



Family Newsletter



February, 2022

Important Dates

February 18: 12:00; Policy Council Zoom Meeting

February 21: Office Closed, no visits

February Birthdays

Rosalie H. 2-4
Korinna B. 2-15
Cairo R. 2-21
Egypt R. 2-21
Oliver H. 2-28

Here's a Little Groundhog

Sung to: "I'm a little teapot"

Here's a little groundhog, furry and brown,
He's popping up to look around.
If he sees his shadow, down he'll go.
Then six more weeks of winter - Oh No!!

There's no such thing as a perfect parent, so just be a real one!

~Sue Atkins

Discovery Baskets

These are simply baskets of items that have a common theme. They provide an opportunity for baby to investigate, and also for conversation about items. They also allow babies to start seeing patterns and categories (math skills). Make sure items put in your baskets are safe for your child.



A Birth Certificate is Important

Sometimes it seems like it stays in your lock box or the old shoebox in the closet without use for years. Then, all of a sudden, you need it for everything! Even if you do not find yourself using it very often, it can make sense to go ahead and make sure to keep a couple of certified copies on file, just in case! After all, you may find yourself facing one of these instances where you may need a birth certificate. Courtesy of vitacheck.com

Registering for School – Many schools have a birth certificate among the requirements for registration. A birth certificate serves as a proof of identity and age. This assures that the student is actually who he or she says she is and is in the correct class based on age.

Obtaining a Driver's License – Most states require a birth certificate to prove identity and age to obtain, and in some cases renew, a driver's license. You may want to talk with someone at the department of driver services, but it never hurts to bring along the certificate as proof.

Marriage – In some states, the marriage license process may involve proving identity by providing a birth certificate. This only makes sense because the marriage license is a very important document that is used for legal purposes beyond just getting married.

Signing Up for Sports – Especially in youth sports, there is often an age requirement. This protects children from accidental injury by older kids. Since it is required, you may have to provide a proof of age, usually in the form of a certified birth certificate.

Travel – A birth certificate is one of the requirements for obtaining a passport, of course. However, it is often used in other circumstances too.

Social Security Card – If you need a new copy of your social security card, you may be asked to furnish a copy of your birth certificate as well as another proof of identity.

These are just a few of the reasons why you might need a birth certificate for yourself or family members. Please ask how to obtain one!

We are accepting applications for enrollment!
Please let your friends and family know about our program!

For the dough:

Calzones

1 pkg yeast, 1 Tbsp sugar, 1 cup warm water, 1 tsp salt,
3 Tbsp olive oil, 1 ¾ cup white flour, 1 ¼ cup whole wheat flour

For the filling:

Mozzarella cheese, Marinara sauce, Turkey pepperoni

Combine yeast, sugar and warm water and let set for 5

minutes. Mix remaining ingredients and then add yeast mixture. Let dough rise, in a warm place, for about 1-2 hours, until double in size.

Roll out a small portion of the dough at a time, cutting two equal sized hearts. Fill middle with a thin layer of marinara sauce, turkey pepperoni, and cheese and then layer the top with another heart and crimp the edges together with a fork. Set on baking tray. Bake at 400 for 10-15 minutes until lightly browned.

Serve with marinara sauce for dipping.



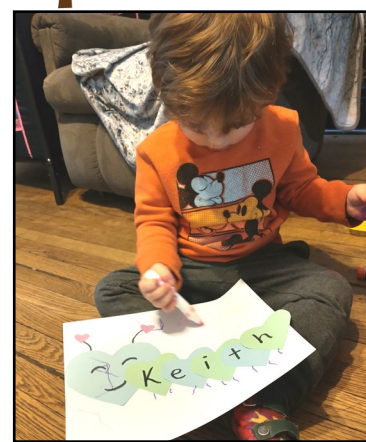


PFCS Early Head Start
929 Menoher Blvd.
Johnstown, PA 15905

Valentine caterpillar activity

This is a simple activity which can be done with heart shapes or circles. Labeling the shapes and colors and making patterns with colors all help to promote intellectual development. Writing a letter of your child's name on each heart is a fun way to personalize the craft while teaching letter and name recognition. All you need is colored paper, glue and markers. Cut out one large heart and then smaller hearts, enough for the letters in the child's name. Glue each heart on paper and then write the letters of the child's name. Your child can help scribble the glue, pat the hearts down and point while counting the hearts. Thanks Bella, Harley, Hudson, and Keith for this fun activity.

Family Fun
Corner!



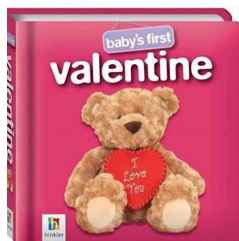
Policy Council

The EHS Policy Council is an excellent voice for families enrolled in Early Head Start. We meet monthly and discuss what is happening in your program. We would like for you to be involved.

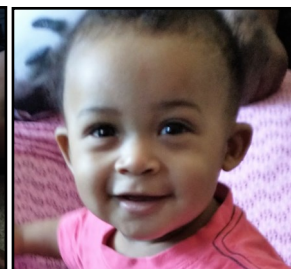


Baby's First Valentine Board Book by [Hinkler Books](#)

Bold photographs coupled with identifying words will spark object recognition and encourage language skills. Children will be delighted by the excitement Valentine's Day holds in store. Ages newborn-3. Find it on Amazon for \$5.99.



Early Head Start fun!



Robert