

Classroom Themes for February

Mail &
Friendship



Roads, Rails &
Rivers

February Newsletter

Worland HEAD START

"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

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.

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!



Center Staff

Ashley Rollins

4's Teacher

Maria Deniz & Cynthia
Fabela

4's Teacher Aides

Sydnee Jameson

3's Blended Teacher & Center
Supervisor

Evangelina Rodriguez

3's Blended Teacher Aide

Tina Rios

Cook

Vanessa Ysebaert
Custodian/ Cook Aide

Joni Christiansen
Regional Coordinator

*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!

Cooking and Nutritional classes

Free cooking and nutritional classes to the public.

- Every Thursday
February 28th through
April 18th
- 1:30-3:30pm
- Washakie County Ext.
Office Meeting Room
- Contact Kristy-
347-3431
kmichae2@uwyo.edu

Dates to Remember

- CRC Playgroups / 9:15-10am / 502 N Rd. 11
 - 5th - "Who do I love?"
 - 12th - "Hearts and Feelings"
 - 19th&26th - "Zoo"
- Library Story Time / 10:30am / 1019 Coburn Ave
 - 6th - "Friends"
 - 13th - "Valentine's Day"
 - 20th - "Presidents"
 - 27th - "Indoor Planting"
- February 7th: Family Fun Night! / 1313 Big Horn Ave.
5:30-6:30pm- "Decorating Valentines Boxes"
PIZZA WILL BE SERVED
- February 28th: Cooking and Nutritional Classes / 1200 Culbertson Ave.
1:30-3:30pm
Contact Kristy to sign up
347-3431
kmichae2@uwyo.edu

*Family Engagement to Peers & Community

Worland Center

1313 Big Horn Ave. / 307-347-3164

3's Blended Classroom / 8am-12pm M-TH / 307-431-7556

4 year old classroom / 8am-3pm M-TH / 307-431-2456

www.abshs.org

Facebook- Absaroka Head Start-Worland

Absaroka, Inc. is an Equal Opportunity Employer

Parents & Guardians,

We are currently in desperate need of substitutes for our staff! If you or anyone you know may be interested, PLEASE stop in or call and talk to Sydnee Jameson.

307-347-3164

Thank you! ☺