



Family Newsletter



August 2018

Important Dates

August 3: Socialization & Graduation, 10:00-12:00, Moxham Lutheran Church.

August 17: Socialization, 10:00-12:00, and EHS Policy Council Meeting, 12:00, Moxham Lutheran Church.

August Birthdays:

Cameron H.	8/2
Osiris K.	8/8
Bethany H (staff)	8/27

August is back to school time and our tenth year!

August 16 is the beginning of our tenth 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

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 at socialization!



Story Time



Kaydence



Saki & Joseph



Kayah



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

Adventures in August Activity!

As summer is winding down, and you are looking for one more activity, slime is that one fun activity you can make with your child.

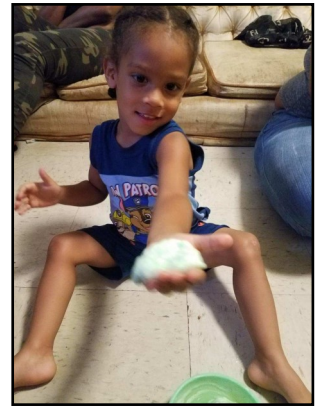
Ingredients: One 6 ounce bottle of Elmer's (or any preferred brand) of glue, ½ teaspoon of baking soda, 1½ TBSP of contact solution, a bowl

Optional Ingredients: food coloring (your child can choose whichever color he/she would like the slime to be). Also, loose glitter or glitter glue can replace the standard white glue, to make the slime sparkle.

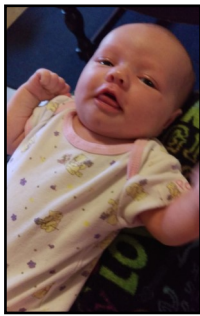
Directions: 1. Pour the 6 ounce bottle of glue into the bowl. 2. Add ½ teaspoon of baking soda and mix in thoroughly. 3. Add your food coloring or glitter and continue to mix. 4. Slowly add 1 ½ tablespoons of contact lens solution (reminder: your contact lens solution should contain boric acid or your slime will not form). Mix it in slowly so that you do not add too much. 6. Now mix until your slime forms and begins to harden. Take it out and knead, knead, knead. If it's not the desirable consistency keep kneading. If you find it to still be too sticky, add a little bit of lotion or baby oil to your hands.

Remember to store your slime in an air tight container, to maintain the life of the slime. Enjoy!

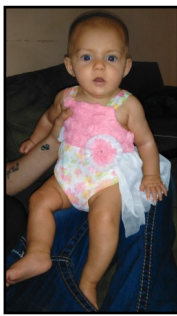
Thank you Kalina and Richard!



Tambra & Issace



Lila B.



Gracelynn N.



Hunter S.

Cook's Corner: Cheese and Apple Pirate Ships

Ingredients

1 apple cut into 8 to 10 slices
8 to 10 pretzel sticks
8 to 10 cheddar, Colby-Jack, or mozzarella reduced-fat cheese slices cut into squares or triangles

Directions

Put an apple slice on a plate or napkin.
Put 1 pretzel stick above the apple slice to make the mast of the ship.
Put 1 or 2 cheese slices on top of or next to the pretzel to make until bananas are firm, at least 1 hour.
Serve and enjoy!



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.

