FELIZ AÑO 2012!

Webb County Head Start
NEWSLETTER

Happy New Year, 2012!

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 2012 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 2012.

Finley

Blanca Valle & Adriana Flores'

Class 1

Christmas

Pageant

Little Palominos —Recycle Projects

Diana Escobedo & Priscilla Cadena's Class 3–

Mental Health

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*

We want to thank all parents who attended the Parent/Staff Group Meeting on the topic of "Parenting Skills-Positive Discipline". The third Parent Staff Group Meeting, Social/Emotional Development, will be scheduled in the month of February. Notices will be sent to your child's classroom teacher.

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

Salud Mental

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.***

Gracias para todos los padres que atendieron la sesión de habilidades para padres en el tema "Disciplina Positiva". La tercera platica será en el mes de febrero, tema- Desarrollo Social-Emocional. Los avisos se mandaran a la clase de la maestra de su niño/a.

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

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

Nutrition—Choose My Plate

Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

balance calories Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories. enjoy your food, but eat less. Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

Avoid oversized portions: Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

Foods to eat more often: Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

Make half your plate fruits and vegetables: Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert. (Switch to fat-free or low-fat (1%) milk). They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

Make half your grains whole grains: To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

Foods to eat less often: Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods. compare sodium in foods Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."

Drink water instead of sugary drinks: Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets. Center for Nutrition *USDA is an equal opportunity* Policy and Promotion **Go to www.ChooseMyPlate.gov for more information.**

Elija Mi Plato

Elegir alimentos para llevar un estilo de vida sano es muy sencillo si sigue estos 10 consejos.

Use las ideas de esta lista para *balancear las calorías*, elegir los alimentos que le conviene *comer con mayor frecuencia* y reducir la cantidad de alimentos que le conviene *comer con menos frecuencia*.balancee las calorías El primer paso para controlar su peso es ver cuántas calorías USTED necesita al día. Vaya a www.ChooseMyPlate.gov para determinar la cantidad de calorías. Hacer actividades físicas también le ayuda a balancear las calorías.disfrute de sus comidas,pero en cantidades más pequeñas Tómese el tiempo necesario para disfrutar de sus comidas. El comer demasiado rápido o mientras se concentra en otras cosas puede resultar en que coma demasiadas calorías. Preste atención a las señales del hambre y de saciedad antes, durante y después de las comidas. Úselas para reconocer cuándo debe comer y cuándo ha comido sufi ciente.

Evite las porciones extra grandes: Use platos, platos hondos y vasos más pequeños. Separe las porciones de alimentos antes de comer. Al salir a comer, elija las opciones de menor tamaño, comparta el platillo o llévese parte de la comida a casa.

Alimentos que le conviene comer conmás frecuencia: Coma más vegetales, frutas, granos integrales, y leche y productos lácteos sin grasa o con 1% de grasa. Esos alimentos contienen los nutrientes que necesita para la buena salud; entre ellos potasio, calcio, vitamina D y fi bra. Haga de ellos la base de sus comidas y bocadillos.

Haga que la mitad de su plato consista en frutas y vegetales: Al preparar sus comidas, elija vegetales rojos, anaranjados y verduras como tomates, camotes (batatas) y brócoli, así como otros vegetales. Agregue frutas a las comidas como parte de los platos principales o de acompañamiento, o bien como postres. Cambie a leche descremada o baja en grasa (1%) Contienen la misma cantidad de calcio y otros nutrientes esenciales que la leche entera, pero sin tantas calorías y grasa saturada.

Consuma la mitad en granos integrals: Para consumir más granos integrales, reemplace un producto de grano refi nado por un producto de grano integral, como comer pan de trigo integral en lugar de pan blanco o arroz integral en lugar de arroz blanco.

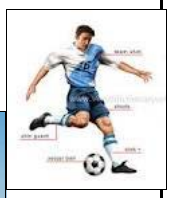
Alimentos que le conviene comer con menos frecuencia: Reduzca su consumo de alimentos con grasas sólidas, azúcar y sal adicionales. Estos incluyen pasteles (bizcochos), galletitas, helado, dulces, bebidas endulzadas, pizza y carnes grasas como costillas, chorizo, tocineta y salchichas. Use estos alimentos como antojitos ocasionales, no alimentos para todos los días.

compare el contenido de sodio de los alimentos Use las etiquetas de Información Nutricional ("Nutrition Facts") para elegir sopas, panes y comidas congeladas con menos sodio. Elija alimentos enlatados marcados "bajo en sodio," "sodio reducido," o "sin sal adicional" ("low in sodium," "reduced sodium," o "without added salt").

Beba agua en lugar de bebidas endulzadas con azúcar: Reduzca las calorías al beber agua o bebidas sin azúcar. En las dietas de los estadounidenses, las gaseosas, bebidas de energía y bebidas deportivas representan grandes cantidades adicionales de azúcar y calorías.

Leticia Mendoza, Coordinadora

Educational Concepts

Creative Curriculum Balls	Do all balls bounce/roll? 	What makes balls move? 	Who uses balls? 	What are balls made of?
Scholastic Working and Playing Together	Getting Along 	Celebrations 	All Kinds of Workers 	
EHS Winter	Winter Days 	Snow 	Winter Clothes 	Bird

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

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Holiday	3 OWD	4 Children's First Day Back from Christmas Holidays	5	6	7
8	9 Guadalupe Sierra Vista	10 Jesus Garcia Little Folks	11 Floyd Finley	12 Springfield Acers Larga Vista	13	14
15	16 Holiday Martin Luther King	17 Little Palominos Magic Corner	18 Jorge ODLG Villa Alegre	19 Roosevelt J.C. Martin	20	21
22	23 El Cenizo Tatangelo I	24 Russell Terrace Los Presidentes	25 Tatangelo II Prada	26 Policy Council Meeting 10 a.m. Main Office 5904 West	27 Family Visit Day 9:00 a.m. to 11:30 a.m. All Centers	28
29	30 Early Head Start	31				

Mon	Tues	Wed	Thurs.	Fri.
		4B– Milk 6 oz. Corn Flakes 1 diced peaches 12c *L Milk 6oz. Raviloli 1/2 c. mixed vegetables 1/4 c* *Diced pears 1/4. c* *S– teddy grahams 1 canned orange juice 4 oz.* **Breakfast will be sent today Thursday**	5Milk 6 oz. Rice Krispies 1 diced pears1/2 c L Milk 6 oz. tuna 1 . Pickle spears 4 wheat crackers 3 pkgs. Crushed pineapple 1/4 c. S– Cheese stick 1 orange juice 4 oz..	6Milk 6 oz. Wheat tortilla Diced pear 1/2 c bean and cheese 1 oz. L-Milk 6 oz. Spaghetti w/ marinara sauce 1/4cground beef with marinara sauce 1/4 c Mixed vegetables 1/4 c. diced pears 1/4 c. S– Fig Newton. 1 oz. Orange Juice 4 oz.
9B-Milk 6oz. Pan Cake 1, syrup 1 diced pears 1/2 diced sausage 1 tablespoon **L–**Milk 6 oz. Cubed beef 1/4 c. Diced peaches with cherries 1/4 c.. Diced broccoli flowerettes with cheese 1/4 c, IMIL Idea Wheat bread 1/2 slice S- Wheat crackers 6 orange juice 4 oz.	10 B-Milk 6oz. Cherrios Cereal 1,diced peaches 1/2 c., L-Milk 6 0z. Diced chicken 1/4 c. vermicelli 1/4 c. cauliflower 1/4 c diced apricots 1/4 c. *S-saltine crackers 4. Orange Juice 4 oz.*	11 Milk 6 oz. Rice Krispies 1/2 diced peaches L Milk 6 oz. Breaded chicken patty CN label country gravy 1 Diced carrots 1/4 c. Creamed chicken noodles 1/4 c. c. Diced pears 1/4 .c wheat bread 1/2 slice S– Ritz crackers 6 Orange juice 4 oz. **Breakfast will be sent today Thursday**	12 B Milk 6 oz. cherrios Cereal 1 mandarin orange 1/2 c. L-Milk 6 oz. Turkey slice 1 oz Cheese 1 oz. Wheat bread 2 slices mustard 1 mayonnaise 1 pickle spears 4 diced peaches 1/4c. S– oz. Animal Cracker 1 pkg yogurt 1 orange juice 4 oz.	***13Milk 6 oz. Pan cake . Mandarin Orange 1/2 c Syrup 1/2*** ***L Milk 6 oz. ground beef with diced potato pinto beans 1/4 c. Wheat bread 1/2 slice fruit mix 1/4 c.*** ***S-Fruit salad 1/2.c wheat cracker s 6 water 4oz.***
No Classes for Head Start ***Menu for Early Head Start and JC Martin*** ***16***B-Milk **6** oz. Pan Cake 1, syrup 1 **apple sauce 1/2c. bacon 1** **L–**Milk 6 oz. Ground beef 1/4 c. Spaghetti with marinara sauce 1/4 c. 1 apricots **1/4 C** corn **1/4 C** S- Orange juice 4 oz. Teddy grahams 1 **Breakfast will be sent today for Tuesday**	17B-Milk **6oz**. Cherrios Cereal 1, fresh banana **1** L-Milk **6 0z.** Diced Turkey weiniers with beans 1/4 c. hot dog bun 1 corn 1/4 diced peaches 1/4 c. *S-. Orange Juice 4 oz. Cheese stick 1 1 oz.*	18B Milk **6oz**. French toast 1 syrup 1 Mandarin Orange **1/2 c** L-Milk **6 oz. Ham and cheese Macaroni 1/2** c pkg. Crushed pineapple **1/4c.** Mixed vegetables **1/4 c. wheat bread 1/2 sl.** S– Nutrition Activity wheat bread 1 slice cheese 1 slice pickle spear 1 mayonnaise 1 mustard 1 Orange juice 4 oz. **Breakfast will be sent today Thursday**	19 Milk **6oz.** Rice Krispies 1 banana L Milk **6oz**. **Ravioli 1/4 c. Fruit cocktail with jello 1/4 c.** Diced Carrots 1/4 c, Wheat bread 1/2 S– Fruit Cup 1/2 c .Milk 4oz. Yogurt 4 oz.	20 B Milk **6 oz**. Pancake 1 Diced Pear 1/2c. syrup 1 L –Hamburger 1 pickle spears 4 c. ranch dressing 1 mayonnaise 1 mustard 1 Hamburger 1 diced peaches 1/4 c. **S Teddy Grahams 1 Orange Juice 4 oz**
23B-Milk **6** oz. Pan Cake 1, syrup 1 **apple sauce 1/2c.** **L–**Milk 6 oz. Cubed beef **1/4 C** broccoli flowerettes with cheese **1/4 C. White rice 1/4c. Pineapple tidbits** S- Orange juice 4 oz. Teddy grahams 1 **Breakfast will be sent today for Tuesday**	24B-Milk **6oz**. Cherrios Cereal 1, fresh banana **1** L-Milk **6 0z.** Ground beef **1/4C** . Spaghetti with marinara sauce 1/4 c. **peas 1/4C. Diced peaches 1/4C.** *S-. Orange Juice 4 oz. Wheat crackers 6*	25 B Milk **6oz**. Vegetarian refried beans with chorizo /4 c Wheat Flour tortilla 1 Mandarine Orange **1/2 c** L-Milk **6 oz. Ham and cheese Macaroni 1/2** c pkg.Apricots **1/4c.** Mixed vegetables **1/4 c. wheat bread 1/2 sl.** S- Fruit salad 1/2 c. Graham Cracker Crumbs 2 tablespoons Water 4 oz. **Breakfast will be sent today Thursday**	26Milk **6oz.** Rice Krispies 1 banana L Milk **6oz**. **Ground beef 1/4 c.** pinto beans **1/4 c. Fruit cocktail with jello 1/4 c.** corn 1/4 Wheat bread 1/2 S– Animal Crackers 1 pkg. Orange juice 4 oz.	27 B Milk **6 oz**. Pancake 1 Diced Pear with strawberries 1/2 c. syrup 1 L Milk **6oz**. Chicken salad **1/4 C** Diced carrot **1/4C** Crushed pineapple 1/4C Wheat Crackers 6 S- Vanilla Wafers 1oz. . Orange Juice 4 oz.
30B– Milk 6oz. Pan Cake 1 Bacon 1 applesauce **1/2 c** L-Milk **6** oz. Cubed beef **1/4** with beef broth Apricots **1/4c.** Macaroni 1/4c peas 1/4 c. S wheat crackers 6 orange juice 4oz. **Breakfast will be sent today For Tuesday**	**31Milk 6oz. Cherrios 1 banana 1/2** **L– Milk 6oz Diced Chicken in chicken broth 1/4 c. rice 1/4c. Crushed pineapple 1/4c.. peas and carrots 1/4c.** **S- sliced cheese 1 slice soft wheat tortilla 1 piece** **Water 4 oz.**			

January Menu 2012