

# 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

# 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



### Mail and Friendship

We will be learning about  
the mail system and  
friendship this month. We will  
make mailboxes and write  
our classmates and families  
letters! Please save any  
small boxes if you have any,  
we will need 18 total.

Please try to write to your  
child at least once during  
this theme, if you need  
envelopes or paper we can  
provide that for you.

A family letter will be sent  
out once we start this theme  
with further information.



## Center Staff

Jill van Heule  
Teacher

John Martinez  
Teacher Aide

Laura Dockett  
Cook

Joni Christiansen  
Center  
Supervisor/  
Regional  
Coordinator

## Dates to Remember



- **February 8th:**  
**Family Engagement Activity: 2<sup>nd</sup> Family Art Stroll and Bake sale. Downtown Thermopolis**
- **February 15th:**  
**Father/daughter & Mother/son dance (see flyer for more information)**
- **February 18th :**  
**NO SCHOOL FOR HEAD START OR THE SCHOOL DISTRICT**

\*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 – Thermopolis



Class Times:

Monday – Thursday

8:15 am to 12:30pm

307-864-5481

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

Facebook: Absaroka Head Start – Thermopolis

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