



# Family Newsletter



September 2017

## Important Dates

**September 1:** Socialization, 10:00 -12:00, Moxham Lutheran Church

**September 4:** Office Closed

**September 15:** Socialization, 10:00- 12:00, and EHS Policy Council Meeting, 12:00, Moxham Lutheran Church

## September Birthdays:

Jackson A.	9/08
Leeah M. (staff)	9/14
Jeremiah R.	9/16
Atreyu G.	9/21
Sonny H.	9/23
Conner W.	9/26
Sandra (staff)	9/30

## 10 Tips to a successful school year!

1. **If you and your child have fallen out of your bedtime routine this summer, get back into a solid routine!** A week before the first day of school is a good time frame in which to begin.
2. **Plan and shop for healthy breakfasts and lunches a week in advance.** This will save you precious time and prevent much stress in the long run!
3. Accidents happen! **Prepare a change of clothes in advance, and bring it with you on the first day of school for your child's teacher to keep in the classroom.**
4. **If possible, arrange play dates with other parents of preschoolers,** or find out if your local library or community center offers free events for young children. Spending time with other children will help your child's social and emotional development and prepare her for the school environment.
5. **Connect with other parents and students on the first day back to preschool.** Introduce yourself and your child. Bring a show-and-tell item to break the ice, or a snack to share with the class.
6. **Be prepared for tears.** Smile, stay positive, and maintain a calm demeanor when your child is having a hard time saying goodbye. If you start to panic, your child will pick up on your doubt.
7. **Support early literacy by reading to your child every day.** As she grows older, ask that she read to you.
8. **Keep books everywhere—in the car, in the kitchen, and anywhere you spend time.** Make special weekend trips to the library to freshen up the collection.
9. **Parent involvement in school is important—even in preschool!** Talk to your child's preschool teacher (or child-care provider) regularly about his educational and social development.
10. **Preschools and childcare centers often host parent and family activities;** attend these as often as possible to help your child begin bonding to the educational system.

By Great Schools Staff

## Smoothies

1. **Banana Blend** 2 bananas, 1/2 cup each vanilla yogurt and milk, 2 teaspoons honey, a pinch of cinnamon and 1 cup ice.

2. **Strawberry-Banana Blend** 1 banana, 1 cup strawberries, 1/2 cup each vanilla yogurt and milk, 2 teaspoons honey, a pinch of cinnamon and 1 cup ice.

3. **Peach-Mango-Banana Blend** 1 cup each chopped fresh or frozen peaches and mango, 1 cup each plain yogurt and ice, 1/2 banana, and sugar to taste.



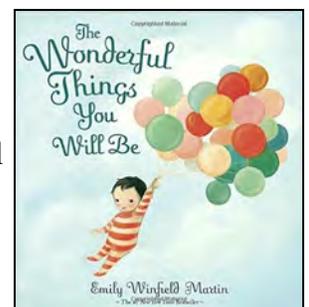
**Please try to keep your home visits the same day and time each week! In addition to your family, most Parent Educators have 10 other families to schedule!**

## The Wonderful Things You Will Be



From brave and bold to creative and clever, Emily Winfield Martin's rhythmic rhyme expresses all the loving things that parents think of when they look at their children. With beautiful, and sometimes humorous, illustrations, and a clever gatefold

with kids in costumes, this is a book grown-ups will love reading over and over to kids—both young and old. A great gift for any occasion, but a special stand-out for baby showers, birthdays, and graduation. *The Wonderful Things You Will Be* has a loving and truthful message that will endure for lifetimes. Find it on Amazon.com





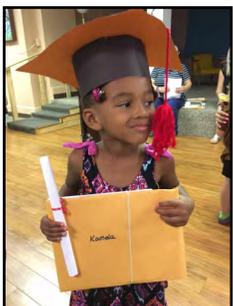
PFCS Early Head Start  
929 Menoher Blvd.  
Johnstown, PA 15905

## Healthy Hungry Caterpillar

Materials needed:

- 1 banana
- 1 grape
- Peanut Butter
- 1 toothpick

- 1<sup>st</sup> -Peel the banana and cut it up into round pieces
  - 2<sup>nd</sup> -Take peanut butter and spread on each piece of banana and push them together so they stick together.
  - 3<sup>rd</sup> -at the front of the Caterpillar place a toothpick through one of the bananas and then place the grape on the other end of the toothpick for the head.
- Thanks to Ky'Asia & Deshina for this fun activity!



## Fun Shaped Sandwiches

Ingredients

8 slices wheat bread

8 slices cheese

4 slices lunch meat

Spreads- use your favorite

Slice lunch meat in half. Spread bread with your choice of spreads and add meat and cheese. Using cookie cutters, make shapes out of the sandwiches.

Children will love to help with this!

