

Parent Meeting

January 17th at 5:30

Pizza and game night.

We will meet at the center and have pizza and learn a new game that families can play together when it's too cold outside.



Health & Wellness

Let's keep our class healthy in the New Year! Don't forget to send the appropriate clothing and outdoor wear for your children! Please also remember to keep your kiddos home when they are sick to prevent the spread of germs and sickness! 😊

**Families Engagement to Peers & Community*

Lander HEAD START



January

Newsletter

*Family Well Being

Recruitment

We are currently recruiting for all centers in the region! Please help spread the word and recommend our program to family and friends! We can also always add new children to our waitlist so that they are ready to enroll in the case of an opening in our center!

Classroom Themes for January



Light & Shadow



Get Healthy for the New Year!

It's 2019! Take advantage of the new year and use these tips to boost your families health this year!

1. Make regular check-up and screening appointments for the whole family.
2. Wash your hands regularly with soap and warm water.
3. Make healthy food choices.
4. Be active! Find activities the whole family can do!
5. Get sufficient sleep!

*Family Well-Being



Center Staff

Peggy Sue Wolf 4 year
old Teacher & Center
Supervisor

Mary Wellman- 3 year
old Teacher

Leanne Miles- 4 year old
Teacher Aide

Desirae Custeau- 3 year
old Teacher Aide

Becky Shepard- Cook

Doreen Woodward-
Regional Coordinator

Dates to Remember

- **January 15:**
Martin Luther King Jr.'s
Birthday
- **January 16, 1963:**
Lander became a First Class City
- **January 29: 5:30-6:30**
Meet the teams for the 2019
Pedigree Sled Dog Race at the
Lander Bake Shop

*Families Engagement to Peers & Community

Did You Know?

WIC (Women, Infants & Children) is a program that provides many services to families in our community and all over the country.

Not only do they provide nutritious supplemental foods, but they also provide health and nutrition education and screenings, healthcare referrals and breastfeeding support! Please let us know if you would like more information! You can also contact our local WIC office at (307)

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*Family Well Being

Dino Facts

- The word dinosaur comes from the Greek language and means "terrible lizard".
- A person who studies dinosaurs is called a paleontologist.
- Some dinosaurs were carnivores and ate meat. Some were herbivores and ate plants.

Absaroka Head Start - Lander

Class Times:
Monday - Thursday
8:30 am to 12:30 pm
307-332-5559
www.abshs.org

Facebook: Absaroka Head Start - Lander



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