



Family Newsletter



August 2019

Important Dates

August 2: Socialization & Graduation, 10:00-12:00, Moxham Lutheran Church.

August 16: Socialization, 10:00-12:00, and EHS Policy Council Meeting, 12:00, Moxham Lutheran Church.

August Birthdays:

Sebastian H. 8/02
Bethany H (staff) 8/27

August is back to school time and our tenth year!

August 16 will be the beginning of our eleventh year with the Early Head Start Program! We have been blessed to have such a wonderful staff and supportive families over the last ten 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



Eden and Abel C.



Amber T.



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

Water Play

Trying to beat the heat with little ones? Try making a water play area in your own backyard. Using a plastic tote or bin is a good alternative to buying an expensive water table. Just fill the tote or bin with cool or warm water and use household items as play toys. Younger babies can get inside the tote to cool off, fill cups with water and splash around. Toddlers can stand outside the tote and count the amount of cups or ladles of water it takes to fill a bucket. The tote can be placed on a raised surface to make an elevated water table as well. Anything can be used for play, everything you need can be found in your own home. Materials needed: Plastic tote or bin, bucket, plastic or disposable cups, measuring cups or spoons, ladles and large serving spoons.

Thank you Kailani and Kathyria!



Jennelle



Brandon and Nadiyah



Madelyn

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.

