FELIZ AÑO 2013!

Webb County Head Start

NEWSLETTER

Happy New Year, 2013!

From the Director: *Aliza Oliveros*

Happy New Year! May this year be filled with good health, love and happiness for you and your family! I encourage you to take advantage of the many volunteer opportunities the program has to offer. All Head Start / Early 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 2013 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/Early 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 2013.

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 2013. 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, 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. 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

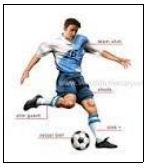
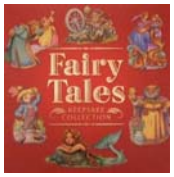
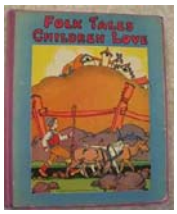
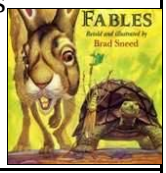
TRANSPORTATION

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

Educational Concepts

Creative Curriculum Study 4: Balls	Do all balls bounce? Do all balls roll? 	What makes balls move?	Who uses balls?	What are balls made of?
Scholastic Theme 6: Working and Playing Together	Getting along	Celebrations	All kinds of workers	
Frog Street Theme 5: Stories and Rhymes	Nursery Rhymes	Traditional Tales 	Folk Tales 	Ballads and Fables 
EHS Winter	Winter days	Snow	Winter clothes	Birds

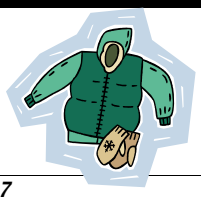
Webb County Head Start Parent Committee Meetings
Nutrition Presentation
Heart Curriculum

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

Happy Birthday Head Start Staff!

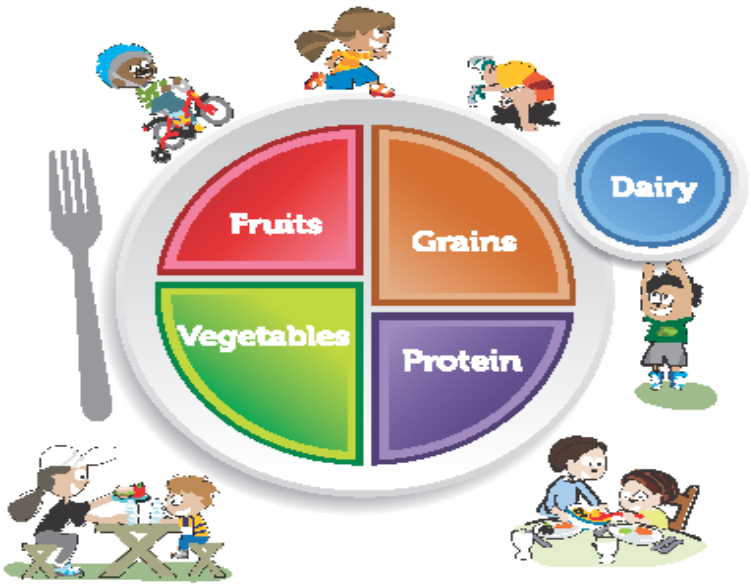
2/Maria D. Luna
2/Nora Dominguez
2/Mary A. Martinez
4/Jerry Espinoza
8/Elizabeth Garcia
8/Sandra Ramos
9/Gloria E. Esparza
9/Melinda Morin
13/Claudia Rodriguez
14/Araceli Perez
15/Francisca Fernandez
17/Maria Martinez
21/Maria A. Tamez
22/Rosa Arispe
24/Toni Cobos
24/Rosa Ma. Acosta
25/Dolores Dominguez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

January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Early Head Start Children Back from Holidays	4	5
6	7 Children's First Day Back from Christmas Holidays	8	9	10 Springfield A. Larga Vista	11	12
13	14 Guadalupe Sierra Vista Commissioner's Court Meeting 9:00 a.m.	15 Jesus Garcia Little Folks	16 Floyd Finley	17 Roosevelt Magic Corner	18 Coordinator's ASM Meeting	19
20	21 HOLIDAY NO CLASSES!	22 El Cenizo Tatangelo I	23 Tatangelo II Prada	24 Policy Council Meeting 10 a.m. 5904 West Dr. Los Presidentes Little Palominos	25 Family Visit Day 9 a.m. to 11:30 a.m.	26
27	28 Early Head Start Commissioner's Court Meeting 9:00 a.m.	29 J.C. Martin Heights	30 Jorge O. DLG Villa Alegre	31		

Mon	Tues	Wed	Thu	Fri
# January Menu 2013		*Wheat Bread and Fiber Focus Month*		
7Milk 6 oz. Chicken biscuit Tropical fruit 1/2 c. L-Milk **6 0z.** Meat loaf with brown gravy 1 broccoli 1/4 c. with cheese sauce tangerine 1 .Wheat bread 1/2 ***S***-. *Yogurt 4oz. Diced pear 4 oz.*	8B-Milk 6 oz. *trix (799339)1 Diced peaches 1/2 c.* L-Milk 6oz., Chicken fajitas with grilled onion pieces **Spinach tomato salad 1/4 .c fruit cocktail** 1/4c. Wheat Tortilla (1/4) c thousand Isl. Pkt. S– *Fresh Orange 1 Graham Crackers 1 oz. water 4 oz*	9 **National Apricot Day** B– Milk 6 oz. Egg and turkey cubed ham 2 oz. Fresh orange 1 wheat flour tortilla 1 L-Milk 6 oz. Salisbury steak 1 brown gravy corn 1/4 c. 2 oz. . diced apricot 1/4 c. Wheat bread 1/2 sl. S– hummus 1/2 c. wheat thins crackers 6 water 4 oz. *S*– **Breakfast will be sent today for Thurs.**	10B-Milk 6oz. cherrios 1 banana 1 L– Milk 6oz. Tuna Salad Whole Wheat crackers 4 celery stick 2 oz. Fresh apple slices 2 oz.. Wheat bread 1/2 ranch dressing 1 pkg. S– Wheat bread 1/2 slice American Cheese 1 slice mayonnaise 1 pkt	11**Milk Day January 11** B-Milk 6 oz., biscuit 1 turkey sausage patty 1 c. Mandarin oranges 1/2 c. **L**-Milk 6oz. Chicken patty 1 CN label with country gravy carroteenies 2 oz.. crushed pineapple salad 1/4 c. S– *fresh fruit salad* 1/2 c. Milk 4 oz.
Healthy Weight Week ***14***B-Milk 6oz. Mini Pan Cake 3, syrup 1 1/2 c 1 diced sausage 1 sliced fresh orange 1 **L**–Milk 6 oz. turkey breast steak 1 country gravy diced peaches 1/4 c.. Buttered broccoli flowerettes 1/4 c, IMIL Idea S- f 4 oz. teddy graham 1 water 4 oz. **Breakfast will be sent today for Tuesday**	15B-Milk 6oz. Cherrios Cereal 1, diced pears 1/2 c., L-Milk 6 0z. Diced chicken 1/4 c. noodles 1/4 c. peas 1/4 c Fresh Orange 1/2. *S– yogurt 4 oz. Goldfish crackers (771047) 1oz water 4oz.*	16 B Milk 6 oz. Chicken biscuit 1 Mandarin Orange 1/2 c. L-Milk 6 oz. Cubed Beef 1/4c fruit cocktail with jello 1/3 c. Mixed vegetables 1/4 c wheat bread 1/2 S–Nutrition Activity frush fruit cubed 033059 oz. oatmeal cookie 1 1 marshmallow large Water 4oz. Water 4 oz. **Breakfast will be sent today Thursday**	17Milk 6 oz. Trix 1 Banana 1 L Milk 6 oz. American cheese 1 slice turkey deli style 2 slices wheat bread 2 slices carroteenies 2 oz, apple slices 2 oz. Snack Orange Juice 4 oz Graham Crackers 2	18B- ***Milk 6 oz. French toast 1 slice syrup 1 fresh orange 1*** ***L– Milk 6 oz. Breaded chicken breast with country gravy 1 corn 1/4 c. mashed potatoes 1/4 c.*** ***Apricots 1/4 c.*** ***Snack– Tropical fruit 4 oz. animal crackers 1 oz. water 4 0z.***
	22B-Milk **6oz**. Cherrios Cereal 1, tropical fruit **1/2 c** L-Milk **6 0z.** Ground beef with marinara **1/4C** . Spaghetti with marinara sauce 1/2 c. **diced carrot and peas 1/4 c. Crushed pineapple 1/4 c. .** *S-. Orange Juice 4 oz. Wheat crackers 6 Garden vegetable cream cheese 1 oz. (742184)/100/case*	***23***B-Milk **6** oz. Mini Pan Cake 3, syrup 1 **apple sauce 1/2c.** **L**–Milk 6 oz. Chicken breaded patty 104273 label country gravy fruit cocktail **1/4 C buttered cauliflower flowerets 1/4 C.** S- carrot snack with ranch dip 098350 cheddar cheese stick 1 water 4oz. **Breakfast will be sent today for Tuesday**	***24 Milk 6 oz. Corn flakes 1 banana 1*** ***L Milk 6 oz. Roast beef 1 slice (1 oz) , Swiss cheese 1 slice, wheat bread 2 slices, 1 mustard, 1 mayonnaise, , carroteenies 1 2 oz. 3 Apple slices 2 oz bag (009863)*** ***S–*** snack mix munchies .87 oz. (771825) Orange Juice 4 oz.	25 Milk 6 oz Chicken biscuit 1 fresh orange 1 L Milk 6 oz. Diced chicken with . zucchini squash with corn bits 1/4 c. Rice 1/4 c. Honey dew melon slices 2 oz. Mixed vegetables 1/4 c. S– ***pineapple tidbits cup 1/2 c yogurt 4 oz. water 4 oz.***
28B– Milk 6 oz. Mini Pancakes 3 syrup 1 1 Tropical fruit 1/2 c. 1/2c. . L-Milk **6 0z.** Meat loaf with marinara sauce 1 broccoli 1/4 c. with cheese sauce tangerine 1 .Wheat bread 1/2 ***S***-. *Apricots 1/2 c. (4oz) yogurt 1 . Water 4 oz..* **Water will be served with all meals**	29B-**National Corn Chip Day January 29** **B-**Milk **6oz**. trix Cereal 1, Diced pears **1/2 c** **L–** *Frito pie– Ground beef with pinto beans 1/2 c peas 1/4 c. frito chips 1 pineapple 1/4 .c* *S– Fresh orange 1 wheat crackers 6 water 4 oz. .*	30 **National Croissant Day** Milk 6 oz. Croissant buttered 1 turkey sausage 1. 4 oz. sliced banana 1 L-Milk 6 oz. Ground beef with spaghetti sauce, Spaghetti with marinara sauce 1/4 c/ honey dew melon slices 2 oz. diced carrots 1/4c. S– Orange juice 4 oz. Bug bites 1 oz. **Breakfast will be sent today Thursday**	***31***Milk 6oz. Blueberry muffin 1 Orange 1 4oz. 1 **L–**Milk 6 oz. sliced chicken deli style 2 oz. cheese 1 slice .4 oz. Wheat bread 2 1 mayonnaise 1 mustard 4 pickle spears (2 oz.) Diced peaches 1/4 c. S- Oatmeal cookie 1 Milk 4 oz	**Fruits and Vegetables in season:** **Broccoli Celery Honey Dew Melon** **Spinach sweet potatoes**

Healthy Eating for Preschoolers



ChooseMyPlate.gov

Get your child on the path to healthy eating.

Focus on the meal and each other.
Your child learns by watching you. Children are likely to copy your table manners, your likes and dislikes, and your willingness to try new foods.

Offer a variety of healthy foods.
Let your child choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice.

Be patient with your child.
Sometimes new foods take time. Give children a taste at first and be patient with them. Offer new foods many times.

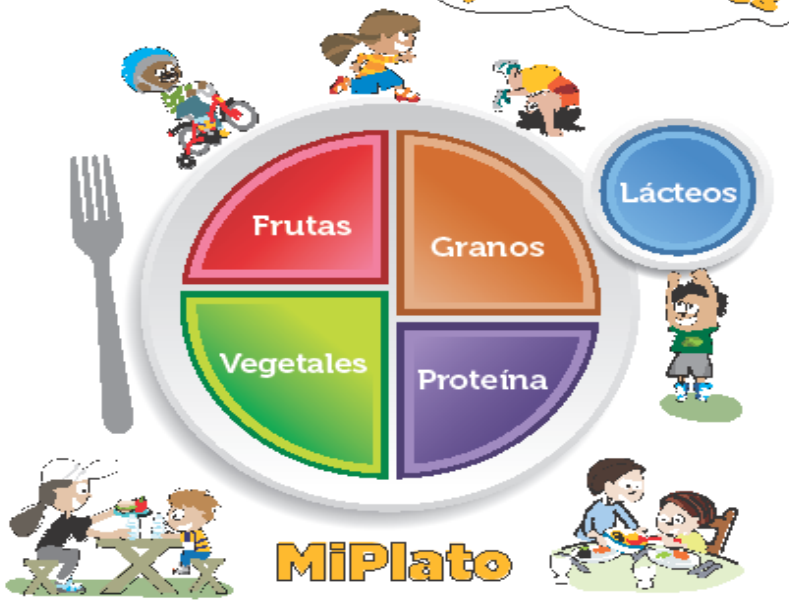
Let your children serve themselves.
Teach your children to take small amounts at first. Let them know they can get more if they are still hungry.

Cook together.
Eat together.
Talk together.
Make meal time family time.

USDA
U.S. Department of Agriculture
Food and Nutrition Service

FNS-451
October 2012
USDA is an equal opportunity provider and employer.

Alimentación Saludable para Niños Preescolares



MiPlato

ChooseMyPlate.gov

Encamine a su niño hacia una alimentación saludable.

Enfóquese en la comida y en pasar tiempo juntos.
Su niño aprende de usted. Los niños imitan su comportamiento en la mesa, lo que a usted le gusta, lo que no le gusta y su deseo de probar nuevos alimentos.

Ofresca variedad de alimentos saludables.
Permita que su niño decida cuánto va a comer. Los niños tienden a disfrutar más de sus comidas cuando comen por su propia voluntad.

Sea paciente con su niño.
Algunas veces toma tiempo aceptar alimentos nuevos. Dé a sus niños la oportunidad de probar algo y sea paciente con ellos. Ofrezca comidas nuevas muchas veces.

Permita que sus niños se sirvan.
Enseñe a sus niños a tomar pequeñas cantidades al principio. Hágales saber que puede servirse más si aún tienen hambre.

Cocinen juntos.
Coman juntos.
Platiquen.
Haga de sus comidas un momento familiar.

USDA
U.S. Department of Agriculture
Food and Nutrition Service

FNS-451-S
Octubre 2012
El USDA es un proveedor y empleador que ofrece igualdad de oportunidades para todos.