

Parent Meeting

Parent meeting / Chili
Feed at the Cody Library
in the Grizzly Room

5:30 pm

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

Cody HEAD START



January

Newsletter



*Families Engagement to Peers
& Community



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

Dinosaurs



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

Courtney Hood

Teacher & Center
Supervisor

Terri Johnson

Teacher Aide

Riah Raile

Cook

Sherri Loran

Regional Coordinator

Dates to Remember

- **January 29th**
Parent Meeting / Chili Feed
- **January 21st**
NO SCHOOL

*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) 527-8580.



*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 - Cody

Class Times:
Monday - Thursday
8:30 am to 12:30 pm
307-527-6454
www.abshs.org

Facebook: Absaroka Head Start - Cody



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