FELIZ AÑO nuevo!

Webb County Head Start
NEWSLETTER
January 2011

Happy New Year!

From the Director: *Aliza Oliveros*

Happy New Year! May this year be filled with health, love and happiness for you and your family! I encourage you to take advantage of the many opportunities the program has to offer. All Head Start activities are designed to enrich the lives of the children and families it serves. I applaud the parent volunteers who are contributing to the success of this program**. Your participation in the many planned activities for 2011 is encouraged and appreciated!**

Departe de la Directora:

Feliz Año Nuevo! Les deseo que este año este lleno de salud, amor y felicidad para usted y su familia. Les pido que tomen ventaja de las oportunidades que el programa de Head Start continua trayendo para nuestros niños y sus familias. ¡Les felicito a los padres voluntarios que están contribuyendo al éxito del programa! **Esperamos verlos participando en todas las actividades de las clases como padres voluntarios durante el año 2011.**

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TRANSPORTATION

Children will be trained on their 2nd Emergency Evacuation drill on board the bus. This is to assure that all children will be aware of what to do in case of an emergency. They will be trained as to how to use emergency exits and where and how to use the first aide kit, fire extinguisher, seat belt cutter and two way radio.

El segundo entrenamiento en Evacuación de emergencia se tomara acabo dentro del bus. Este entrenamiento es para que los niños esten informados de que hacer en caso de una emergencia. Se les enseña donde están las salidas de urgencia y donde y como usar los primeros auxilios, extintor de fuego, cortador de cinturón de seguridad y radio de comunicación.

Luz Muñoz, Assistant Director

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ANNOUNCEMENTS:

- **Jan. 12** Executive meeting 9:30 a.m., Christ the King church CCD center, 1100 Hendricks
- **Jan. 27** Policy Council meeting , 10:00 a.m. at 5204 West Dr.
- **Jan. 28**-Family Day visit for all parents, relatives to come visit with the children at the centers from 9:00-ll: 30 a.m.
- **Field trips:** Tatangelo I, Tatangelo II & Guadalupe.

ANUNCIOS:

- **12 de enero**-Junta Ejecutiva, 9:30-11:00 a.m. en la colonia Guadalupe 2000 San Francisco
- **27 de enero**-Junta de Policy Council, 10:00 a.m. en la oficina 5204 West Drive, Plaza de Oro. ¡Esperamos verlos a todos!
- **28 de enero**-Visita de Familia para todos los padres, parientes que puedan ir a visitar con los niños/as en su centro de 9:30-11:00 a.m.
- **Viaje educacional en enero**: Tatangelo I, Tatangelo II y Guadalupe.

PARENT INVOLVEMENT

Parenting is definitely a challenge, a real adventure, and can be a tremendous accomplishment. We as parents need to be as competent as we can in our parenting skills as well as to have the capacity to love, to provide and to nurture. Parents are the leaders and models who can effectively, and successfully pave the way for their children's growth development, education and maturity. A mother or father can nurture their children's happiness, health, security, and fulfillment.

A Healthy Family Should :

1. Communicate and listen
2. Affirm and support one another.
3. Teach respect for other.
4. Have a sense of play and humor.
5. Exhibit a sense of shared responsibility.
6. Teach a sense of right and wrong.
7. Have a strong sense of family in which rituals and traditions abound.
8. Have a balance of interaction among members.
9. Develop a sense of trust.

Family Literacy TIPS on how to build children's vocabulary.

- Discuss the books you are getting from the library
- Read to children from when they are babies, consistently respond when child points to pictures telling them about them.
- Pretend play builds imagination, vocabulary, and skills in using language that is not connected with the here and now.

May you and your loved ones have a Happy New Year!

Envolvimiento de Padres

Como padres, tenemos que estar bien preparados para poner el ejemplo de ser buenos padres a nuestros hijos y tener la capacidad de amar, proporcionar, y alentar. Los padres son lederes, modelos, que efectivamente puede tener exito en abrir el camino positivo para el desarrollo, educacion, aprendisaje, y maduridad de los hijos.
El padre y/o madre debe de alentar madureza para tener una salud buena, y seguridad.

Una Familia Sana debe de :

1. Tener comunicacion entre la familia.
2. Enseñar respeto.
3. Tener confianza.
4. Compartir responsabilidades.
5. Ensenar que es bueno y malo.
6. Tener tradiciones de la familia/cultura.
7. Admitir y buscar ayuda cuando se encuentran problemas.

TIPS para la alfabetizacion familiar.

- Discutir los libros que van a sacar de la biblioteca con su niño/a.
- Leerle a los niños desde bebes y responder de forma consistente y con explicacion a lo que señale de las ilustraciones su bebe.
- Juego dramatico es un tipo de fantasia que fortalece la imaginacion, y el vocabulario.

Estamos desiandoles un **Prospero Año Nuevo!**

Linda Payle, Coordinadora

Mental Health

Happy New Year!

We want to inform you of the Mental Health Goals that will be taught in the classrooms and can be reinforced at home for the month of January. They are the following:

1. *Expressing anger in words*
2. *Taking turns*
3. *Walking instead of running*
4. *Saying good things about others*

Starting this month and continuing into the month of February, the Mental Health Professionals will be conducting Classroom Observations. The purpose of these observations is to observe the children in a natural classroom environment, and provide recommendations during the Parent Conference. The main objective of the Parent Conference is to provide the parents guidance for their child's future. Your child's teacher will be provided with a schedule as to when their classroom will be observed.

We want to thank all parents who attended the Parent/ Staff Group Meeting on the topic of "Parenting Skills-Positive Discipline".

If you have any questions, please contact the Specialized Services Staff at 722-6571 or visit us at 2802 McDonell.

Salud Mental

¡Feliz Año Nuevo!

Les informo que las Metas del Área de Salud Mental que se enseñaran en las clases y pueden ser repasadas en la casa para el mes de enero serán:

1. *Expresar la emoción de coraje o enojo con palabras.*
2. *Tomando turnos.*
3. *Caminando en vez de correr.*
4. *Diciendo cosas buenas de otros.*

Quisiera también recordarles que empezando este mes y continuando en el mes de febrero, los consultantes del área de salud mental harán la observación en las clases. El propósito de estas observaciones es de observar a los niños en un ambiente natural en la clase. Si hay algún concierne acerca de su niño/a, se les darán recomendaciones/consejos al maestro/a y a los padres para asistirles en cualquier duda o problema durante la conferencia de padres. El objetivo principal de la conferencia para padres es de proveer la orientación necesaria para el futuro del niño/a. El maestro/a de su niño/a tendrá el horario de cuando su clase será observada.

Gracias para todos los padres que atendieron la sesión de habilidades para padres en el tema "Disciplina Positiva" con los niños.

Si tiene alguna pregunta, favor de comunicarse con el personal de Servicios Especiales al 722-6571 o visite en 2802 McDonnell.

Lucila Ruiz,
Coordinadora de Salud Mental
Lucy Trejo, Directora de
Servicios Especiales

Nutrition

HeartPower

February has been designated as Heart Month. During the month of February the Webb County Head Start Program children and their families will learn healthy heart habits through the American Heart Power Early Childhood Curriculum. With research finding habits and choices developed in childhood influence whether or not a person develops heart disease later in life, the Heart Power Curriculum is ideal for the Head Start children ages 3-5 years old. Reducing the risk of many forms of heart disease can be easy.

To help children learn about those habits and choices, the American Heart Association has produced a program called HeartPower Curriculum.
The children learn:

Why the heart is an important part of the body.
Why eating healthful foods is good for our hearts.
How physical activity help develop a healthier heart.
That tobacco is bad for our hearts.

Using large cards and big books they learn good food choices.
Children are encouraged to eat vegetables and fruits during all meal times. The children will prepare heart healthy snacks during snack time. They will also learn to use a stethoscope to hear for their heart beat and to feel for their pulse. Parents play a key role in helping their child develop heart-healthy habits.

Parents are encouraged to look at ways the whole family might change eating habits, physical activity levels, and attitudes about smoking to be more heart healthy. Parents received the HeartPower Curriculum presentation during the January Parent Meeting to familiarize them with the different concepts to be taught in the classroom. Recipe books on modifying Mexican Food recipes were given out to the parents.

.Estimados padres y miembros de familia:

Las enfermedares del corazon son la principal causa de muerte hoy en los Estados Unidos. Segun los estudios, los habitos y las opciones estudios, los habitos y las opciones establecidos en la nunez tienen influcencia en si una persona sufre del corazon mas tarde en la vida. Reducir el riesgo de muchas de las enfermedades del corazon puede ser facil.

Para que los ninos aprendan esos habitos y opciones buenos para el corazon, la American Heart Association ha creado un programa llamado Heart Power! Este ano vamos a estudiar HeartPower en Febrero! Los ninos se van a enceniar : Por que el corazon es una parte importante del cuerpo.
Por que comer comida saluadable es bueno para el corazon.
Como ayuda la actividad fisica a desarrollar un corazon mas sano.
Por que el tabaco es malo para el corazon.

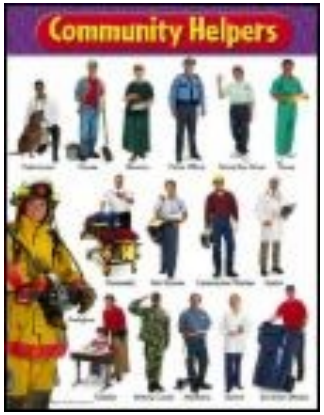
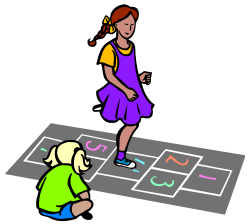
Ustedes desempenan un papel clave para que sus ninos aprendan habitos buenos para el corazon. Juntos, piensen como toda la familia puede cambiar sus habitos de alimentacion, su nivel de actividad fisica y sus actitudes sobre el cigarrillo para disfrutar de un corazon mas sano.

Happy Hearts! Poem **(Poema)***¡Corazones contentos!*

Tell children that when their hearts are healthy, they feel good. *Cuando nuestro corazón está sano, nos sentimos bien.* Ask them to tell how they can keep their hearts healthy. *¿Cómo pueden mantener sano el corazón?* (By eating healthful foods, being physically active, getting enough rest, never starting to smoke) (*Comiendo alimentos saludables, haciendo ejercicio físico, descansando lo suficiente, nunca empezando a fumar)* Ask whether they have heard people cheer at a game or other event. *¿Han oído cómo grita la gente durante un partido o un espectáculo?* Tell children that when people are happy they sometimes give cheer, such as "Yeah, team!" When people cheer, they speak louder than usual. *Cuando la gente está contenta, a veces grita "¡Viva!" o "¡Bravo!"* Say the entire poem, using the hand motions and the voice tone as directed. Then teach the poem to children, two lines at a time.
Mi corazón está aquí adentro. My heart is inside me. *Aquí, aquí, aquí.* (medium voice, touch chest) Here, here, here. *Late muy bajito.* It beats very quietly. *Así, así, así.* (soft voice, touch ears) Hear, hear, hear. *Mi corazón me tiene contento.* My heart keeps me happy. *A mí, a mí, a mí.* (loud voice, arms up and out) Cheer, cheer, cheer!

Leticia Mendoza, Coordinadora

Educational Concepts

Non TSR **Theme 6: Occupations**	Community Helpers 	Service Workers 	Health
TSR **Theme 6: Working and Playing Together**	Getting Along 	Celebrations 	All Kinds of Workers

January 2011

Webb County Head Start Program
Parent Committee Meetings
Nutrition Presentation
Heart Curriculum

Field Trip:
Tatangelo I, (2 days)
Tatamgelo II, (2 days)
Guadalupe

Happy Birthday Head Start Staff!

2/Maria D. Luna
2/Nora Dominguez
2/Mary A. Martinez
4/Jerry Espinoza
8/Elizabeth Garcia
8/Sandra Ramos
9/Gloria E. Esparza
9/Melinda Morin
10/Elvira Dominguez
13/Claudia Rodriguez
14/Araceli Perez
15/Francisca Fernandez
17/Maria Martinez
21/Maria A. Tamez
22/Rosa Arispe
22/Francisca Villarreal
24/Toni Cobos
24/Rosa Ma. Acosta
25/Dolores Dominguez
28/Rosa Gomez
28/Anita Medellin
28/Irma Cruz

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 TPD	4 TPD	5 Children's First Day Back from Christmas	6	7	8
9	10 Guadalupe Sierra Vista	11 Jesus Garcia Little Folks	12 Floyd Finley Parent Ex. Meeting 9:30 a.m.	13 Springfield A Larga Vista	14 Jorge O DLG Villa Alegre	15
16	17 Martin L. King *Holiday* *NO CLASSES*	18 Little Palomnos Magic Corner	19 Tatangelo II Prada Early Head Start	20 Roosevelt Niños Alegres	21 Russell Terrace Los Presidentes	22
23	24 El Cenizo Tatangelo I	25	26	27 Policy Council Meeting 10 a.m 5904 West	28 Family Visit Day 9:00 a.m to 11:30 a.m	29
30	31					

January 2011 Menu

Mon	*Tues*	*Wed*	*Thu*	
		5Milk 6 oz. Pan Cake syrup 1 Apple sauce 1/2 c. Sausage patty 1 L-Milk 6 oz. . *chicken 3 tablespoons egg noodles 1/4 c. Diced carrots and peas 1/4 c. apricots with cherry halves 1/4 c. .* *S– Nutrition Activity* **Breakfast will be sent today for Thursday**	6B Milk 6 oz. Rice krispies 1 banana 1 L-Milk 6 oz. Spaghetti w marinara sauce 1/4 c.ground beef 1/4 c Mixed vegetables 1/4c.. diced pears 1/4 c. S-Oatmeal cookie 1. Orange Juice 4 oz.	**7** Milk 6 oz Cheese toast 1 diced peaches 1/2 c. L– Milk 6 oz. Chicken patty 1 country gravy , broccoli 1/4 c. macaroni 1/4 c. Fresh orange 1/2 S– banana 1 yogurt 2 ounces and milk 4 oz.
10 B-Milk 6 oz. refri[illegible] shredded cheddar 2 tablespoons wheat tortilla 1 applesauce 1/2c. *L– Milk 6oz.Diced wieners with pinto beans 1/2 c. tDiced Carrots 1/4 c. thin sliced fresh orange 1/2 wheat bread 1/2 slice* *S- Red apple 1/2 golden apple 1/2 Milk 4oz.* **Breakfast will be sent today for Tuesday**	11B-Milk 6 oz. Rice Krispies 1 banana 1 L-Italian food -Milk 6oz., ground meat, 1/4 c Maraniara sauce spaghetti 1/4 c green beans 1/4 c. **diced pears 1/4 c.** 1/4 c. S– *Orange Juice 4 oz, Cheese Goldfish 1 oz.*	12B-Milk 1/2 pint , *Special K Strawberry Cereal bar 1 Diced peaches 1/2 c.* **L**-Milk 1/2 pint Ham 1 slice cheese 2 slices Wheat bread 2 slices pickle spears 4, lays potato chips 1 diced pears 1 mayonnaise mustard 1 S-. Teddy Grahams .5 oz. Orange Juice 5.5 oz. can oz **<u>Tomorrow 's breakfast will be sent today</u>**	13 B–Milk 6 oz. Honey Nut Cherrios (799321) 1 banana 1 L-Milk 6 oz. Salisbury steak in thin slices1.with beef broth , 1 Macaroni 1/4, Diced Apricots 1/4 c. Peas & Carrots 1/4 c. S– Cheese stick 1/2 ounce orange juice 4 oz/ **Breakfast will be sent today for Thursday**	***14Milk 6 oz. Pan cake 1. Orange 1 Syrup 1/2 L Milk 6 oz. Ground beef with diced potatoes 1/4 c wheat bread 1/2 slices, , lettuce and tomato 1/4 c Ranch dressing 1Crushed pineapple 1/4 c.*** ***S– Tortilla strips 0.5 ounces and cheese 1 ounce pineapple juice 4 oz.***
17 ***Holiday***	18B-Milk 6oz. Apple cinnamon Cherrios (799321) Cereal 1, banana 1 L-Milk 6 oz. Diced chicken 1/4 c. Rice 1/4 c. peas 1/4c. diced pears 1/4c. Pinto beans 1/4 c. *S-saltine crackers 4. Orange Juice 4 oz.*	19 B Milk 6oz. Bean and Cheese Wheat tortilla 1 Orange 1 L-Milk 6 oz. Salisbury steak 1 gravy 1 3 fruit cocktail with jello 1/ 3 Diced carrots 1/4 c Wheat crackers 6 Ketchup S– banana 1 graham cracker crumbs 0.5 ounces water 4 ounces	20 Milk 6 oz. Rice Krispies 1 banana 1 L Milk 6 oz. Diced wieners 1/4 c. hot dog bun 1 . 1/4 c.. Corn with motzerella cheese 1/4 c. Fresh Orange 1/2 wheat bread 1/2 slice mayonnaise 1 pkt. S- *Grape Juice 4 oz. , Wheat Crackers 6*	21 B Milk 6oz. French Toast 1 syrup 1/2 diced pear 1 L-Milk 6 oz. Cheese burgers 4 ketchup1 . Mixed vegetables 1/4 c Crushed pineapple 1/4 c. S-Oatmeal cookie 1. Orange Juice 4 oz.
24 B-Milk 6oz. Pan Cake 1, syrup 1 Orange wedges 1 **L–**Milk 6 oz**. Ground beef with Pinto beans 1/2 c.** Apricots 1/4 c. Broccoli 1/4 c. Wheat bread 1/2 slice S- Apple juice 4 oz. Teddy grahams 1 **Breakfast will be sent today for Tuesday**	25 Milk 6 oz. Rice Krispies 1 banana 1 L Milk 6 oz. Breaded chicken patty CN label country gravy 1 corn 1/4 c. mashed potato 1/4 c. Fresh Orange 1/2 wheat bread 1/2 slice S- *Grape Juice 4 oz. , Wheat Crackers 6 ,*	26B- Milk 6 oz. Cheese Quesida wheat tortilla 1 orange 1 L-Milk 6 oz. Diced wieners with Pinto beans 1/2 c. Mixed vegetables 1/4 c. diced peaches w/ cherries 1/4 c. wheat bread 1/2 sl. S– Milk 4 oz. Waffle 1 strawberry jelly 1 and grape jelly 1	27B-Milk 6 oz. Rice Krispies 1 banana 1 L-Italian food -Milk 6oz., ground meat with marinara sauce 1/4 c Maraniara sauce spaghetti 1/4 c peas 1/4 c. Crushed Pineapple 1/4 c. S– *Orange Juice 4 oz, Cheese Goldfish 1 oz.*	28 Milk 6 oz. Vegetarian beans 1/4 c. Wheat bread 1/2 slice Orange 1 L– Milk 6 oz. Diced Chicken with noodles 1/2 c. Diced carrots 1/4 c. Fresh apples thinly sliced 1/2 wheat bread 1/2 slice S– Milk 4 0z. Oatmeal cookie 1
31 B– Milk 6oz. Pan Cake 1 applesauce 1/2 c L-Milk 6oz. Ham and cheese macaroni 1/2 .c crushed pineapple 1/4 c. Diced carrots and peas 1/4 c wheat bread 1/2 slice S wheat crackers 6 orange juice 4oz.				

Mon	***Tues***	*Wed*	*Thu*	
	Early Head Start	5Milk 4 oz. Pan Cake syrup 1 Apple sauce 1/4 c. Sausage patty 1/2 L-Milk 4 oz. . *Diced chicken 2 tablespoons. egg noodles 1/4 c.. Diced carrots and peas 2 tablespoons apricots with cherry halves 2 tablespoons* *S– orange wedges 1 wheat crackers 6 water 4 oz.* **Breakfast will be sent today for Thursday**	6B Milk 4 oz. Rice krispies 1 banana 1/2 L-Milk 4 oz. Spaghetti w marinara sauce 1/4 c.ground beef 2 tablespoons Mixed vegetables 2 tablespoons.. diced pears 2 tablespoons S-Oatmeal cookie 1. Orange Juice 4 oz.	**7** Milk 4 oz Cheese toast 1 diced peaches 1/4 c. L– Milk 4 oz. Chicken patty 1 country gravy , broccoli 2 tablespoons macaroni 1/4 c. Fresh orange 1/4 S– banana 1 yogurt 2 ounces and milk 4 oz.
10 B-Milk 4 oz. refried beans with sharp shredded cheddar 2 tablespoons wheat tortilla 1 applesauce 1/4c. *L– Milk 4oz.Diced wieners with pinto beans* 2 tablespoons *Diced Carrots 2 tablespoons thin sliced fresh orange 1/4 wheat bread 1/2 slice* *S- Red apple 1/2 golden apple 1/2 Milk 4oz.* **Breakfast will be sent today for Tuesday**	11B-Milk 6 oz. Rice Krispies 1 banana 1 L-Italian food -Milk 6oz., ground meat, 1/4 c Maraniara sauce spaghetti 1/4 c green beans 1/4 c. **diced pears 1/4 c.** 1/4 c. S– *Orange Juice 4 oz, Cheese Goldfish 1 oz.*	12B-Milk 6 oz. , *Special K Strawberry Cereal bar 1 Diced peaches 1/2 c.* **L**-Milk 6 oz. Ham 1 slice cheese 2 slices Wheat bread 2 slices pickle spears 4, lays potato chips 1 diced pears 1 mayonnaise mustard 1 S-. Teddy Grahams .5 oz. Orange Juice 4oz. **<u>Tomorrow 's breakfast will be sent today</u>**	13 B–Milk 4 oz. Honey Nut Cherrios (799321) 1 banana 1/2 L-Milk 4 oz. Diced Salisbury steak in thin slices1.with beef broth , 1 Macaroni 1/4, Diced Apricots 2 tablespoons Peas & Carrots 2 tablespoons S– Cheese stick 1/2 ounce orange juice 4 oz/	***14Milk 4 oz. Pan cake 1. Orange 1/2 Syrup 1/2*** ***L Milk 4 oz. Ground beef with diced potatoes*** 3 tablespoons ***wheat bread 1/2 slices, , lettuce and tomato*** 2 tablespoons ***Ranch dressing 1Crushed pineapple*** 2 tablespoons**.** ***S– Tortilla strips 0.5 ounces and cheese 1 ounce pineapple juice 4 oz.***
17 ***Holiday***	18B-Milk 4oz. Apple cinnamon Cherrios (799321) Cereal 1, banana 1/2 L-Milk 4 oz. Diced chicken 2 tablespoons. Rice 1/4 c. peas 2 tablespoons diced pears 2 tablespoons Pinto beans 1/4 c. *S-saltine crackers 4. Orange Juice 4 oz.*	19 B Milk 4oz. Bean and Cheese Wheat tortilla 1 Orange 1/2 L-Milk 4 oz. Salisbury steak 1 gravy 1 3 fruit cocktail with jello 3 tablespoons Diced carrots 2 tablespoons Wheat crackers 6 Ketchup S– banana 1 graham cracker crumbs 0.5 ounces water 4 ounces **Breakfast will be sent today for Thursday**	20 Milk 4 oz. Rice Krispies 1 banana 1 L Milk 4 oz. Diced wieners 2 tablespoons. hot dog bun 1 . 1/4 c.. Corn with motzerella cheese 3 tablespoons . Fresh Orange 1/4 wheat bread 1/2 slice mayonnaise 1 pkt. S- *Grape Juice 4 oz. , Wheat Crackers 6*	21 B Milk 4oz. French Toast 1 syrup 1/2 diced pear 1/2 L-Milk 4 oz. Cheese burgers 1 ketchup1 . Mixed vegetables 2 tablespoons Crushed pineapple with cherry halves 2 tablespoons S-Oatmeal cookie 1. Orange Juice 4 oz.
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