

## Parent Meeting

Second Parent Meeting of  
the Year

## Hot Cocoa and Movie Night!

January 17, 2019

Head Start Gym

5-6pm

# Worland HEAD START



## January Newsletter



\*Families Engagement to  
Peers & Community

### *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! 😊*

*\*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

Sydnee Jameson

Part Day Teacher & Center  
Supervisor

Ashley Rollins

Full Day Teacher

Evangelina Rodriguez,

Cynthia Fabela, Maria

Deniz

Teacher Aides

Tine Rios

Cook

Regional Coordinator

Joni Christiansen

## Dates to Remember

- **January 7, 2019:**  
**Back to School!**
- **January 17, 2019**  
**Family Fun Night/Parent Meeting 5-6pm**
- **January 31st:**  
**Part Day Student Dental Visit at Head Start**

\*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) 347-9429

\*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 - Worland

Class Times:

Monday - Thursday

8am to 12pm 3s/blended

8am to 3pm 4s

307-347-3164

www.abshs.org

Facebook: Absaroka Head Start - Worland

