

Head Start Gazette

“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.”

– Edith Lovejoy Pierce



Importance of Nursery Rhymes

- Nursery rhymes are short and have a great deal of repetition. Repetition offers your growing child the opportunity to help him remember what he has just heard.
- Nursery rhymes are organized so that similar sounds jump out at you, which do not happen in every day speech. By introducing your child to patterns of sounds, your little one's brain receives the input it will need to categorize words by their internal structure.
- Nursery rhymes can also pave the way for a love of books. They introduce the idea of listening from beginning to end as the narrative develops, however they are



short, so your youngster doesn't have to sit still very long.

- There are social benefits to nursery rhymes as well. Nursery rhymes are often recited or sung as a group activity, making your child begin to feel part of a social circle helping your child connect with other children.

• Nursery rhymes link us to the past. Many adults, once they have children, will often be surprised at how many nursery rhymes they remember from their own childhood. Nursery Rhymes becoming an important link between past and present as it is passed down from generation to generation.

Ways to Keep Teeth Clean and Bright:

- Brush them every day and night
- Drink lots of water every day
- Throw the fizzy drink away.
- Brush your teeth with a soft toothbrush



Twinkle, Twinkle Little Star

Twinkle, Twinkle Little Star
How I wonder what you are.
Up above the the world so high
Like a diamond in the sky.
Twinkle, twinkle little star.
How I wonder what you are.



Star Art Sponge Painting

Materials needed:
sponges in star and moon shapes, yellow and white paint, blue paper

EXTENSION: Add a little bit of glitter to the yellow paint!

11 Ways to Save Money at the Grocery Store

1. Write a list before you go shopping (grocery store) - and stick to it.
2. Use a brutally effective coupon strategy. Use the coupons in conjunction with your grocery store flyer and shopping list.
3. Plan your meals around your grocery store's flyer.
4. Do a price comparison - and find a cheaper grocery store.
5. Avoid stress-spending.
6. Try generic brands of

- items you buy regularly.
7. Master the 10-second rule. Whenever you pick up an item and add it to your cart or to take it to the checkout, **stop for 10 seconds** and ask yourself *why* you're buying it.
 8. Invest in a deep freezer. The extra freezer space allows you to **buy in bulk** and



- pay lower prices overall. You can store lots of meals prepared in advance, enabling you to just go home and pop something homemade (and cheap) in the oven.
9. Start a garden.
 10. Buy staples in bulk.
 11. Don't overspend on hygiene products.

Saving for the Future

Learning to live within your means ensures that you control your spending – and make your money work for you. Putting just a tiny amount away each month can soon add up and make your future look far more enticing.

“It’s only after you’ve stepped outside your comfort zone that you begin to change, grow, and transform.”

– **Roy T. Bennett**

Parenting 101: Teaching Your Kids Not To Fear Change

Part of parenting is keeping our children safe and secure. Kids feel safe and secure in a predictable world. The end of a school year can often be a time of change for young kids. My son, Jacob, who is 4 1/2, has to say goodbye to a few of his friends. That can be hard for a young child to understand and comprehend. However, everything in life is changing every day, all of the time. Change is as basic a part of our reality as night as day is. If there is one thing that you can count on in life, it is the unpredictability of change. As human beings our bodies are in a constant state of change, our minds are always evolving, and our attitudes towards life are changing every minute with what we are experiencing from everything around us.

For example, something that we may have sworn to a few years ago may now be almost impossible for us to imagine ourselves being. When we look at old photographs we wouldn't imagine wearing the

same clothes as we did in the past as was shown on the photos. The things that we take for granted as absolutes, impervious to change, are, in fact, constantly doing just that.

So, in a changing world, the real question here is, how do we teach our children to handle this phenomenon called change, and how do we deal with it in our everyday life, and have our kids still feel safe and secure? Are we teaching your kids to resist change or are we teaching them that change is good and that change means growth? The child who grows to an adult accepting change as a way of living, that welcomes change as a healthy functioning person, is on the road to a very fulfilling life.

Those children who are intimidated by change and avoid new experiences because they fear failure will stay destined for a very unhappy life and will always have a reason not to go after their

dreams. It appears that it is unhappy people who most fear change and if you are raising your children to fear change, then you are raising them to be extreme neurotics who will be unable to handle the world it its ever-changing phenomena.

So how do we as parents strive to teach our children not to fear new things? Teaching our children to welcome change involves adopting new attitudes and changed behaviors in our everyday dealings with them. Teaching our child to overcome fears of change will also involve coming to grips with your rigid thinking and actions.

We all must also take a closer look at the risks involved in raising children to welcome rather than dreading the change. Learning to embrace change begins with examining our own attitudes and behavior towards the unknown for us as parents and our children. <http://www.more4kids.info/419/teaching-kids-not-to-fear-change/>

THE ONLY PERSON
YOU ARE
DESTINED
TO BECOME
IS THE PERSON YOU
DECIDE
TO BE

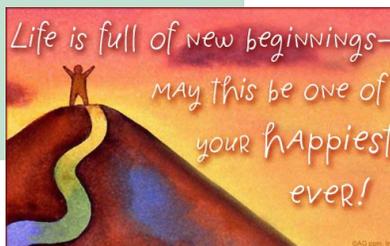
~ RALPH WALDO EMERSON ~



Announcement

Greetings parents!
 Happy New Year to you all! It is a new year and we all know that we like to begin new things and ventures. For many of you, you may be in the market for a new job. May it be due to a change of passion or you may have just completed a program. While

many factors play into obtaining a new job, it is important to have employability skills that will assist you in securing and keeping the job that you want.



The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.

Vince Lombardi



Basic Academic Skills	Higher Order Thinking Skills	Personal Qualities	
<ul style="list-style-type: none"> · Reading · Writing · Science · Math · Oral Communication 	<ul style="list-style-type: none"> · Listening · Learning · Reasoning · Thinking Creatively · Decisions Making · Problem Solving 	<ul style="list-style-type: none"> · Responsible · Self Confidence · Self Control · Social Skills · Honest · Have Integrity · Adaptable and Flexible 	<ul style="list-style-type: none"> · Team Spirit · Punctual and Efficient · Self Directed · Good Work Attitude · Well Groomed · Cooperative · Self Motivated · Self Management

"Setting goals is the first step in turning the invisible into the visible."

- Anthony Robbins

Thyroid Disease Awareness

A woman with untreated hypothyroidism is at the greatest risk for a miscarriage during her first trimester. Unless the case is mild, women with untreated hyperthyroidism are also at risk for miscarriage.

Awareness Color: Teal, Pink, and Blue



The thyroid gland is located on the front part of the neck below the thyroid cartilage (Adam's apple). The gland produces thyroid hormones, which regulate metabolic rate (how fast calories are consumed

to produce energy). Thyroid hormones are important in regulating body energy, body temperature, the

body's use of other hormones and vitamins, and the growth and maturation of body tissues.

Diseases of the thyroid

gland can result in either production of too much (overactive thyroid disease or hyperthyroidism), too little (underactive thyroid disease or hypothyroidism) thyroid hormone, thyroid nodules, and/or goiter. Thyroid problems are much more common in women than in men. <http://www.awarenessdepot.com/bycausetype-thyroiddisease.html>

Kale

Kale is a super food with staying power.

The dark, leafy green has been on dinner plates since Roman times and has long been common across much of Europe. The vegetable hails from the cabbage family, which also includes broccoli, cauliflower, and collards. Kale is more popular than ever, and it's packed with vitamins and minerals.

The Benefits of Kale

At just 33 calories, one cup of raw kale has:

- Nearly 3 grams of protein

- 2.5 grams of fiber (which helps manage blood sugar and makes you feel full)

- Vitamins A, C, and K

- Folate, a B vitamin that's key for brain development

- Alpha-linolenic acid, an omega-3 fatty acid. (While kale has far less omega-3 than fish, it is another way to get some of this healthy fat into your diet.

Lutein and zeaxanthin, nutrients that give kale its deep, dark green coloring and protect against macular degeneration and cataracts Minerals including phosphorus, potassium, calcium, and zinc

Types of Kale

Kale can be curly, flat, or even have a bluish tint mixed in with the green. The flavors differ, so try them all.

<http://www.webmd.com/food-recipes/kale-nutrition-and-cooking#1>



Work, Work, Work

"The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work." - Oprah Winfrey

How to Cook Kale

Add kale to pasta sauce, smoothies, or soup. Or try one of these methods:



Saute it: A splash of olive oil and a little onion or garlic are all this veggie needs, and it cooks up in minutes. The leaf is tougher than spinach leaves, so it won't wilt as quickly in the pan.

Make a kale Caesar salad: You can eat kale raw in a salad. The leaves can stand up

to heavy dressings. Kale Caesar salads have popped up on many restaurant menus. You can whip up a homemade mustard-based dressing that has all the thick-

ness of Caesar but fewer calories.

Bake kale chips: Bake kale in the oven with just a little olive oil drizzled over lightly salted leaves. Store-bought kale chips can sometimes be deep-fried or come with a coating of cheese, so check labels to make sure you're not reaching for a high-calorie snack.

<http://www.webmd.com/food-recipes/kale-nutrition-and-cooking#1>

Easy Vegetable Smoothie with Kale

In a food processor put:

3 - 4 big leaves bunches of fresh kale or two+ servings of frozen kale (I

measure by weight)

6 - 8 baby carrots
1 Baby yogurt - vanilla always works
1 ripe banana

Defrosted berries & green beans

Blend for a few minutes until smooth, scraping down the sides once or twice. Pour into lidded straw cups and hand over to your toddler!

