

Classroom Themes for February

Mail &
Friendship

Roads, Rails &
Rivers

"Friends are the
chocolate chips in the
cookie of life"

-Unknown



"The only way to have
a friend is to be one."

-Ralph Waldo
Emerson

Lovell HEAD START



February
Newsletter

Influenza

Influenza is going around!
If you think your child is
showing symptoms of
influenza, please keep them
home from school and take
them to a doctor as soon as
possible!

Symptoms can include:

Fever, headache, chills,
muscle aches, sore throat,
nasal congestion, cough,
mild pink eye, decreased
energy, abdominal pain,
nausea, vomiting, croup,
bronchiolitis, and
pneumonia.

*Family Well-Being

Did You Know?!

ChooseMyPlate.gov has a ton of
resources to help your family build a
healthy eating style that is right for
them! Here are some of the ways your
family can build their healthy eating
style:

All food and beverage choices matter
– focus on variety, amount, and
nutrition.

Choose an eating style low in
saturated fat, sodium, and added
sugars.

Make small changes to create a
healthier eating style.

Support healthy eating for everyone.

You can visit their website to learn
more!



*Family Well-Being
*Families as Learners



When to Keep Child Home

1. Two or more
episodes of acute
vomiting within a
period of 24 hours.
2. Sore throat and
running a fever.
3. Skin infection or
rash.
4. Fever: the child has
to be fever free for
24 hours without
giving medication.
5. Diarrhea: 3 or more
episodes in last 24
hours.



Center Staff

Gail Collins

Teacher & Center
Supervisor

Suzanne Dannar

Teacher

Holly Englert

Teacher Aide

Deb Anderson

Teacher Aide

Sandy McCollam

Cook

Dates to Remember



- **February 1:**
Open House Brio and Balance LLC @ 5:30
- **February 2:**
Free Swim Day 12:00-3:00
- **February 12:**
Centsible Nutrition
- **February 22:**
Go support your favorite Basketball Team!

*Family 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!

Parents & Guardians,

Please check at home for items that may not belong to your child. With so many kiddos in our class, a lot of sharing happens and some items that don't belong to your child might make their way home with your child.

Thank you! 😊



Absaroka Head Start - Lovell



Class Times:

Monday - Thursday

8:00 am to 11:30 pm

307-548-7071

www.abshs.org

Facebook: Absaroka Head Start - Lovell

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