



Family Newsletter



March 2020

Important Dates

March 6: Socialization, 10:00 - 12:00; Moxham Lutheran Church.

March 20: Socialization, 10:00 - 12:00; Moxham Lutheran Church

No Policy Council Meeting this month.

March Birthdays

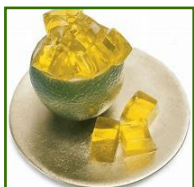


Nathaniel S. 3.8
Lydia M. 3.10
Jesus B. 3.24
Abdiel O. 3.24
Brandon A. 3.28

Pots O' Gold

Ingredients

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



Instructions

1. Make lemon-flavor Jell-O squares as directed on box. Let chill in the fridge for 4 hours or until firm, then slice the Jell-O 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

Home Visits and In Kind

Everyone at Early Head Start is excited about how well 2020 has begun. We are very pleased with the number of visits families are completing. Everyone is 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

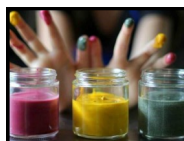
Our Early Head Start socialization events help children develop social skills, gain independence, and build self-confidence. Our sessions include opening circle time, free playtime, story time, crafts, snack and closing circle. Parent Educators are always present to guide and support the group. Socialization 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.



Annabella G.



Aiden S.



Samuel D.



Cristal & Alexandra

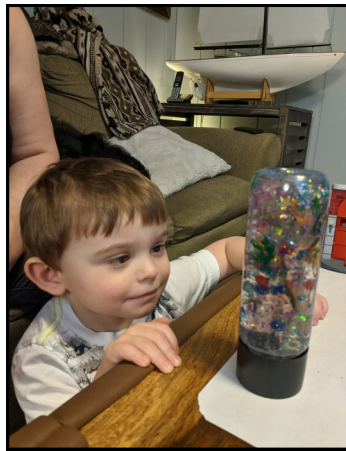


PFCS Early Head Start
929 Menoher Blvd.
Johnstown, PA 15905

Think Spring!

Sensory Bottle Activity

With Spring around the corner you and your child can make a snow globe sensory bottle and fill it with brightly colored items to help calm your baby or toddler while they learn. Items used to make the sensory bottle can be modified to stimulate every age group. The bottles can be used by turning them upside down or rolled to watch the different items fall, point out colors and shapes, or identify big and little items inside the sensory bottle. Materials needed: water bottle, water, Karo syrup, paper, beads, glitter, foil shapes, and hot glue or super glue.



To make the sensory bottle: Fill a water bottle half way with warm water; make a funnel by rolling paper and taping it in a cone shape; put beads, glitter, and foil shapes into the bottle with the funnel; fill with Karo syrup to the top; glue the top on with hot glue or super glue and shake well to mix the Karo and water together. Thanks to Owen and Rachel K.

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:

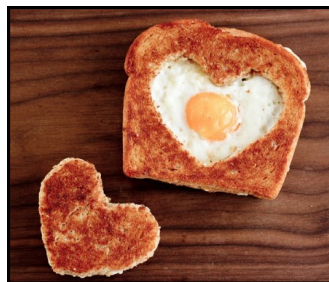
2 eggs, 2 slices of bread, 1 TBLS butter

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

Fun with Fruit Loops

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.

