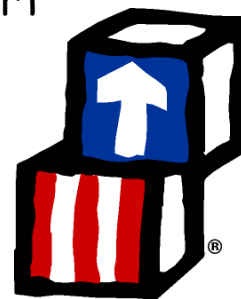




# Family Newsletter



August 2021

## Important Dates

Week of August 2: Graduation

August 20: EHS Policy Council  
Zoom Meeting, 12:00.

## August Birthdays:

Sebastian H.	8/02
Hudson K.	8/10
Molly (staff)	8/10
Kolton A.	8/14
Bethany H (staff)	8/20

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

August 16 will be the beginning of our thirteenth 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!



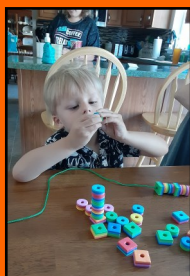
Anna



Lydia



Samira



Nate



Janelyn



Jesse

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



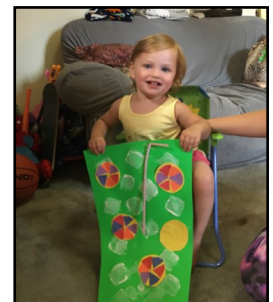
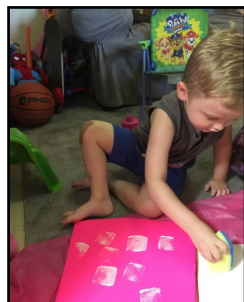
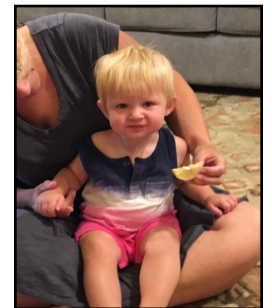
## Lemonade Time!

**Materials:** large piece of bright poster board cut in the shape of a cup, square shaped sponge (I just cut a square out of an old sponge), white paint, glue, straw, small paper triangles, yellow paper circles

**Directions:** Lemons - have your child glue the triangles to the yellow circles and then glue the circles onto the cup shaped poster board. Ice Cubes - have your child dip the square shaped sponge into the white paint and then press onto the poster board. Straw - have your child tape a straw onto the cup. This is a great activity to promote shape/color recognition and fine motor skills! To enhance the activity, you can try making lemonade! Give your child a lemon to explore. Talk about the color/texture of the lemon and ask them what they think lemons will taste like. Cut the lemon in half and let them explore a slice or half of the lemon by touching, smelling, tasting the lemon. This is a great time to talk about various tastes, senses, and textures! Then have your child squeeze the lemon into a cup - add water and a dab of sugar and have them try their homemade lemonade!



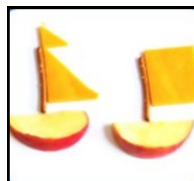
Thank you  
Sarah, Dixon  
and Jesse!  
Thank you  
Bridget,  
Brandon, and  
Acadia!



## Cheese and Apple Pirate Ships

### Ingredients

1 apple cut into 8 to 10 slices  
8-10 cheese slices cut into squares or triangles  
8 to 10 pretzel sticks  
Plate or napkin



### Directions

Put an apple slice on a plate or napkin.  
Put 1 pretzel stick above the apple for the mast of the ship. Place 1 or 2 cheese on top of or next to pretzel to make the sail.  
Chill at least 1 hour. Serve -enjoy!