

# Sandpoint Center Head Start News



Head Start

January 2012

## Get Ready! For Kindergarten

Tracy Gibson was the guest speaker for Ready! For Kindergarten at our December Parent Meeting. This program is for families with children birth to five years old, focusing on Literacy, Math, and Social Skills. Everything is free — classes, toys, books and childcare! The next class is January 21 at Farmin-Stidwell from 10-11:30AM. Pre-registration is required by going online at [readysandpoint.org](http://readysandpoint.org) or call Tracy at 208-263-7040. Tracy will also visit the Sandpoint Center before the 21st to talk to parents and help them register for the class .

Francis Campbell, our Parent Coordinator reviewed the Budget, Policy Council, and Recruitment with parents. She encouraged parents to keep working on in-kind. Finally, parents watched a very informative short video about head lice. Thanks everyone who came! Our next meeting is on Monday, January 9, at 5PM.

## Parent Reminders!!

Volunteer Opportunities at Head Start:

1. Attend Parent Meetings.
2. Have a meal with your child.
3. Volunteer in the classroom.
4. Lead a small group activity.
5. Come and read a story at story time!

**Use extra caution in the parking lot on these icy days!**

**Please remember to turn in those in-kind sheets.**

**Read to your child 20 minutes everyday!**

## Upcoming Events:

- **Story Time at the Library for Preschoolers, Wednesdays at 10:30AM.**
- **Next Parent Meeting is Monday, January 9!**
- **No Policy Council Meeting in January .**
- **Martin Luther King Day January 16. No class.**
- **Dad's Day is January 26. Children will make pretzels and Dads can read to children.**

## Tips to Encourage Writing Skills

- \* Prepare your child's small muscles for writing by offering materials that strengthen them, such as play dough, clothespins, beads and string, and Legos.
- \* Tell your child what you are doing when you write. "I'm making a shopping list so I can remember what to get at the store."
- \* Have a box or another place where your child can keep writing and drawing supplies.
- \* When your child tells you stories, write them down and read them back.
- \* Encourage your child to write greeting cards and letters to family members.
- \* Write simple notes to your child.
- \* Help your child recognize his name and show him how to write it.
- \* Together, make words with magnetic or other toy letters.
- \* Bring writing supplies when you travel such as paper and pencils, a Magna Doodle, or a magic slate.
- \* Outdoors, write letters in dirt or sand by using sticks or fingers, or use chalk on the sidewalk.

Creative Curriculum

## Let it Snow!!



Winter has arrived with some very cold temperatures and we will be getting more snow in January and February. Remember to park on the even side of the streets on even days, and park on the odd side of the street on odd days to help the snowplows keep our streets clear. Bonner County Emergency Management encourages residents to hope for the best and plan for the worst:

- ◆ Make sure your roof is clear of excessive snow and ice.
- ◆ Check on your neighbors to see if they need help.
- ◆ Avoid parking on public right of ways where plows tread.
- ◆ Assemble emergency supplies (medications, food, water, extra batteries, candles) in case of power outages.
- ◆ Call 1-888-IDA Road (432-7623) for road conditions.
- ◆ Go to [www.wrh.noaa.gov/boi](http://www.wrh.noaa.gov/boi) for weather conditions.
- ◆ To avoid frozen pipes, let water drip from faucet.
- ◆ **SCHOOL CLOSURE INFORMATION: 263-2312 Remember—if public schools are closed, we are closed.**

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## Four Ways to Stop Yelling

by Shaura Larson, Mental Health Consultant

1. Breathe. Inhale/exhale repeat. Taking four breaths is great modeling for your child and can provide you with a few moments to respond appropriately.
2. Praise OK behavior. Parents often focus on praising very good behavior and correcting inappropriate behavior. But, don't forget to notice the routine positive behavior of your child. Yelling provides children with the attention they desire even if it is for something "bad". If you notice and respond to good behavior, even if it is just OK, he or she will be more likely to repeat that behavior because of the attention received from that behavior.
3. Focus on your relationship with your child. A child who feels strongly connected with a parent is less likely to misbehave. Spend fun, quality time doing things your child enjoys. Make it fun and low key without a lot of pressure. If your child doesn't want to do an activity with you on a particular day, simply try again later.
4. Be sure your child is getting enough sleep and eating well. In my experience,

lack of sleep is the number one non-medical cause of impulsive and frustrating behavior. Establish a bedtime routine and ensure your preschooler is getting at least 11 hours of sleep a day.

## Weekday Community Meals—

Here's the list of locations offering free meals to help stretch food budgets:

>Monday eve: Assembly of God, 423 N. Lincoln, adjacent to Travers Park, 263-2676, 4:00-7:00PM

>Tuesday lunch: 7th Day Adventists, Boyer and Pine, 263-3648, 11:30-2:00PM

>Wednesday lunch: Gardenia Center, across from the Post Office, 265-4450, 11:30-1:00PM

>Thursday eve: Methodist Church, 711 Main, corner of Main and Boyer, 263-4232, 5:00-6:00PM

>Friday eve: Catholic Church, Lincoln and Ontario, down from SWAC, 263-3720, 4:00-6:00PM

## Button Batteries are Dangerous!!

Button batteries are all around the home. They are found in children's toys, books, singing greeting cards, watches, hearing aids, bathroom scales, and remote controls.

A disc battery can get stuck in a child's throat and burn through the esophagus. If more than one is swallowed it can be fatal. If your child swallows a button battery take them to the emergency room right away.

What can you do? Check toys frequently to be sure that battery compartments are secure. Lock up loose batteries. Keep devices containing batteries out of reach of children.

Pat Schwartz, Health Services Coordinator



## From Jennifer's Kitchen...

Welcome to 2012 Head Start Families! I hope everyone had a great winter break with lots of outdoor playtime and fun in the snow. I love coming inside after playing in the snow to a big steaming bowl of healthy homemade soup. Did you know that January is both National Soup Month and National Oatmeal Month? Two of my favorite foods! Oatmeal is an important part of a healthy diet and is a wonderful way to warm up and gather your energy in the morning. Soup can be very nutritious as well as an economical way to feed your family. Following is a soup recipe that my family loves filled with potatoes which are plentiful and inexpensive

year round. Head Start Families have shared some of their favorite yummy soup recipes with me and I would love to pass them on to all of you. Please stop by the kitchen anytime to pick up a recipe or drop one off!! Happy New Year!!

### Zuppa Toscana

- 1 lb. bulk Italian sausage (turkey Italian sausage is lower in fat)
- 1 1/4 tsp. red pepper flakes
- 5 slices bacon cut into 1/2 inch slices
- 1 large diced yellow sweet onion
- 1 tablespoon minced garlic
- 8 cups chicken stock or broth
- 6 potatoes cubed
- 2 cups heavy cream (use 2% milk to

lower the fat content)

1/2 bag raw baby spinach—stems removed

Cook sausage and red pepper flakes in stock pot until brown—drain and put aside in a bowl

Cook bacon, drain and put aside in bowl with sausage but leave 1 tablespoon drippings in pan

Cook garlic and onions in bacon drippings until soft

Pour chicken broth into stockpot with onion mixture—bring to a boil on high heat

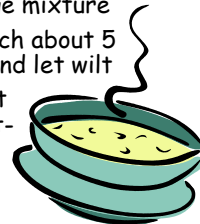
Add diced potatoes cook until tender about 20 minutes

Reduce heat to medium and add milk or cream and cooked sausage mixture

Heat through—add spinach about 5 minutes before serving and let wilt

Delicious and the perfect way to warm up after outdoor winter playtime

Enjoy! Jennifer



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