

Parent Meeting

The parent meeting will be fitness with your children.

It will be January 25th from 6 - 7 pm. This event is free 😊

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

Powell 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



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

Miranda

Teacher & Center
Supervisor

Janet

Lynette

Melinda

Teachers

Alysia

Ashley

Bobbie Jo

Donna

Teacher Aides

Antonia

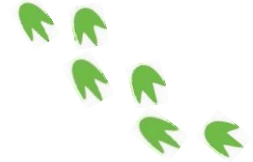
Carol

Cooks



Dates to Remember

- **January 14th :**
Part day no class. Full day has class.
- **January 18th :**
Community Event -
Multicultural Club Meeting 6
- 7 pm.
- **January 25th :**
Parent Event - Fitness Class
at Freedom Fitness 6 - 7 pm



*Families Engagement to P

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 1-866-655-4348.

*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 - Powell



Class Times:

Monday - Thursday

8:20 am to 12:30 pm - Part Day

8:05 am to 3:05 pm - Full Day

307-754-2013

www.abshs.org

Facebook: Absaroka Head Start - Powell

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