



# Family Newsletter



August 2017

## Important Dates

**August 4: Socialization & Graduation, 10:00-12:00, Moxham Lutheran Church.**

**August 11: Socialization, 10:00-12:00, and EHS Policy Council Meeting, 12:00, Moxham Lutheran Church.**

**August 15-18: No Home Visits. Staff will be in the office and can be reached at 255-6780.**

## August is back to school time and our ninth year!

August 16 is the beginning of our ninth year with the Early Head Start Program! We have been blessed to have such a wonderful staff and supportive families over the last eight years! We have enjoyed community involvement with the Board of Directors and Policy Council. We also would like to thank **Moxham Lutheran Church** for everything they do for our program! We truly appreciate all of your support!

We are beginning this year with hope and anticipation for a rewarding experience for everyone involved.

We wish the best to our three year olds going to Head Start or other preschool programs. Please remember to keep in touch!

Good luck to everyone in this upcoming school year and know that we are just a phone call away for any needs that you may have! 255-6780

## August Birthdays:

Olivia B.	8/3
Gavin N.	8/8
Harmonie B,	8/13
Bethany H (staff)	8/20
Violet R.	8/29

**We are looking for new parents to join our Policy Council! It is a great way to have your voice heard in the program and get involved with your child's learning. Talk to your Parent Educator today!**

Most of the snacks served to children should be fruits and vegetables, since most kids do not eat the recommended five to thirteen servings of fruits and vegetables each day. Try lots of different fruits and vegetables and prepare them in various ways to find out what your kids like best.

Fruit is naturally sweet, so most kids love it. Fruit can be served whole, sliced, cut in half, cubed, or in wedges. Vegetables can be raw, cooked and served with dressing.

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Honeydew Melon
- Kiwis

- Mandarin Oranges
- Mangoes
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines
- Watermelon
- Broccoli
- Carrot sticks or Baby Carrots
- Cauliflower
- Celery Sticks
- Cucumber
- Peppers (green, red, or yellow)
- Snap Peas
- Snow Peas
- String Beans
- Tomato grape or cherry tomatoes
- Squash slices
- Zucchini slices

## Fun in the Sun!



Rahmir



Pam & Anthony



Aubrey & Shirley



Hunter



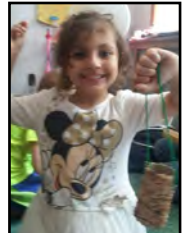
PFCS Early Head Start  
929 Menoher Blvd.  
Johnstown, PA 15905

## Making bird feeders

Thank you Lucas, Larry-Jak and Jennie for the fun!

Materials needed: Empty toilet paper roll (pine cone can be substituted if available), hole punch, string, peanut butter, bird seed, paper plate.

Directions: On one end of your toilet paper roll, punch or poke a hole in each side to tie your string to. Cut a piece of string about 12 inches long and tie it through both holes. Using a plastic knife, spoon, popsicle stick, etc. help your child cover the entire toilet paper roll with peanut butter. Pour about a cup of bird seed onto a paper plate and holding onto each end of the toilet paper roll, roll it through the bird seed until it is fully covered. Lightly shake off any excess bird seed. Find a place outside to hang your bird feeder where your child will be able to see the birds feeding! Talk to your child about the birds they see at their feeder!



## Song:

You are my  
sunshine, my only  
sunshine  
you make me happy  
when skies are gray  
you'll never know  
dear, how much I  
love you, please  
don't take my  
sunshine away.



## Frozen Banana Pops

Serves 16 for snack

### Ingredients

- 8 large ripe bananas
- 3 cups low-fat vanilla yogurt
- 2 cups granola, rice krispies, crushed corn flakes or crushed graham crackers
- 16 Popsicle sticks

### Procedure

1. Cover a tray with parchment or wax paper.
2. Put yogurt and granola or cereal on separate plates.
3. Peel the bananas and cut them in half crosswise. Insert popsicle sticks into then cut ends of the bananas.
4. Dip one banana pop in yogurt until it is evenly but thinly coated. Then roll pop in granola or cereal until it is covered with it. Repeat with rest of banana pops.
5. Place the coated banana pops on prepared sheet tray. Put tray in the freezer until bananas are firm, at least 1 hour. Then serve.



Mya Z.



Mya Z. & Ava Z.



Alex H. & Mya Z.



## Fun at Socialization

