

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



From the Teachers:

We hope your children have
been talking about "filling
their buckets" and have
explained our study into
how we can fill other
people's buckets and have
ours filled through kindness.
They really enjoyed this
concept and have
continued to talk about
their buckets (their feelings
and emotions) even after
we moved to the next area
of study (Light and
Shadow).



Center Staff

Miss Tanya
Teacher

Miss Amy
Teacher Aide

Miss Monica
Center Supervisor

Sallie Wright
Regional
Coordinator

Dates to Remember



- We will be announcing the Parent Activity within the next week. Please watch for signs to be posted.

**** Over the next 2 weeks, we will be talking about Mail and Friendship. We will be sending home boxes for you and your child to create a mailbox together. More information will be provided in the near future. If you have any extra “junk mail” that you’d like to share for our dramatic play area, feel free to bring it in.**

*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 be sure to check out our Facebook page. We have been working hard to update it fairly frequently. There are many photos and a few videos highlighting the fun things we do here at Sheridan Head Start.



Absaroka Head Start – Sheridan



Class Times:

Monday – Thursday

8:00 am to 12:00 pm

307-673-2637

www.abshs.org

Facebook: Absaroka Head Start – Sheridan
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