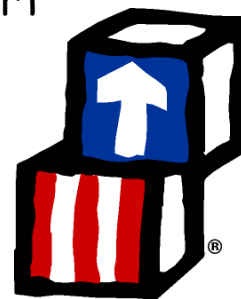




# Family Newsletter



August 2020

## Important Dates

Week of August 3: Graduation

August 21: EHS Policy Council  
Zoom Meeting, 12:00.

## August Birthdays:

Sebastian H. 8/02  
Bethany H (staff) 8/20  
Haley McClain-Frena 8/27

## August is back to school time and our twelfth year!

August 16 will be the beginning of our twelfth 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  
EHS Staff

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!



Tiana and Azalea



Amber



Samira



Annabella



Hunter



Autumn

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



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

### Egg Carton Garden/Color Sort

Materials Needed: Egg Carton, Craft Sticks, Construction Paper, Glue, Scissors, Crayons

Instructions: Flip the egg carton upside down and help your child to use different colors to color the bottom of the sections. Use scissors to poke a hole in each section. Have your child make flowers by using the construction paper/craft sticks/glue. Have your child "plant" the flowers by matching the flower to the correct color on the egg carton and pushing the craft stick into the hole.

Promotes cognitive development by sorting/matching colors, develops eye-hand coordination and fine motor skills, promotes language skills and social skills as you work together with your child while planting a garden!



Thank you  
Hunter and  
Diana!



### 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.

### 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 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!

