

## 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 Night at the Sheridan County Public Library

January 15

6:30pm



Ten minute Parent Meeting with updates from our Policy Council.



# SHERIDAN 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



## Dates to Remember



- **January 7:**  
**First Day Back to Class**
- **January 15:**  
**Parent Meeting- Sheridan  
County Library**



\*Families Engagement to Peers & Community

## Center Staff

Miss Tanya

Teacher

Miss Amy

Teacher Aide

Miss Monica

Center Supervisor

Sallie Wright

Regional Coordinator

## 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) 672-5174.



\*Family Well Being

## Remember:

**We have a Facebook page that changes frequently throughout the week. Be sure to check for pictures, videos, and other informative links. Look for us under “Absaroka Head Start – Sheridan”.**



## Absaroka Head Start – Sheridan

Class Times:  
Monday – Thursday  
8:00 am to 12:00 pm  
307-673-2637

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

Facebook: Absaroka Head Start – Sheridan



Absaroka, Inc. Head Start is an equal opportunity employer.