



# Head Start Gazette

March 2017

## Arranging Utensils for Multiple Possibilities

Ask your child if he or she knows how to count. "Of course," they will respond. But the question is, "What are they counting?" For example, if you give your child a fork, a knife, and a spoon, it's only three objects. How many ways can she arrange them in a row? Here's where it gets interesting:

- Savvy table-setters might quickly say "Six ways": fork, knife, spoon; knife, spoon, fork; spoon, fork, knife; spoon, knife, fork; fork, spoon, knife; and knife, fork, spoon.
- Ah! But what if you allow the possibility of flipping the utensils upside

down, so the handles face away from your body? The answer is then 48.

- And if you can also flip the utensils over, so they face either way?

With all four possible orientations of each utensil, the answer is 196.

- Should your child be able to figure this entire story out, go ahead and add a salad fork to increase the complexity of



the problem. Or, generalize to  $n$  different utensils. On the other hand, if it's a little too challenging, try to solve the puzzles with only a fork and a spoon, saving the knife for another time. <http://www.pbs.org/parents/education/math/math-tips-for-parents/creative-play-math/>

## Watercolor Newspapers and Magazines



Students will first decide on a color system for their piece. This sample has mostly warm colors for the flowers and a cool color for the stripes in the background. So that the watercolor petals have time to dry, they'll start cutting them out and coloring with either watercolors or markers.

The next step is to cut our thin lines from a magazine that follows their color system.

These strips can be placed vertically or horizontally (another student decision), or

Stems and petals are positioned and glued.

And, finally the buttons become the center of the flowers! <http://kids-finelines.blogspot.com/2011/07/few-more-buttons.html>

## What does Social & Emotional Development of Preschoolers (3-5) Look Like?

Enjoys pretend play with other children  
Beginning to learn to share  
Demonstrates improved turn-taking  
Needs clear and consistent rules  
Needs to be encouraged to express their feelings with

words  
Beginning to take responsibility for actions  
Friends are more interesting than adults  
Has some abil-



ity to recognize and understand the feelings of others  
<http://dmh.mo.gov/healthykids/par->



### Sports Safety for Little Kids

Children are often exposed to many different kinds of play at an early age. But because children develop at different rates, both physically and psychologically, follow these basic safety tips to keep everyone safe and having fun.

#### Top Safety Tips

Encourage children to drink water before, during and after athletic activities or play.

Adults should be present at all times to ensure a safe playing environment and the enforcement of safety rules.

<https://www.safekids.org/safetytips/>

## 7 Deals You Should Never Make

It looks like a bargain, it sounds like a bargain, it must be a bargain—right? Not always.

**1. Don't: Opt for lower monthly payments with a five-year (or longer) car loan.** Your car is a depreciating asset—after just one year, its value will be 30 to 50 percent lower. So don't pay interest on it for any longer than you have to.  
**Do: Sign up for a car loan only if it's for 36 months or less.** If the shorter term makes the monthly payment too high, you need to shop for a less expensive car.

**2. Don't: Buy sale items on credit.** If you purchase \$350 worth of merchandise at a 15 percent discount, your bill will be \$298. But if the \$298 goes onto your credit card at 20 percent interest and you pay only the minimum due each month (usually about 3 percent), it will take you two years and \$67 in interest to pay it off.

**Do: Pay with cash or a debit card.** If you do use credit, pay off the purchase in full when the bill arrives.

**3. Don't: Get a low deductible on your auto or home insurance policy.** With a deductible of just \$250 you're more likely to file small claims in the event of an accident or loss of property. That's a quick way to get on your insurer's bad side—your premium may increase at renewal time, or your in-

surer may decline to keep you as a customer.

**Do: Raise your deductible to \$1,000.** Handle small issues out-of-pocket and save your insurance for major problems.  
**4. Don't: Let your child go to that fantastic college if it's outside your price range.** Do not deplete your retirement fund to pay for college.  
**Do: Start making the numbers work in high school (if you haven't already set aside funds in a 529 plan or other savings account).**

**5. Don't: Fall for teaser and variable rates.** Some credit card companies lure you in with a rate of 0 percent but raise it to 18 percent after the initial promotional period. Adjustable-rate mortgages that started at 2 percent or lower in 2005 have reset at much higher rates, sending thousands of people into foreclosure. And that private college loan that started at 10 percent? It could climb to 15 percent or higher if it's tied to an index that rises. The bottom line: If the interest rate isn't permanent, you could get taken for a ride.

**Do: Stick with a 30-year fixed-rate home mortgage...**

**6. Don't: Transfer balances.** A few years ago, transferring your debt to a card with lower rates



would have been a no-brainer, as many card issuers charged a maximum balance transfer

fee of \$50 to \$75. But today companies often charge a percentage of your entire balance—usually between 3 and 5 percent (and a 3 percent fee on a \$5,000 transfer is \$150).

**Do: Try to find a no-fee transfer deal**

**7. Don't: Use a debt settlement firm.** According to the National Foundation for Credit Counseling, debt settlement firms typically charge fees between 13 and 20 percent of your total debt, or a cut of the total debt reduction plus a hefty monthly fee of \$50 or more. Not to mention that many of these companies are far from squeaky-clean—several simply collect your fees without doing much at all to improve your situation, and the Federal Trade Commission has numerous cases pending against the worst offenders. Furthermore, even if you are able to negotiate a lower payment, you will likely owe federal tax on the amount forgiven (the IRS considers it income), and a settlement will hurt your credit score.

**Do: The negotiating for yourself.** If you're unable to make your payments, call your creditors.

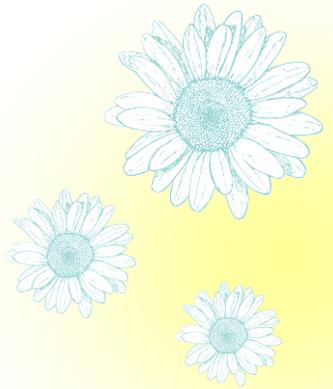
<http://www.oprah.com/omagazine/Making-Deals-Suze-Orman-Financial-Advice>

## Announcements:

Save the date: **April 21, 2016 - Raising the Bar: Parent Appreciation Luncheon.** We will be recognizing all of the parents for your participation in our program. Please be on the lookout for your individual invitation.

As we prepare for our parent appreciation luncheon, we would like for you all to **TAKE PICTURES** with your child as you complete the **HOME CONNECTIONS** and also while you do other activities together. Please turn these in to your child's teacher by **March 15, 2016.** We will be preparing a slideshow to showcase all that you have been doing.

**IN-KIND WARS** will be taking place through March. Each county will be competing to see who will accumulate the most in-kind and the winner will receive a plaque and the right to brag, of course! In-Kind can be accrued through volunteering in your child's classroom or assisting with activities for the classroom in your home. Home Connections are also a great way to accumulate in-kind; please take the time to complete these activities with your child every night.



## Transition Activity on Safety - Crossing Guard at Altamonte HS



## Common illnesses during spring season

There are some specific diseases or sicknesses that are common in certain seasons and in this article we will focus on the most common diseases during spring and how we can manage them or prevent ourselves from getting them in the first place.

1. Flu and common cold is one of the common diseases and so drinking plenty of fluids and making sure your body is well hydrated and then maintaining a healthy diet could help in warding off such diseases. Avoiding some particular foods like mutton and very cold drinks as well especially towards the end of spring could also help.

2. Cough and asthma are other conditions that are also common during this season and keeping a light health diet as well as avoiding the asthma triggering agents would really help in preventing any asthmatic attacks.

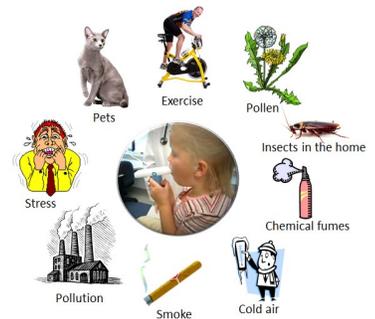
3. Throat and oral diseases. Fruits and vegetables as well some coarse food grains could go a long way as far as mitigating the incidences of such diseases is concerned.

4. Itchy skin is another condition that is common during spring. There are some foods that are rich in vitamins, e.g. vitamin (A) is known for maintaining the skin and preventing

the itchy and pruritic skin. Stay well hydrated could also help in boosting your skin integrity.

5. During spring, your body's metabolism will increase and your production of gastric juice and hydrochloric acid production in your stomach will also increase. This could lead to the formation of ulcers or relapsed to those that already had ulcers that had healed or cause perforated ulcers which are usually a complication of these stomach ulcers. So one should eat foods that are easy to digest and avoid much of fried and spicy foods. <http://www.justrec.com/common-illnesses-during-spring-season/>

<http://www.justrec.com/common-illnesses-during-spring-season/>



Asthma Triggers





## Benefits of Cabbage

### 1. Cabbage is anything but boring

Cabbage comes in many varieties, green, purple, and white. The purple cabbage contains anthocyanins, which have been proven to have anti-carcinogenic properties... meaning, it helps your body fight off cancer.

### 2. Cabbage is great for your waistline

Cabbage is very low in saturated fat and cholesterol, and is a good source of fiber.

### 3. Cabbage is a good source of foliates.

Folate is one of the essential components of DNA. Adding cabbage to your diet to help protect your baby from birth defects.

### 4. Cabbage can help keep your bones and body healthy

Cabbage is a good source of vitamin C and vitamin K. Vitamin C helps the body develop resistance against infectious agents and scavenging, harmful, pro-inflammatory free radicals.

### 5. Eating cabbage is like taking a multi-vitamin

### 6. Cabbage is in season!!

Cabbage is a cool season annual vegetable.

## Happy St Patrick's day!

**Roots of Tradition:** Saint Patrick's day is held in honor of Saint Patrick, the missionary who brought Christianity to the Irish people in the 400's AD.

**Erin Go Braugh** is perhaps the most common Irish term you will hear. It means "Ireland Forever"

**Did You Know?** Over 34 million Americans are of Irish descent. That's almost nine times the population of Ireland!



## National Corned Beef and Cabbage Day

**Date When Celebrated:** Always March 17

**If it is Saint Patrick's Day, then it must certainly also be *National Corned Beef and Cabbage Day*. This is no coincidence.**

You may be surprised to learn, that Corned Beef and Cabbage is as American as Apple pie. A traditional recipe in Ireland was salt pork or a bacon joint with cabbage and/or potatoes. Beef is not popular in cooking in Ireland, as the ancient Celtic culture considered cows to be sacred, and cows were most often used as work animals on farms. In the mid 1800's, Irish immigrants to America, found their Jewish neighbors had corned beef, which was similar in taste, but much cheaper. So, the American version of this easy to make Irish dish, became Corned Beef and Cabbage.

Recognizing that Corned Beef and Cabbage really originated in America, you may wonder if you can truly call it "Irish". Well, of course it is! It was created by Irish people. They just happened to be immigrants to the U.S...

Corned Beef is usually made from brisket or round roast, cured in seasoned brine. Corned beef and cabbage recipes are easy to make. The basic ingredients are corned beef, cabbage, potatoes and carrots, slowly stewed in water. <http://holidayinsights.com/moreholidays/March/corned-beef-cabbage-day.htm>

## Corned Beef and Cabbage

3 pounds corned beef brisket with spice packet  
10 small red potatoes  
5 carrots, peeled and cut into 3-inch pieces  
1 large head cabbage, cut into small wedges

1. Place corned beef in large pot or Dutch oven and cover with water. Add the spice packet that came with the corned beef. Cover pot and bring to a boil, then reduce to a simmer. Simmer approximately 50 minutes per pound or until tender.



Place vegetables in a bowl and cover. Add as much broth (cooking liquid

2. Add whole potatoes and carrots, and cook until the vegetables are almost tender. Add cabbage and cook for 15 more minutes. Remove meat and let rest 15 minutes.

reserved in the Dutch oven or large pot) as you want. Slice meat across the grain. <http://allrecipes.com/recipe/16310/corned-beef-and-cabbage-i/>