



Family Newsletter



September 2020

Important Dates

September 7: Office Closed

September 18: EHS Policy Council Meeting, 12:00, Zoom Meeting online. Join us for this meeting!

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.



10 Tips to a successful school year!

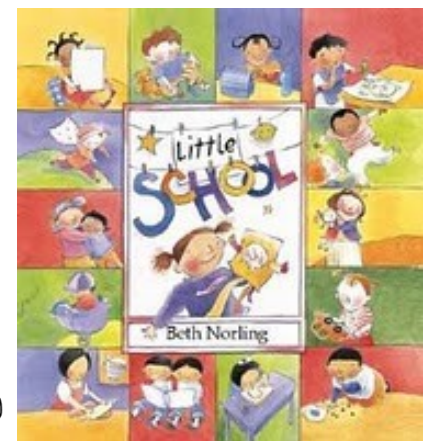
1. **If you and your child have fallen out of your bedtime routine this summer, get back into a solid routine!** A week before the first day of school is a good time frame in which to begin.
2. **Plan and shop for healthy breakfasts and lunches a week in advance.** This will save you precious time and 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

**We are in need of parents for the Policy Council.
Support your program and have your voice heard!**

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

Enhance Your Child's Fine Motor Skills

Here is a fun and simple activity that you can complete with your child. The activity focuses on the child utilizing their fine motor and problem solving skills.

Materials Needed: Chenille Pipe Cleaners, Any Cereal that has a Hole in the Middle (Fruit Loops, Cheerios, Etc) – or any items that has a circle in the middle, that your child can string the pipe cleaner through. Using cereal is a great idea, because your child can eat the snack, after completing the activity.

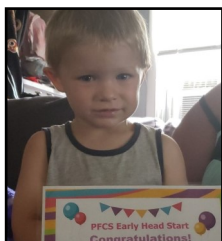
Instructions: First, give your child a chenille pipe cleaner, so that he/she may string the cereal onto the pipe cleaner. Pipe cleaners are great for children to use, because of their soft texture, and flexibility. Next, decide which snack you would your child to string onto the pipe cleaner. Finally, allow your child to use his/her problem solving and fine motor skills to string the cereal onto the pipe cleaner. This activity can be customized for any child, and for any age range. The activity is also a wonderful tool for the child to coordinate colors, by matching the colored pipe cleaner to the coordinating colored piece of cereal. The activity can also be used to encourage your child to count, as well as stack and line up the cereal into rows. Thanks to Lila and Christina for help with this activity.



Cambria County Early Head Start Completes Eleventh Year

Program year eleven has come to a close at Early Head Start. Over the last year:

- ♦ We served 99 children and pregnant moms by Early Head Start.
- ♦ the program served 15 children who had disabilities.
- ♦ Parents of children enrolled in EHS have exceeded the number of volunteer hours required by the program.



Some of our
little
graduates!
Good luck in
Head Start!

