



# Family Newsletter



March 2019

## Important Dates

**March 1:** Socialization, 10:00 - 12:00; Moxham Lutheran Church.

**March 15:** Socialization, 10:00 - 12:00; No Policy Council Meeting this month.

## March Birthdays

Elijah H. 3/8

Ezekial H. 3/8

Nathaniel S. 3/8

Kendrick K. 3/21

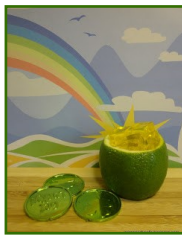
Hope L. 3/30



## Pots O' Gold

### Ingredients

3-oz box lemon Jell-O  
Sugar  
Whipped Cream  
6 Limes



### Instructions

1. Make lemon-flavor gelatin squares as directed on box. Let chill in the fridge for 4 hours or until firm, then slice the gelatin into 1/2-inch cubes.
2. Cut off the top quarter of each of 6 limes, then with a small knife, cut around the inside of each lime's rind to loosen the pulp, then spoon it out to make a shell.
3. Place a pinch of sugar and 1 teaspoon of whipped cream in the bottom of each shell, then fill each lime pot with gelatin gold.

Makes 6

## EHS Director Addresses Visits & "Homework"

Everyone at Early Head Start is excited about how well 2019 has begun. We are very pleased with the number of visits families are completing, catching up from the holidays with make-up visits that have taken place, and the attendance at socializations. Thank you for your support! We feel very fortunate that our EHS families are also supportive of the activities that are completed between visits. Completing these "homework" activities shows dedication to the volunteer match that EHS must provide. Please continue to hand in the orange slips to your parent educator so we can count your hours as part of our non-federal share match. With your support, Early Head Start will continue to grow and prosper in Cambria County. As always, please call me if you have any questions or ideas. Cynthia Fetcko, EHS Director 814-255-6780



## Socialization Builds Skills & Friendships

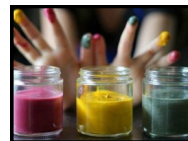
Our Early Head Start socialization events help children develop social skills, gain independence, and build self-confidence. Our sessions include opening circle time, free playtime, story time, crafts, snack and closing circle. Parent Educators are always present to guide and support the group. Socialization sessions can also give parents and guardians a chance to talk with other adults, build friendships, share experiences and exchange ideas, while interacting with their children. Snack will be provided by the Early Head Start staff, please understand we have requirements set by the federal government regarding nutrition and if you want to, feed your child before coming to socialization. Please do not bring any outside food into the socialization. It is for the safety of everyone. Thank you.

Please consider coming to a socialization, the benefits are worth the effort!

## Finger Paint

### Materials Needed:

- 2 cups flour
- 2 teaspoons salt
- 2 1/2 cups cold water
- 2 cups boiling water
- Food Coloring



### Instructions:

Mix the flour and salt together. Add the cold water and stir until smooth. Gradually add this mixture to the boiling water. Boil until the mixture becomes smooth and thick. Add food coloring until you get the desired color.



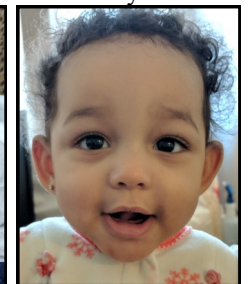
Shubrey J.



Aaleyah E.



Kayden B.



Kailani S.

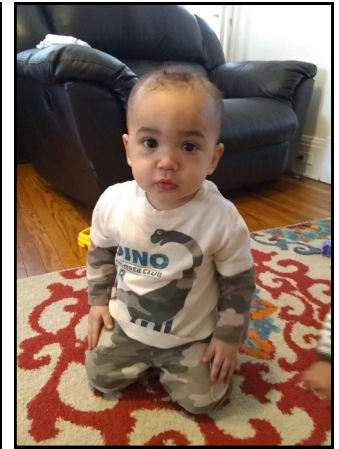
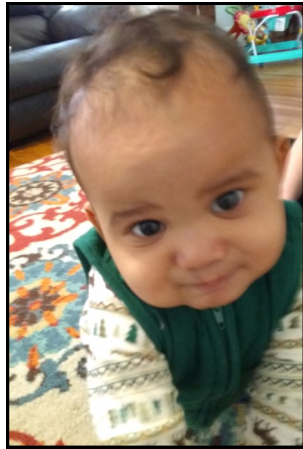


PFCS Early Head Start  
929 Menoher Blvd.  
Johnstown, PA 15905

## BALL IN A TUBE

For this activity, gather one large paper tube and a ball that will fit through it. Show your child how to roll ball through tube, tilting tube to make it roll faster and farther. Help your child drop ball through opening of tube and show them how it comes out other side of tube. This is a great activity to support motor skills and also teaches children about cause and effect.

Thanks to Quinton, Amanda, Elijah, and Ezekial H. for the fun activity!



## Shamrock Drip Painting

Grab a box top or tray and tape a piece of paper to it. We used shamrock shaped paper. The bigger the box top, the bigger your paper can be!

Put your paint into easily accessible containers and suck up some paint into your pipet and squirt it at the paper! Your child can experiment with where they want to squirt the paint. Some will want to squirt it at the top of the picture and watch the paint run down the whole shape and some might have a different idea.



## FUN WITH FOOD! EGG IN A HOLE

Instead of serving your eggs on toast, try serving it in toast. This breakfast classic is a long-standing favorite for many families.

### Ingredients:

2 eggs, 2 slices of bread, 1 TBLS butter

### Directions:

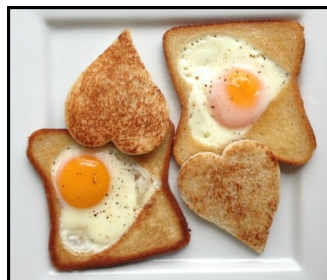
Crack the eggs into a bowl and set aside.

Use a 3 inch cookie cutter to shape out the pieces of bread.

Melt butter in a fry pan over medium heat. Place bread into pan and then flip it after one minute.

Pour eggs into the hole and cook for 2-3 minutes or until the eggs have set.

ENJOY!!



## Rainbow

Have fun with Fruit Oh's.

Cut out a rainbow out of white construction paper. Glue cotton balls on the end of each side of the rainbow. Glue different colors on the rainbow to make it look like a rainbow. You can use one color for each line in the rainbow.

