

# 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

# Powell 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



### \*In-kind\*

Please bring home  
learning logs. This will  
help us meet our goal!  
Also attending our  
family events help us  
get there as well!



## Center Staff

Miranda

Melinda

Janet

Teacher & Center  
Supervisor

Ashley

Donna

Bobbie Jo

Alysia

Lynette

Teacher Aide

Carol

Antonia

Cooks

Sherri

Regional  
Coordinator

## Dates to Remember



- **February 2<sup>nd</sup>:** Ice skating at the rec!
- **February 20th:**  
Lego club at the Powell library 3:30pm – 4:15pm
- **February 12th:**  
Valentine's and cupcakes! At the Powell library 3:30pm – 4:30pm

\*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 Powell

Monday - Thursday

307-754-2013

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

Facebook: Absaroka Head Start Powell  
Absaroka, Inc. Head start in an equal opportunity employer.