

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

Buffalo 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



From Miss Julie:

**This week we started a new
unit on Friendship and Mail!
Students are learning about
mail and are sending letters to
each other in class.**

**We are asking that parents
write a letter to their child.
Write one at home and bring it
in or we will have materials
here at school for you use!**

**Please keep sending "winter
gear" (coats, hats, mittens &
boots) to school.**

WE GO OUTSIDE EVERYDAY!



Center Staff

Julie Kaufman
Teacher & Center
Supervisor

Mary Lou & Gina
Teacher Aide

Kelly
Cook

Sallie Wright
Regional
Coordinator

Dates to Remember



- **February 14: Valentine's Day**
Please remember, we do not celebrate Holidays in the classroom!
Celebrate at home as a family!
- **February 18:**
NO SCHOOL!
- **February Family Night at the Library!**
February 19th, 6-7:00 pm (More information to come!)

Our second round of Parent Teacher Conferences will start this month! We will schedule with you individually!

****Just a reminder, Head Start follows the school district with weather closures or delays! ****

VOLUNTEER! Please come volunteer in our room!
We would love to show you what goes on in preschool!

*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.

NEW POLICY: Please do not let your child bring their own toys to preschool, unless it is a posted show and share day!

Absaroka Head Start - Buffalo



Class Times:

Monday - Thursday

8:30 am to 3:30 pm

307-684-2873

www.abshs.org

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