



FEBRUARY

Head Start Herald



Winter is here and we've experienced our first round of snow! It's been a joy to hear and see how our little ones are amazed by the snow that's still lingering around. We also know that winter means it is cold outside! This may prevent families from enjoying the outdoors but it does not mean that the family bonding has to end!

This time of year is a wonderful opportunity to introduce your child to the beauty and culture of their family unit. Children feel good about themselves and their families when they know about and celebrate their culture! Culture is the way of life of a group of people and includes things like language, food, music, stories, and holidays. A few ways to bond as a family, celebrate the beauty of your culture and family unit, and still have fun indoors can include:

Reading! Books are a great way to learn about family and culture

Food is a great way to celebrate family bonding and culture! You can have your little ones help you in the kitchen, try out a new recipe, or simply enjoy a meal together

Music-Winter is a GREAT opportunity for a dance party! Throw on your favorite songs and get those Winter Wiggles out.

Play! This can include building blocks, completing puzzles, or completing an art project.

Family bonding and children learning about their culture support their social-emotional development. Healthy social-emotional development can lead to good communication and interpersonal skills, being able to solve problems, and being confident and motivated. For more information about social-emotional development and activities for your family, feel free to visit Sesame Workshop: <https://sesameworkshop.org/>.

As we are in the season of Inclement Weather, please note that we will always monitor weather conditions and share updates as we receive them. Please ensure that your family's contact information is up to date. You are free to contact our office to provide any updates. Also, please be sure to use our wonderful communication tool: Talking Points! Our program uses Talking Points to communicate information to our families and it is also a great way to connect with your child's teacher.



We are thrilled to be able to support the development of our students and as always, THANK YOU for gifting us with the opportunity to serve your family!

Tanya Coles,
Head Start Director



Important Dates and INFORMATION

Day	Date	Time	Event
Monday-Friday	February 3-7	--	Health and Wellness Week
Monday	February 17	--	Presidents Day: School Closed
Tuesday	February 18	--	100th day of school
Wednesday	February 19	10:00 am	Policy Council @ GYC or 
Monday	February 24	--	Parent Conferences Begin
Wednesday	February 26	9:00 am	Make Up Pic Day: GYC
Thursday	February 27	9:00 am	Make Up Pic Day: BM
Friday	February 28	9:00am	Make Up Pic Day: YKT



****Facebook****

Like us on Facebook and keep up-to-date on all events and school closures.
<https://www.facebook.com/YorkCountyVirginiaHeadStart>



FAMILY SUPPORT SERVICES



Family Conversation Starters

10 Conversation Starters for Families + Kids

01

If you could only choose one activity to do every day what would it be?

06

What is something new you would like to learn or become better at?

02

What is the most recent thing that made you laugh super hard?

07

What is your best vacation memory so far?

03

Name the best thing that happened to you today.

08

If you could only watch only one movie over and over again what would it be and why?

04

Who is your best friend and why?

09

Would you prefer our next family vacation be somewhere hot or somewhere cold?

05

If you could invite anyone over to dinner tonight (famous or not) who would it be?

10

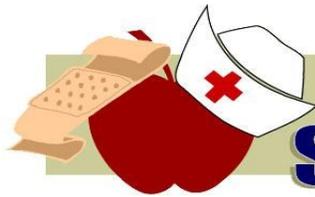
What do you find the most challenging about school and/or a special activity you enjoy?

www.fortheloveofsimple.com

Thank you,

York County Family Services

Please bring your child's backpack to school every day and ensure that you check it every morning and evening. For safety and security, children are only allowed to bring clear backpacks to school provided by Head Start. No toys, food, medication, or other items should be brought to school in your child's backpack.



Health Services

February 9th is National Pizza Day

For a healthier pizza try:

Tortilla Pizza

Ingredients

4 whole wheat tortillas	1/2 c tomato sauce
1 c mozzarella cheese (shredded)	1/2 bell pepper (chopped)
1/2 c broccoli (chopped)	1/2 t garlic powder
1/2 t Italian seasoning	

Instructions

1. Preheat the oven to 400 F. While the oven heats up, spread 4 tortillas onto a cookie sheet.
2. Using a spoon, divide the sauce onto the 4 tortillas, and spread it around, leaving about ¼ of an inch around the edges of the tortilla.
3. Place your vegetable toppings onto each pizza. Letting kids decide on their own toppings can be a fun family dinner idea! Place the cheese on top of the veggie toppings.
4. Sprinkle the seasonings over each pizza. Place in the oven for about 5-7 minutes, or until golden brown. Enjoy!

You can try different toppings, like pineapple, spinach, zucchini, or onions. For veggies that your child doesn't like the texture, try chopping them up. You're only limited by your imagination!

<https://wicworks.fns.usda.gov/recipe/tortilla-pizza>

REMINDER

Please call 890-3888 to discuss your child's health status before coming to school, if your child or anyone in your household has been diagnosed with or exposed to RSV, COVID-19, or another communicable disease. We want to do all that we can to continue to protect Head Start's children and staff. It is a confidential matter but it is our reality. We cannot protect your child, other children, and our dedicated team if we are not aware. We ask that you please make us aware so that we can problem-solve together. It is the only way that we can limit the spread of viruses that are spreading in our community. Thank you for your cooperation.