

## Parent Meeting

January 14<sup>th</sup> at the Riverton Library we will be having our Parent Meeting from 5:30 - 6:30pm. We will be having Courtney from Wells Fargo Bank coming in to talk about Financial Training.



## 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! 😊*

*\*Families Engagement to Peers & Community*

# HEAD START



## January

## Newsletter

\*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

Jen

Teacher & Center  
Supervisor

Andria & Janet  
Teacher Aide

Sheri  
Cook

Dorie  
Regional Coordinator

## Dates to Remember

### ○ January 14th:

Parent Meeting at the Riverton Library from 5:30pm - 6:30pm. We will have Courtney from Wells Fargo Bank come in and do a Financial Training with us.

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## 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)857-3199.



\*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 - Riverton

Class Times:  
Monday - Thursday  
8:00 am to 12:00 pm  
307-856-5078  
[www.abshs.org](http://www.abshs.org)

Facebook: Absaroka Head Start - Riverton



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