

# May Newsletter



May 2017



## Las Colonias Center

The children and their parents had fun celebrating Dr. Seuss's Birthday with a parade. The children had the opportunity to dress up as Dr. Seuss's characters and have the opportunity to socialize with children from other classrooms. A big Thank You shout out to the Army retiree that comes and reads to the children from Classroom 15.

Making a Fruit Kabob was one of the nutrition activities that the children experienced along with creating flower patterns with fruit and having the opportunity to taste seasonal fruit that will help the children try new fruits.

Parents had opportunities to share the Head Start experience with their children with Literary Activities keeping in the celebration of Dr. Seuss's birthday.

## Reminders

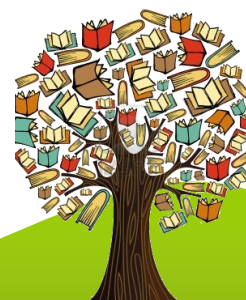
- ◇ **Last day of classes for Head Start: 05/05/17**
- ◇ **Run, Jump, Skip and Learn Activity: 05/12/17**
- ◇ **EHS continues services for children.**
- ◇ **Send your child daily to school.**

<b>Carrizo Springs</b>	<b>\$67,247.02</b>
<b>Cotulla</b>	<b>\$12,144.35</b>
<b>L.B.J.</b>	<b>\$151,864.66</b>
<b>L.C.</b>	<b>\$173,759.11</b>
<b>Pearsall</b>	<b>\$77,891.49</b>
<b>Rosita Valley</b>	<b>\$94,002.20</b>
<b>Seco Mines</b>	<b>\$98,195.06</b>

**Year to Date In-Kind Collected :**

**\$680,102.05**

**Thank you parents !**





# Las Colonias







### **Welcome Dads**

***“The family is  
the nucleus of  
civilization.”***



### **Lyndon B. Johnson Center**

The staff from LBJ would like to invite all the parents to their upcoming events in May, On May 12th the center will host a Run, Jump, Skip and Learn Physical Activity promoting physical activity to get children and parents stay active and promote physical fitness to battle childhood obesity.

End of the year Celebration will take place on May 10, 2017.

Father's got the to plant a flower garden and trees at the center and be part of Fatherhood Activities that promote male involvement. Wal-Mart was a supporter of promoting activity and Head Start.

### **Rosita Valley Center**

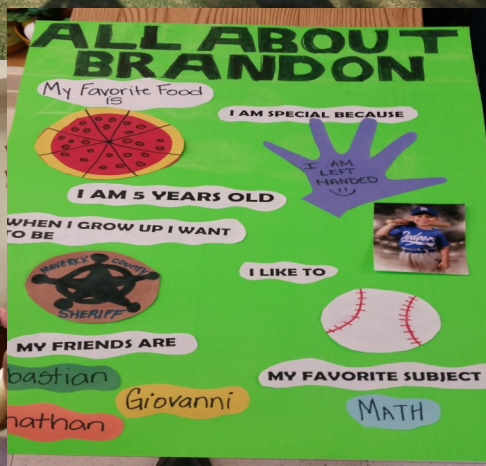
The staff and the parents are collecting bottle caps to donate towards the fight against cancer., while the families and children learn to promote recycling.

Dia del Nino was celebrated on 04/28/17 with a big Circus Theme Festival. The children and their parents had the opportunity to play and spend time together playing different games.

Parents received information on tax preparation and credits available to families with children, the presenter was an IRS representative that serves Maverick County.



# Lyndon B. Johnson





# Rosita Valley





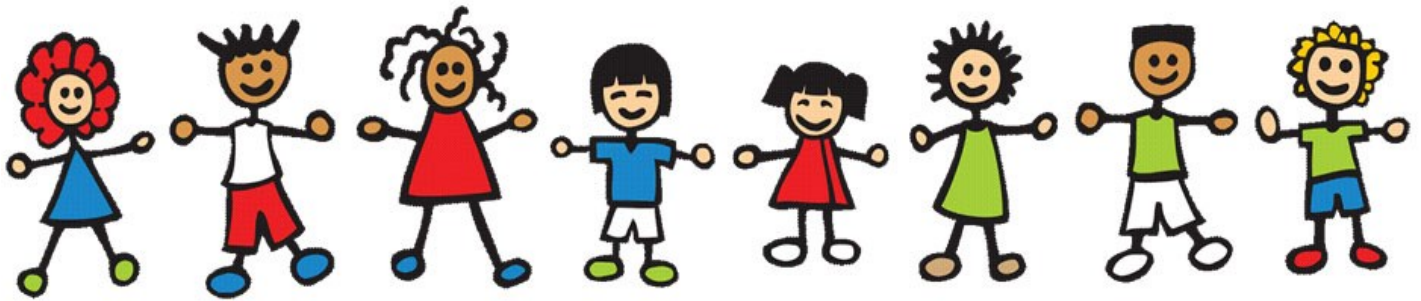


## **Carrizo Springs Center**

The children and the parents were busy participating in a Fashion Show where the parents designed alphabet costumes for their child to wear and show their peers. Friendship day was also celebrated with Mom and Dad.

Safety Practices at Home was the topic that Noel Sanchez presented to the thirty two parents who attended March parent training.

Mental Health Platicas were also held in March.



## **Pearsall Center**

Pearsall children celebrated “Week of the Young Child” with all week activities; Monday was Music Monday, Tuesday was Tasty Tuesday, Wednesday was Work Together Wednesday, Thursday was Artsy Thursday and Friday was Family Fun Day, the staff and children want to thank all who participated. Dia del Nino will be celebrated on May 5, 2017 because it was rained out on the original date.





# Carrizo Springs

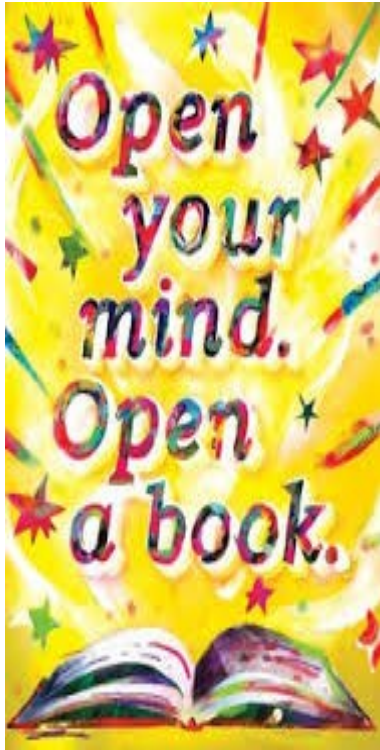




# Pearsall







## **Cotulla Center**

Week of the Young Child was celebrated by the children and parents from the Cotulla Center. The children and their parents enjoyed making mardi gras marks, hats and other crafts that were enjoyed during their Dia del Nino Celebration.

The parents had a presentation from Texas Health Steps on well child check ups and required screenings, along with Tax updates.

Staff and children from the Cotulla Center would like to invite the parents to their Run, Jump, Skip and Learn Physical Fitness Day Celebration on May 12, 2017.

## **Seco Mines Center**

The fathers from Seco Mines Center participated in a Fatherhood Activity where dads got the opportunity to decorate a t-shirt with their child to wear on Dia del Nino on 04/20/17.

The children had the opportunity to learn how to reuse, reduce waste by recycling to help keep our environment clean.

Kohl's volunteers and the children had "Move to the Beat" Activity promoting physical activity for the children and their parents.

Seventeen parents participated in the Mental Health Platicas,.





# Cotulla





# Seco Mines





# Daily Transition Tips

## Arrival/hand washing/ table toys

- Have children move their picture or name from “home” to “school” on an Arrival Chart.
- Make a feelings poster with pictures of faces showing different emotions (happy, shy, sleepy, excited, frustrated, sad, and so on). When they arrive, children place clothespins labeled with their names on the “feeling faces” that best represent their emotional state at that time.

## Large group

- Ask children to come to circle as if they were moving through peanut butter, wiggling through Jello, in a marching band, a plane flying to the airport, a car driving on a road, a bird flying to its nest, and so on.

## Center time/hand washing/snack

- Hang a chart on the wall. Children write their name under “Yes, I ate snack today” or “No, thank you, I’m not eating snack today.”
- Make a snack menu providing visual directions of what to eat (“Take two apple slices and three pieces of cheese, please”).
- Have one child wear a hard hat and inspect each center during cleanup to see if it is picked up. If it is, the child makes an X over a picture list of all the centers. If not, he recruits some helpers!

## Book time and music

- Sing the expectations of the transition: “If you’re finished cleaning up, please choose a book” (tune: “If You’re Happy and You Know It”).
- Create a basket of easily accessible (class-made, repetitive text) favorite books that work well for independent reading.

## Gross motor

- Draw pairs of different colored shapes on the end of wooden craft sticks. Give each child a stick and then call a shape. Matching pairs line up together. Collect the sticks as a ticket to the next activity.
- Tape cardboard cutouts of feet (or other shapes) on the floor to indicate where children will line up. Change these to introduce new vocabulary (ladybug, butterfly, cricket) or work on concepts (patterns, emotion faces, colors, shapes, letters).
- Use a fun, simple song to remind children about the expectations for walking in the hallway: “We’re walking in a line, . . . one in front and one behind, we’re walking in a line” (tune: “Farmer in the Dell”).

## Dismissal

- Take turns creating body patterns (for example, clap, touch head, clap, touch head).
- Hide an item in a bag and give clues to help children identify it





# Handprint and Footprint Flowers and Vase: A Mother's Day Craft



**Supplies:** colored paint for the flowers, craft paper (green, yellow and white plus a background color of your choice),  
3 green straws, Clear tape, Glue/glue dots, Paint brushes, baby wipes or damp paper towels for easy clean up.

**To make the handprints:** coat one hand with paint and have them firmly press their hand on a sheet of white paper. Chose a different color of paint and repeat.

**To make the footprints:** coat one foot with paint and have them firmly press their foot on a second sheet of white paper. Let them use a baby wipe to clean their foot. Repeat with the blue paint to make the vase and set aside paintings to dry.

**To make the decorations:** cut out leaves from the green paper and small hearts from the yellow paper. Glue the yellow hearts to one end of each straw or use glue dots for a less messy approach and set aside to dry.

**To assemble:** Once all the prints are dry carefully cut around them. Squared the top of the footprint by the toes to make it look more like the shape of a vase.  
Tape the two handprints and the not-blue footprint to a straw for the flowers. Tape the leaves to the straw right below the handprints and footprint.  
Tape the straws in a bunch to a piece of craft paper for the background.  
Tape the blue footprint on top of the straws to look like a vase holding the flowers!

*Craft courtesy of A Little Pinch of Perfect and can be found at [alittlepinchofperfect.com](http://alittlepinchofperfect.com)*





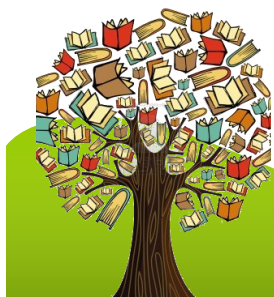
# Kids Are First, Inc. Summer Menus

## Week One

Date:	BREAKFAST	LUNCH	SNACK
MONDAY	Cold Cereal Peaches (C) ½ Sl. Toast Milk	Mac & Cheese w/Turkey Ham Green Beans (F,C) *Apple Slices (F,C) WW Elbow Pasta Milk	*Bananas (F,C) Milk
TUESDAY	Whole Grain Pancake Mandarin Oranges (C) Milk	Hamburger French Fries *Watermelon (A,C) WW Bun Milk	Carrots (A) Low fat Ranch Wheat Crackers
WEDNESDAY	Quesadilla Tropical Fruit (C) Milk	Chicken w/ Rice Lentils (F) *Mango (A,C) WW Rice Milk	Graham Crackers (F) Yogurt
THURSDAY	Biscuit & Turkey Sausage Peaches (C) Milk	Ground Beef with Fideo *Frozen Peas & Carrots (A,C) Pineapple Tidbits (C) Fideo Milk	Peanut Butter Sandwich (F) (whole wheat bread)
FRIDAY	French Toast Frozen Strawberries (C) Milk	Cheese Pizza *Spinach & Tomato (A,C) *Oranges (C) Pizza Crust Milk	String Cheese 100% Apple Juice (C)

## Week Two

Date:	BREAKFAST	LUNCH	SNACK
MONDAY	Cold Cereal Fruit Cocktail (C) ½ Sl. Toast Milk	Cheesy Spaghetti Bake w/*Turkey *Normandy Vegetables (F,C) *Apples (F,C) WW Bread Milk	*Bananas (F,C) String Cheese
TUESDAY	Toast W/Sausage Pineapple Tidbits (C) Milk	Chicken Barbecue Sandwich Oved Baked Fries *Oranges (C) WW Bun Milk	Cucumber (C) w/ranch dressing Whole Wheat Crackers
WEDNESDAY	Cream of Wheat Apricots (A,C) ½ Sl. toast Milk	Ravioli Beef Meat sauce *Mixed Vegetables (A,C) *Honey Dew (A,C) WW Bread Milk	Whole Grain Graham Crackers Milk
THURSDAY	Potato Taco Mandarin Oranges (C) Whole Wheat Flour tortilla Milk	Chicken Alfredo (egg noodle extra) *Broccoli Flowerets (A,C,F) *Apple (F,C) WW Roll Milk	Whole Grain Gold Fish Milk
FRIDAY	Boiled Egg Peaches (C) Toast Milk	Cheese Enchilada Pinto beans (F) *Cantaloupe(A,C) Milk	Whole Wheat Ritz Crackers 100% Orange Juice (C)





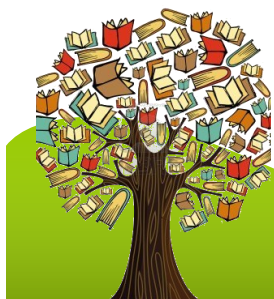
# Kids Are First, Inc. Summer Menus

## Week Three

Date:	BREAKFAST	LUNCH	SNACK
MONDAY	French Toast *Frozen Strawberries (C, F) Milk	Steak Fingers Carrots (canned) (A) *Mango (A,C) Cheese & Macaroni Milk	*Bananas (F,C) Milk
TUESDAY	Oatmeal Apricot (A) WW ½ Sl. Toast Milk	Beef & Turkey Meat Loaf Mashed Potatoes *Watermelon (A,C) Roll Milk	Peaches (C) Cottage Cheese
WEDNESDAY	Rice Krispies *Apple (F,C) WW ½ Sl. toast Milk	Chicken Burger Sweet Potato Fries *Oranges (C) WW Bun Milk	WW Graham Crackers Milk
THURSDAY	Biscuit w/ Jelly Peaches (C) Milk	Beef and Cheese Lasagna *Mixed Vegetables(A,C) *Kiwi (C) WW Bread Milk	WW Gold Fish Sliced Cheese
FRIDAY	Bean Cheese Taco (F) Mandarin Oranges (C) WW Flour Tortilla Milk	Tuna Sandwich *Cucumbers (C) *Apples (F,C) Bread Milk	Wheat Crackers 100% Apple Juice (C)

## Week Four

Date:	BREAKFAST	LUNCH	SNACK
MONDAY	Multi-Grain Cheerios *Banana (F,C) ½ Sl. toast Milk	Beef Tacos *Lettuce & Tomato (F,C) *Oranges (C) Corn Tortilla Milk	Cheese Toast 100% Orange Juice (C)
TUESDAY	Biscuit w/ Jelly Applesauce (C) Milk	Chicken Salad *Carrots (A) Apricots (A,C) WW Bread Milk	Sliced Cheese Whole Wheat Ritz Crackers
WEDNESDAY	Cream of Wheat Tropical Fruit (C) ½ Sl. Toast Milk	Ground Beef Guisado Lima Beans (F) *Apple (F,C) Corn Tortilla Milk	WW Graham Crackers Milk
THURSDAY	French Toast Peaches (C) Milk	Chicken Burger *Lettuce & Tomato (F,C) *Honey Dew (C) WW Bun Milk	Bagel w/ Cream Cheese Milk
FRIDAY	Sausage Egg Taco Pineapple Tidbits (C) WW Flour Tortilla Milk	Fish Nuggets *Frozen Peas & Carrots (A,C) *Oranges (F,C) WW Bread Milk	Yogurt *Apple (F,C)





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