

# Head Start Parent Newsletter

## Spring 2012 Edition



Welcome to  
SPRING



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## Policy Council Corner

### Happy Spring Head Start Friends and Family!

I am sure you are all enjoying this fantastic weather, I know I am! This is the perfect time of year to get things done like:

- Yard work
- Spring Cleaning
- Gardening

Let's try to make it fun for everyone and get the kids to "help." It may take longer to finish but the laughs make it worth while!

Walking around the yard or biking around the neighborhood picking up trash is a great way to burn off some energy and help clean up the community.

Put on some hiking shoes and go for a "nature walk"! Bring 2 bags; one for trash and one for treasure. See which one gets filled up first, then alphabetize the treasures and make up a story about them!

Bug season will soon be upon us (literally). Now is a great time to talk about bugs and what they do for our environment! Your local library has lots of books about bugs and the plant life they help to sustain. Bugs and plants are among the thousands of great things you can find on a nature walk!

### \*POLICY COUNCIL NEWS\*

This year's Policy Council began in November.

I would like to thank all of the current representatives for being a part of Policy Council, without the involvement of the few there couldn't be a successful program for the many.

If you are interested in being a part of Policy Council, please let your Home Visitor, Classroom Teacher, or Family Advocate know.

### Voices for Children Advocacy Day!

- When? It all happened April 24<sup>th</sup> at 10:00 am
- Where? State Capitol Building, St. Paul MN

Hundreds of Minnesotans rallied at the capital to show their support for early childhood education programs! There were activities for the kids, and many people met with their legislators! There were also tours available of the beautiful building Minnesota laws are passed in! To get more information about your legislator please go to: [www.leg.state.mn.us](http://www.leg.state.mn.us)

*VOICES FOR CHILDREN WEBSITE*

[www.voicesforchildrenmn.org](http://www.voicesforchildrenmn.org)

FOR PICTURES AND OTHER INFORMATION

### Take-A-Kid-Fishing Weekend! June 8<sup>th</sup>-10<sup>th</sup> 2012

Residents 16 and older fish for free when they accompany an angler younger than 16!

For more information go to:

[www.dnr.state.mn.us/takeakidfishing](http://www.dnr.state.mn.us/takeakidfishing)

### Get outside and play!!!!

Your 2011-2012 Policy Council  
Chairperson,

*Jessica Karas*



## MHSA PARENT ENGAGEMENT CONFERENCE COMMENT

I would like to thank Lakes and Pines for sending me to the MHSA Parent Engagement Conference at Cragun's. I gained very useful information from attending the classes and the guest speakers were very knowledgeable. The setting of the event at Cragun's on Gull Lake is also a wonderful spot to host this event. The nighttime activities ranged from a fishing seminar with the DNR to Wii danceoffs or yoga. Overall it was a great 2 1/2 days and I learned a great deal about Head Start.

Chris Theodore, Garrison, MN

# Mora/Ogilvie Socialization

## Family Fun In Mora



### Right in town-

Once a month free movie at the Paradise Theater

Bike trails - best time to use is from 11:30-2:30 (bring lots of bug spray)

Mora Pool is great, bring sunscreen

Skate and Bike Park

Tennis courts, basketball hoops and fishing at the lake next to the Mora library

Kid's kingdom (big wooden park)

Kanabec County Fair

Lemonade concerts and music in the park



### A little further out-

Swim and camp at Fish Lake

Wolf sanctuary in Ely

FAWN-DOE-ROSA

Duluth Canal Park and Maritime Museum

Bentleyville Christmas lights



### When it's cold outside-

Open skate at the ice arena

Sledding at cemetery hill in Braham

Vasaloppet skiing



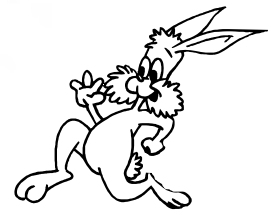
# Rainbow Child Care - Cambridge



## BUNNY HOKEY POKEY (Tune: Hokey Pokey)

You put your bunny ears in  
You put your bunny ears out  
You put your bunny ears in and  
you shake them all about  
You do the bunny pokey and  
you turn yourself around,  
That's what it's all about!

You put your bunny paws in ...  
You put your bunny feet in ...  
You put your bunny tail in ...



# Moose Lake Socialization

## Caterpillar of Grass Submitted by Angela Degestrom

### MATERIALS:

Knee high nylon socks  
Quick sprouting grass seed  
Google eyes  
Children's small colorful ponytail holders

Potting soil  
Pipe cleaners  
Pom poms



### DIRT RATIO:

Mix 1 cup potting soil with 1 Tbsp of grass.  
Fill sock with dirt placing a ponytail holder to make sections of caterpillar.  
Water as needed and place in a sunny window.  
After grass is grown, decorate with craft supplies.

# Pine City Special Start

## Hello Parents and Families!!

We at the Pine City Special Start have had a very busy few months! We've learned about winter, outer space, and Dr. Seuss!!

Of our activities, our favorite has had to be exploding soda. To explode a soda, this is what you need to do:

Get a two liter of diet coke (out of all the soda's I've done this with - REAL diet Coke is the only one I've had consistent success with), and a roll of mint flavored Mentos. Set up a place where you will have plenty of room for the explosion, and an easy clean up. Have the children stand back, and explain that, as the soda explodes, the candies will fall out of the bottle and land on the ground - It is NOT safe to eat the candies, or play in the soda. Take the Mentos out of the wrapper and take the cap off the soda. Drop the candies in as fast as possible, and back up quickly. The soda will explode the minute the candy touches it, and will form a foamy geyser.





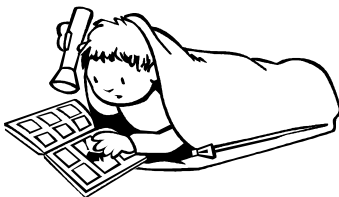
# Pine City Special Start

This is a photo from Dr. Seuss' birthday. We made Cat Hats and took the picture. We had the children fill out paper gumballs and attached them to the gumball machine every time they read a book with their parents. When the machine was filled up, they got a party.



## Pictures from Pajama Day

We celebrated Pajama Day because we were able to fill up our gumball machine (in the background) with gumballs of books we read at home with our parents. We took a picture and then we made silly faces and took another picture!





# McGregor Socialization



All the Snow People



Making Snow People



Brooke Making a Lava Bottle

**Pictures  
from  
McGregor  
Socialization  
Family  
Nights**



Floor Puzzles after Dinner



Kaiden and Gabe Building



Soren Biking



# McGregor Socialization

Brooke and Alicia



Tiffany, Shelbe, and Gabe



Soren, Aiden, and Tony



## Rainbow Cupcakes

Prepare a white cake mix according to the box directions. Separate batter into 3 or more individual bowls. Add a different color of food color to each bowl and mix. Heat oven to temperature listed on the box. Line cupcake pan with cupcake papers. Fill each one with a little of each color to the amount listed on the box. Bake according to directions. Cool and frost if desired. Cut or bite into and see the rainbow.

Variation: Try adding a different flavor to each color and taste the rainbow.



## Snowflake Tortillas



Place a tortilla in the microwave for 15 seconds. Fold the tortilla a few times like making a paper snowflake. Using a clean scissors let your child cut out small pieces. Heat a small amount of oil or spray with non-stick spray in a fry pan. Unfold tortilla and place in the heated pan. Brown on both sides. Place on a plate and spread with butter. Let your child sprinkle with cinnamon sugar and ENJOY.

**Submitted by Kathy, Jollene and Kristopher**

## Veggie Tip

If you have a child that has a hard time trying vegetables here's an idea:

Using a chopper or knife chop raw veggies into small/tiny pieces.



Its easier to think about trying a small piece and easier to chew.

Let them use a favorite dip or sauce of their choice.

**Submitted by Jessica and Jeremiah**

# McGregor Socialization

Long Lake Conservation Center Field Trip



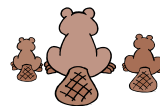
Learning About Pollination



Viewing the Animal Displays



Checking Out the Snake



Looking at the Frog

## Jar Floaters



Fill any kind of a clear jar (plastic or glass)  $\frac{1}{2}$  full with water. Add 1-2 drops food color to the water. Put small objects (example: shells, old game piece, small toy, etc.) into the water. Fill the jar to the top with baby oil, leaving no air pockets. Close the jar tightly and flip it over and watch the Jar Floaters.

Submitted by Quisha and Dominique

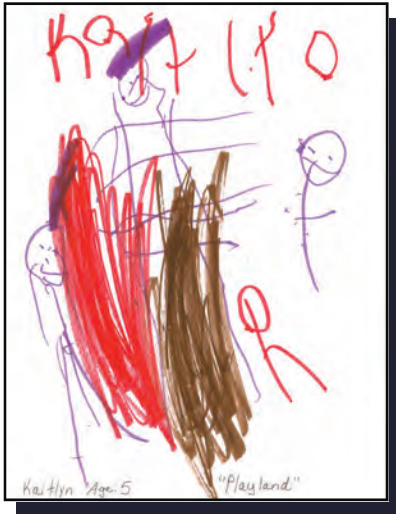


Jessica and Jeremiah

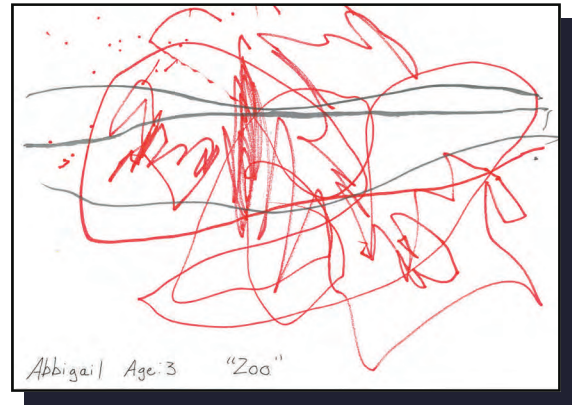


# Chicago 3-5 Socialization

"Playland" - by Kaitlyn, age 5



"Zoo" - by Abbigail, age 3



Parent's response to, "Favorite activity to do with your child?":

Anne: "Shopping."

Julie: "Going to the park together."

Robin: "Playing make-believe. Playing in the snow, snowball fights. Shopping."



"Crocodile Swamp" - by Timothy, age 5

"Walmart" - by Titus, age 5



"Daddy's Work" - by Chloe, age 3

# Chicago 3-5 Socialization

"Zoo" - by Madison, age 4



Parent's response to, "Favorite activity to do with their child?":

Lori - "Horseback riding."

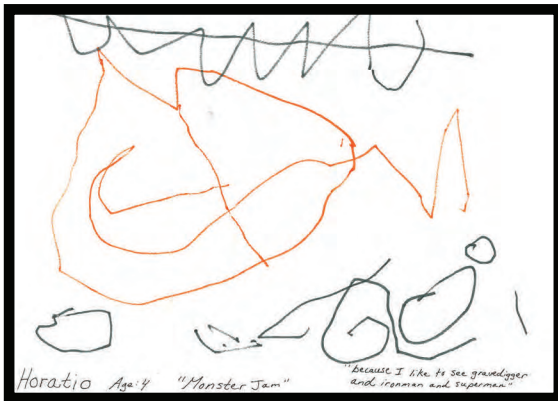
Jennifer - "Watching movies. Going to the park. Going to the beach."

Katy - "Going swimming in the lake."

Laura - "Going for a walk."



"Monster Jam" - by Horatio, age 4



"Carnival" - Cayden, age 5



"Swimming" - Otto, age 4



"Tiger" - by Ashton, age 5



# Chicago 3-5 Socialization

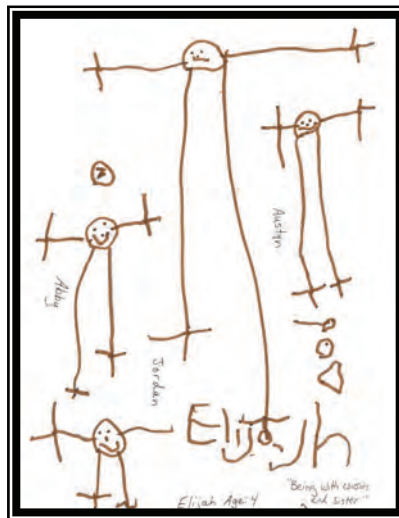
"The North Pole" - by Ziana, age 5



"The Park" - by Trinity, age 3



"Play Park" - by McKenzie, age 3



"Being With Cousins and Sister" - by Elijah, age 4



"The Cities" - by Katherine, age 4

**Parent's response to,  
"Favorite activity to  
do with their child?":**

**Sarah** - "Playing the  
Wii. Cuddling.  
Reading books."

**Alyssa** - "Playing new  
games."

**Nicole** - "We like to  
bake cookies."

**Sheng** - "Fishing.  
Going to the park."

**Rebecca** - "Going on  
roadtrips. Snuggling."

**Hannah** - "Taking  
walks."



# Aitkin Socialization

**Last fall Aitkin Socialization went on a fieldtrip to the Fire Station.**



Kids Meet Fireman Seth



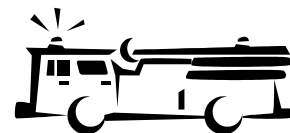
Fireman Seth All Geared Up



Jake and Hunter Are Ready for the Hose



Hunter Drives the Old Fashioned Fire Truck





# Aitkin Socialization



Tanden in the Fire Truck

**This spring the Policy Chief came to visit our socialization!**



Visit with the Police Chief



Ian and the boys with Police Officer



Checking Out the Police Car



# Isle/Onamia Socialization



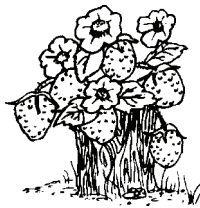
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## ISLE/ONAMIA FAMILY NIGHT

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On December 15 the Isle/Onamia Head Start went to Steele's Nursery for Family Night. We had a lot of families attend and we made winter arrangements. Steele's donated all materials and gave excellent instructions. They decorated the nursery beforehand with Christmas lights and music. Everybody enjoyed a wonderful meal of chicken fingers and jojo potatoes.

Submitted by  
Chris Theodore





# Isle/Onamia Socialization

*More pictures from Family Night at Steele's Nursery*



Family Night  
winter arrangement



# A Child's Right to Read

Written by Meg Erickson, Submitted by Shawn Erickson, Cloquet Parents



The importance of child literacy is undeniable. We have moved from black boards to smart boards, and computers are replacing pencil and paper. Reading and writing are still skills that each child has the right to learn. It should start at home, yet many children go without those precious moments with their parents. Twenty minutes is all it takes to sit with a child and read a book or practice their writing. Literacy is not a privilege; it is a right for all children.



*Scholastic*, a global book publishing company, put out a public service announcement outline entitled "Reading Bill of Rights." In this service announcement, they stress the reasons why it is so important for children to understand, comprehend, and build a passion for reading and writing. The ability to read, write, and understand is a birthright for every child because it will lead them to success not only in school, but in life as well.

Young people need to read non-fiction to help them to understand their world, and literature for their imagination. This will help them to understand themselves as they continue to grow into the adults they will become.

We are living in a digital world. It is a world where social media websites are taking the place of personal interaction. This makes comprehending language even more important as they learn how to analyze and interpret information. They will learn to separate fact from opinion and have a deeper respect for logical thinking. Literature and drama, either printed on pages, screens, on stage, or film help the young to experience great stories of action and emotion, leading them to an understanding of what it is to be human.

Every child has the right to their own autobiography. This means, through their reading and writing they start to develop their sense of self. By learning from the stories they have lived and the experiences of themselves and those around them. Children are becoming an asset to society as they find new discoveries of and for themselves. The question they ask themselves is, "How can I make life better?" Reading and writing helps them to improve their lives by simply making them ask that question.

This right is for all children, and every child should have access to books, magazines, and computers. Whatever and however they read, as long as they are reading. This inspires their own ideas and their knowledge accelerates. They dream of the future or life beyond the walls of their bedroom. It gives them a sense of understanding that they can be whoever they aspire to be. If a child reads a book about a policeman or doctor, they are learning about what their future could and can be.



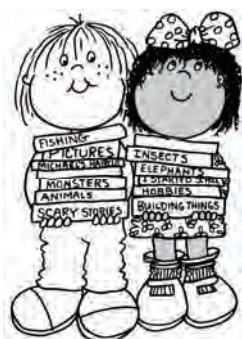


Reading a variety of books will give them the stamina to deal with the challenges of reading in college, at work, and everyday life. As we grow into adults, we are required to interact with others through reading emails, faxes, or text books. The more we read as children and young adults, the better our mind will be able to comprehend the reading and writings we encounter as adults. Every child must be allowed to have the choice on what they want to read. The choices they make will help build their reading confidence. Allowing a child to challenge themselves by giving them the freedom to pick what they want to read. It gives them the knowledge to be able to speak about what they know, and how they feel about it.

The knowledge starts with a great teacher who will help them learn how to read and to build a passion for reading. It should start at home, at infancy. Parents are a child's first and best teacher. The parent can be the first to set the example that reading is fun and exciting. A teacher needs to provide intentional, focused instruction for a young child. Parents can encourage educational games like memory games with words, sounds, or pictures. Reading and writing with our children. Making up stories while cooking dinner or riding in the car. We cannot expect our children to be able to develop the skills to comprehend reading, interpret information, or the great stories they will see unfold in their own lives, if we don't take the time to lead them.

In the 21<sup>st</sup> century, the ability to read and write is a must. Not only to succeed in the future but also for survival. The ability to understand information and the power of individual stories becomes crucial for a life of meaning and purpose. It starts at home; every child deserves twenty minutes of time to start the building blocks of life. It is a child's right to be able to have a chance at a better life. It all starts with a book. Without literacy, life lacks meaning.

There should no longer be an excuse for not taking twenty minutes of time to read to our children, to form a bond that lasts a lifetime. If we have twenty minutes to update our status and play a few games on a social media site, we have twenty minutes in our day to read to our children. The resources are there for the taking. The local public library is staffed with people who are there to lead you and your children in the right direction. I challenge all caregivers to, for one month, try to visit the library with your children once a week. Let your child choose what they want, take the adventures and lessons home and share them. What do we have to lose? Twenty minutes where we could have been folding the laundry or washing the dishes? That will still be there in twenty minutes.



List of suggested sites:

<http://www.cloquet.lib.mn.us/>

[www.guysread.com](http://www.guysread.com)

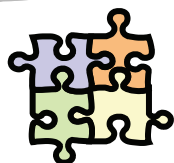
<http://chilrensbookalmanc.com/>

<http://www.scholastic.com/>

<http://www.flashlightworthybooks.com/>



# 0-3 Northern Pine



## Home Visit Fun





# 0-3 Northern Pine



## Home Visit Fun



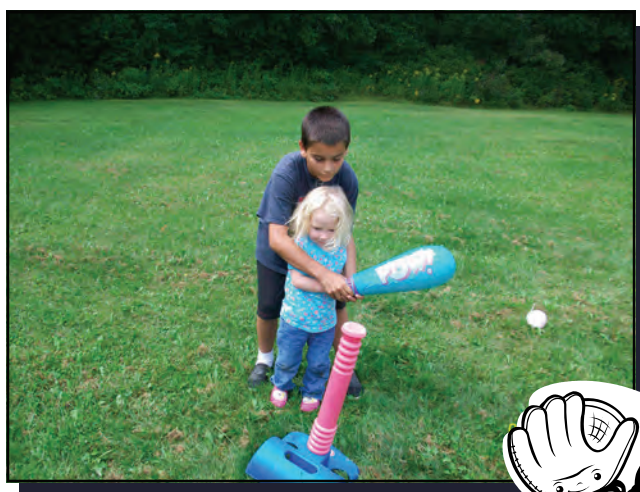
# 0-3 Northern Pine



Home



Visit



Fun





# 0-3 Northern Pine



Home Visit Fun

