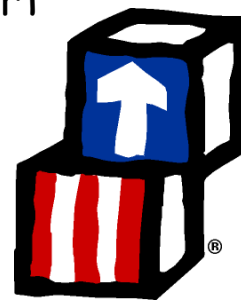




Family Newsletter



January, 2021

Important Date

January 15: Zoom Policy Council Meeting 12:00

January Birthdays!



Ayla S. 1/4
Lazarus D. 1/12
Destiny T. 1/13
Empress F. 1/23
Alijah L. 1/24

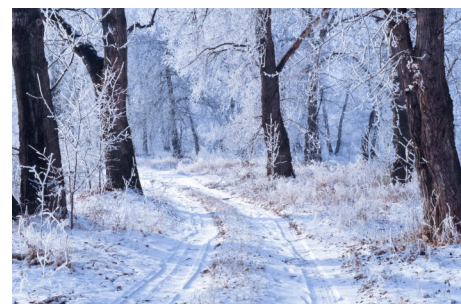


If you know anyone pregnant or ages birth to three. Please let them know about our Early Head Start Program. Have them call us at 255-6780. Thank you!

Winter Fun

- * Play dress up
- * Have a picnic in the living room
- * Build a fort indoors
- * Cooking
- * Dance!
- * Build an indoor obstacle course
- * Have a movie day
- * Visit the library
- * Create an indoor treasure hunt
- * Go to a fast food restaurant play land
- * Bundle up and go for a walk

Fun ideas for you and your children when it is snowing



Autumn



Sebastian



Annabella

"Warming Tree"

The staff of the Early Head Start Program would like to extend a sincere thank you to the congregation of Moxham Lutheran Church who donated gloves, hats, and scarves to the warming tree! All items were distributed to families in the EHS Program.

THANK YOU

Early Head Start Friends!

Rattle Noisemaker

Invite children to make these simple noisemakers for cheering on their favorite sports teams.



1. Place a handful of dried beans, rice, clean fish tank gravel, shiny pennies, or colorful beads inside a clean empty plastic bottle.
2. For safety, glue the lid onto the bottle so that it cannot be removed.
3. Decorate with stripes of colored tape or stickers.

Easy Animal Crackers Recipe

Ingredients

- | | |
|-------------------------|-------------------|
| 1 cup whole-wheat flour | 2 tbs milk |
| 1/2 tsp baking powder | 2 tbs maple syrup |
| 1/8 teaspoon salt | 1/2 tsp vanilla |

1/4 cup butter, softened

*Preheat the oven-375°F. Line two baking sheets with parchment paper.

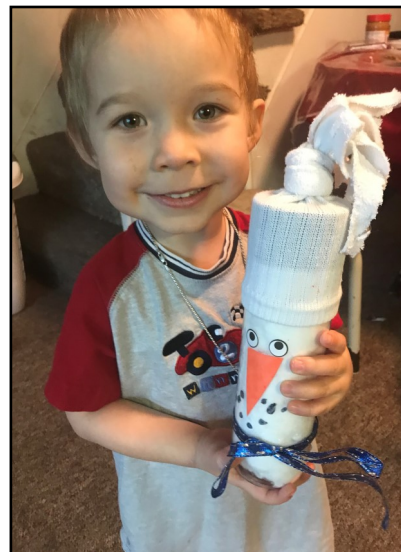
Place all ingredients into a bowl and use your hand to mix together to form a dough. (If the dough is a little crumbly, add 1 tbs additional milk.) Flatten dough.

Roll the dough 1/4 inch thick between two pieces of lightly floured pieces of parchment paper. The flour will ensure that the cuts are easy to move. Cut out the dough with a cookie cutter and place on baking sheets. Bake 7-9 min., until lightly brown. Remove from the oven, let cool on the baking sheet for a minute, and transfer to a wire rack to cool completely.

The Early Head Start Program recognizes that this has been a year of ups and downs. We are very fortunate to have so many supportive families that have stayed enrolled with Early Head Start. We thank you for your constant dedication to your child's future, as well as your own. If you would like any additional support or help during this time, please let your parent educator know. We have many resources willing and able to give support during these difficult times.



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



Snowman in a Bottle

Materials Needed:

clear water bottle, cotton balls, googly eyes, orange construction paper, glue, sock, ribbon, black crayon or marker

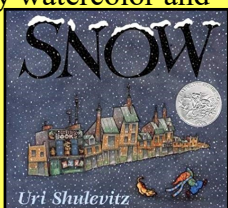
Instructions:

Have your child fill the water bottle with cotton balls (great activity for fine motor development!)

- place eyes on front of the bottle
- cut a triangle from the orange construction paper and glue on front of the bottle for the snowman's nose (great opportunity to discuss colors/shapes!)
- draw on black dots using a black crayon or marker for the snowman's smile (great opportunity to discuss emotions, happy/sad)
- tie ribbon around the middle of the bottle as a scarf for the snowman

Book of the Month

No one thinks one or two snowflakes will amount to anything. Not the man with the hat or the lady with the umbrella. Not even the television or the radio forecasters. But one boy and his dog have faith that the snow will amount to something spectacular, and when flakes start to swirl down on the city, they are also the only ones who know how to truly enjoy it. Uri Shulevitz' playful depiction of a snowy day and the transformation of a city is perfectly captured in simple, poetic text and lively watercolor and pen-and-ink illustrations.



Buy it on Amazon
from \$3.99.



Gracelynn



Baine

