



Family Newsletter



September 2019

Important Dates

September 2: Office Closed

September 13: Socialization, 10:00-12:00, Moxham Lutheran Church

September 20: Socialization, 10:00-12:00, and EHS Policy Council Meeting, 12:00, Moxham Lutheran Church

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. From: Great Schools Staff

September Birthdays:

Kristy (staff)	9/13
Kenan H.	9/15
Kaydence H.	9/20
Elaina H.	9/21
Eli H.	9/23
Sandra (staff)	9/30

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 add sugar to taste.

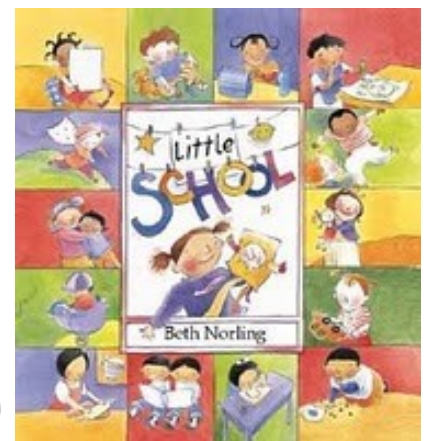


Please try to keep your home visits the same day and time each week! In addition to your family, most Parent Educators have 10 other families to schedule!

Little School

Follows 20 youngsters through their busy day at nursery school. Preschoolers will savor the details of Beth Norling's catalog of classroom and playground accessories, toys, and activities.

Find it on amazon from \$4.00.





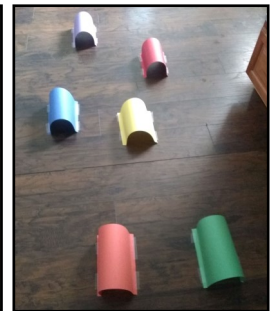
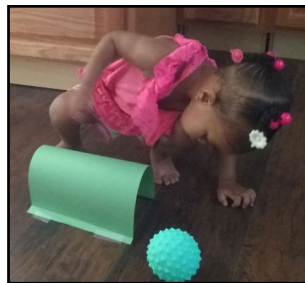
PFCS Early Head Start
929 Menoher Blvd.
Johnstown, PA 15905

COLOR ROLL

This is a fun activity that promotes color learning as well as motor skills. Tape different colors of construction paper onto your floor in tunnel shapes. Make sure to leave room between your tunnels. Gather an assortment of balls that will fit through tunnels. It is great if you can find some balls of different weights as this will affect the speed at which the balls roll. Show your child how to roll the balls through the tunnels. This may take a little practice, so be patient while your child gets the hang of it. As your child catches on, you can work on color learning. Ask your child to roll the ball through specific tunnels according to color. Help your child make observations about how fast the different balls roll through the tunnels.



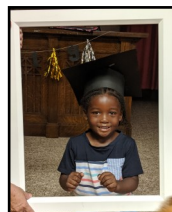
Thanks to Xzalia, Chloe and Chanta for help with this activity.



Cambria County Early Head Start Completes Our Tenth Year

It's hard to believe that program year ten has come to a close at EHS. Over the last year:

- ◆ We served 115 children and 17 pregnant moms by Early Head Start.
- ◆ 20 children served by the program had disabilities.
- ◆ 3,337 home visits have been completed by the EHS Parent Educators.
- ◆ 22 Socialization events have taken place.
- ◆ Parents of children enrolled in EHS have exceeded the number of volunteer hours required by the program.



Some of our little graduates!



Blueberry-Banana Stacks

Ingredients
6 mini popcorn cakes
1-2 tablespoons strawberry cream cheese
6 banana slices
6 blueberries



Spread cakes with cream cheese and to with banana slices. If desired, lop with additional cream cheese and top with a blueberry. Serves 2.