

## Upcoming Family Activities

- Free Swim Day  
February 2  
12-3 Lovell  
Pool

- Also take advantage of the local Sports events and Music, Speech, and Drama events in our community.

\*Families Engagement to Peers & Community

## Dress for the Weather!

*We know that kids LOVE to be independent and choose their clothes for the day. However, please make sure your child is dressed for the weather. We try to go outside every day! Hats and gloves make happier, healthier outside kids!*

\*Family Well Being

# LOVELL HEAD START



## January

## Newsletter

## 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

Gail Collins

Suzanne Dannar

Teacher & Center  
Supervisor

Holly Englert

Deb Anderson

Teacher Aide

Sandy McCollam

Cook

## Dates to Remember

- January 2: Free Swim Day

- January 7:  
Classes Resume

- January 17:  
Centsible Nutrition

## COOKER SANDY'S CORNER

### Banana Pops

1/2 Banana

Vanilla Yogurt

Graham Cracker Crumbs

Popsicle stick

--Put the popsicle stick into the banana.  
Roll in yogurt and then in cracker crumbs.

Enjoy!!

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## 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)

548 - 6591.



\*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 - Lovell

Class Times:

Monday - Thursday

8:00 to 11:30 am, 12:00 to 3:30 pm

307-548-7071

[www.abshs.org](http://www.abshs.org)

Facebook: Absaroka Head Start - Lovell



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