. You can encourage your child's reading by praising them, encouraging them to use the picture clues, and encouraging them to point to the words as they read. The first step in learning to read is memorization. Applaud your child for their attempts. *PLEASE* return these books to school as we will be using them for activities here as well.

Our second rounds of home visits will be finished up by the end of February. Later in the spring we will meet one more time for a parent teacher conference to prepare for the transition to Kindergarten.

As always, please don't hesitate to contact us with any questions or concerns.

Have a great vacation!
Miss Gina and Miss Joyce

February 2010



Miss Betty and Miss Christine (C)

We have had great fun with our Winter Wonderland theme and are now exploring nutrition. Your children are learning about the different food groups and healthy foods versus less healthy foods. Recently, we had a lively discussion, at the lunch table, about where foods come from. Your children enjoyed talking about building a barn and filling it with all kinds of animals.

We are very happy to have Miss Christine as our new program aide. She introduced us to the Banana Song. Be sure to have your child show you how he/she dances to the Banana song.

Your children are doing a great job of brushing their teeth after lunch and snack. They are learning to brush carefully and thoroughly, so that they will have healthy teeth and gums. They hum the alphabet song while brushing, to ensure that they brush long enough.

Have you seen your children working with the magnet blocks lately? They are creating some amazing structures! It is impressive to see how well they work together to achieve a common goal. Be sure to tell them that you are proud of them!

Thanks for checking your children's pockets before they enter the classroom. After break, we will assign show-and-tell days so that children can share something from home. This should be fun and a great learning experience!

There will be no school the week of February 15-19. We will have school on Friday, February 26th. PLEASE COMPLETE YOUR KINDERGARTEN REGISTRATION FORMS AND TURN THEM IN AS SOON AS POSSIBLE.

Heidi's Kitchen

Spanish rice

2 cups rice
1½ lb ground turkey Italian style
1 green pepper chopped
1 red pepper chopped
1 onion chopped
1 lg. can tomato sauce
1 sm. can tomato paste
1/8 cup brown sugar

Brown turkey burger with veggies until cooked. Cook rice as directed. Add all other ingredients to rice, stir in burger heat through & serve.

Nutrition Corner

(From TopHealth) EATING WELL ON A BUDGET - Eating a healthy diet doesn't have to break the bank. *Try adding these items to your grocery list:*

- ✓ Lentils and beans - High in protein, iron and fiber, they're a great replacement for meat. Stock up on canned beans and rinse before using to reduce sodium.
- ✓ Frozen produce - It's just as nutritious as fresh. Bonus? Less worry about spoilage.
- ✓ Canned fish - Think tuna, salmon and sardines. Fish can be a great source of omega-3 fats, which may help ward off heart disease. Canned fish is versatile too; use it in fish cakes or pasta salads.
- ✓ Eggs - High in protein and choline (a possible brain booster), eggs are a healthy bargain. Remove the yolks before eating if cholesterol is a concern.
- ✓ Sweet potatoes - They surpass white potatoes for nutritional value and can be baked or added to stews.
- ✓ Apples, bananas and oranges - Buy green bananas and they'll last you all week. If they get black or mushy, freeze them in plastic bags, then use later for smoothies or banana bread.

February 2010

Monday

Tuesday

Wednesday

Thursday

Friday

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February Calendar of Events

8	9	10 <i>10:30 Parent Meeting</i>	11	12
15 Center Closed <i>Policy Council</i>	16 Center Closed	17 Center Closed	18 Center Closed	19 Center Closed
22	23	24	25	26 <i>Miss Betty's room Make-Up day</i>