



Family Newsletter



December, 2021

Important Dates

December 3: EHS Policy Council Meeting 12:00 Zoom

December 1: Socialization, 10:30 Zoom

December 17: Socialization 10:30 Zoom



From the EHS Staff: We would like to take this opportunity to thank the people that make the program a success.

First to the families, thank you for your constant support, participation and continued work that you do with your children and our staff. There have been many success stories from our families over the last year and we are very proud to be a part of seeing your families continue to grow.

Second to the Policy Council and Board of Directors, we are so grateful for all the work you do for the families we serve in our Early Head Start Program. People like you make such a difference in the lives of others.

May all of you have a blessed holiday season!



DECEMBER BIRTHDAYS

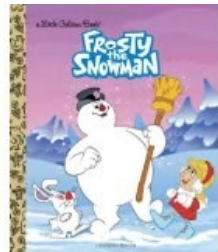
Aaleyah E.	12-03
Colson S.	12-06
Ryann J.	12-14
Harmony P.	12-15
Kim H. (Staff)	12-18
Zayden P.	12-22
Na'Sah C.	12-27
Kelly M. (Staff)	12-28
Keith G.	12-31

Frosty the Snowman

(Little Golden Book)

This book takes you on a sweet adventure of imagination through a winter wonderland!

Buy it on Amazon 3.99



Strawberry Santas

Ingredients

1 pound strawberries, 1 tsp vanilla
8 ounce cream cheese, 3-4 Tbls powdered sugar

Directions

1. Cut the hulled-side strawberries so they can stand up on a plate. Slice the tip off each strawberry to make the 'hat';
2. Beat cream cheese, sugar and vanilla in a bowl until creamy.
3. Spoon a large dollop of whipped cream on top of strawberry base for the 'face' and 'beard'. Set the 'hat' atop the 'face'. Add a dot of whipped cream, using a toothpick, on top of the 'hat' for the 'pom-pom' and 2 dots on the strawberry base for 'buttons'. Place 2 sprinkles for 'eyes'.



Happy Holidays!



In observance of the holiday season, the EHS office will be closed December 24th, 27th, and December 31st! We wish all our families a very Merry Christmas and Happy New Year!

Homemade Pancakes: Makes 10

Mix the following ingredients in a bowl:

3/4 cup flour
1/2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt

In another bowl:

Beat 1 egg then add 1 cup buttermilk.

Mix until combined. Add flour mixture just until combined.

Heat 1-2 tablespoons oil in frying pan or griddle over medium heat.

Pour 1/4 cup batter into pan. When bubbles start to show on pancakes, flip them.

Remove from pan and enjoy with syrup!



I'm a little snowman short and fat,
Here's my scarf and here's my hat.
When I see the snowfall,
Hear me shout
- All you children please come out!



PFCS Early Head Start
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Johnstown, PA 15905

Grinch Kabobs

Holiday parties filled with cookies, pies, and other treats are right around the corner. Creating fun and healthy snacks could be a great way to offset the more heavy foods we are prone to eat around this time. Using 5 items (green grapes, cut bananas or string cheese, strawberries, mini marshmallows, and toothpicks). You and your child can assemble snacks the whole family and guests will love. This activity is good to work on fine motor skills, and cognition by learning to follow a pattern. Enjoy your Holidays and time with family!

Thank you to LeeLah and Julia, Ryann and Zakia for participating in the activity.

