



## Worcester Community Action Council Auburn HEAD START

# March 2016 Newsletter

Spring is around the corner! Thank you to all the parents who attended the parent teacher conferences. Also, attendance last month was great. Thank you for calling when your child would be absent.

We want to encourage you to come and help in the classroom. We have had some parents come in and read, and they did an awesome job, so THANK YOU. We will be having a parent meeting this month (exact date has not been confirmed. Watch for the notices in cubbies).

Letters have been sent home regarding dentals and physicals needed. Please contact your child's doctor if they have seen them to get us the forms so we can have them on file.

Please make sure you are picking your child up on time. Pickup time is 12:30 for half day and 4pm full day. Make sure you are at the bus stop at least 5 minutes early. Sometimes the bus is early due to less children being on it, so be sure you are there in plenty of time. If a situation happens, please call Candi or MaryLou so we are aware of what is going on.

Thank you for working with us and being so cooperative.

[www.WCAC.net](http://www.WCAC.net)



# Eat Right

Food, Nutrition and Health Tips from the American Dietetic Association

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## Healthy Snacks for Kids

When a snack attack strikes, refuel with these nutrition-packed snacks.

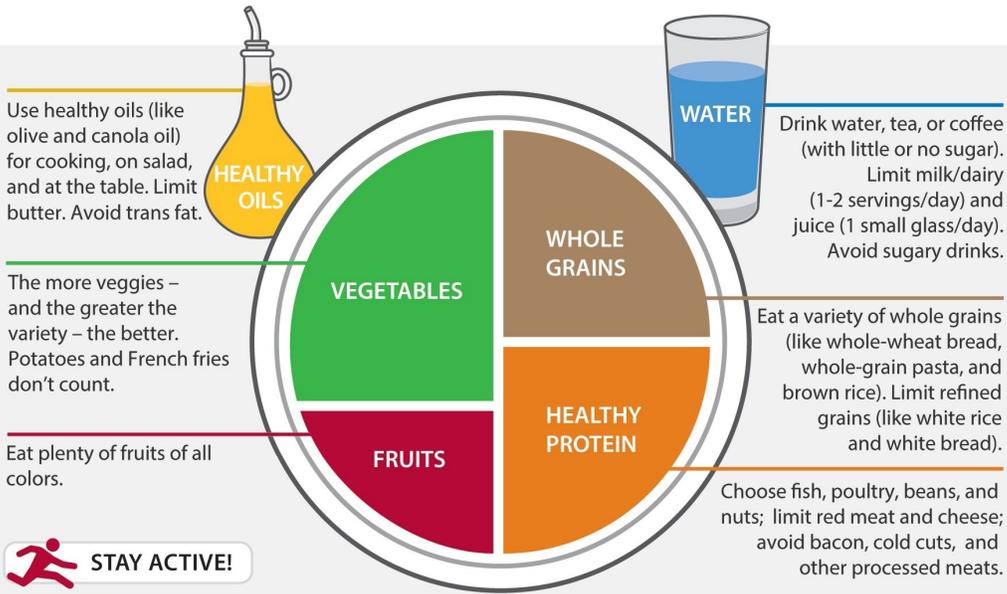
### Easy, Tasty (and Healthy) Snacks

You may need an adult to help with some of these snacks.

1. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
2. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins. Enjoy your “ants on a log.”
3. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
4. Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
5. Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
6. Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.
7. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
8. Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.
9. Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.
10. Spread peanut butter on apple slices.
11. Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
12. Make a mini-sandwich with tuna or egg salad on a dinner roll.
13. Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.
14. Toss dried cranberries and chopped walnuts in instant oatmeal.



# HEALTHY EATING PLATE



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Harvard T.H. Chan School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)



**Fats, oils, and sweets (eat sparingly)**

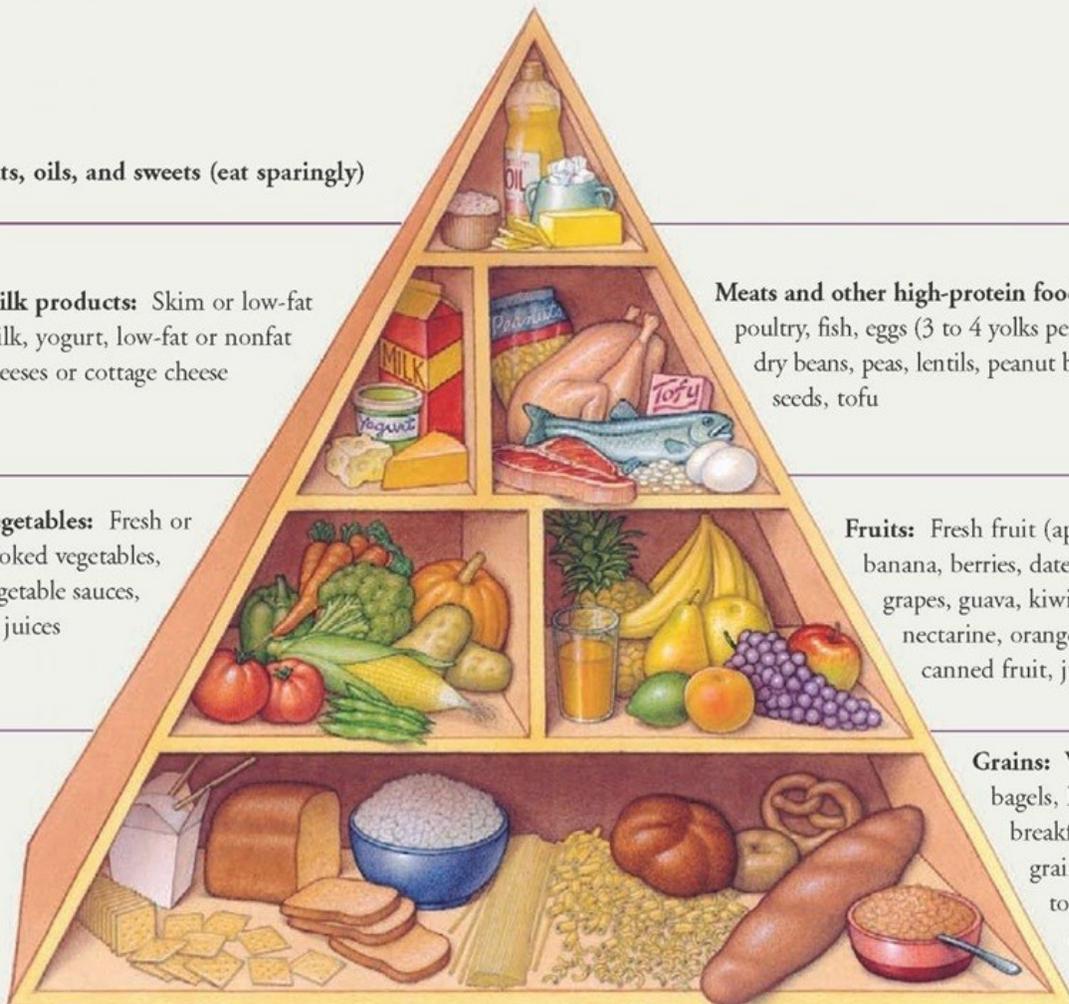
**Milk products:** Skim or low-fat milk, yogurt, low-fat or nonfat cheeses or cottage cheese

**Meats and other high-protein foods:** Lean meats, poultry, fish, eggs (3 to 4 yolks per week), cooked dry beans, peas, lentils, peanut butter, nuts, seeds, tofu

**Vegetables:** Fresh or cooked vegetables, vegetable sauces, or juices

**Fruits:** Fresh fruit (apple, apricots, banana, berries, dates, figs, grapefruit, grapes, guava, kiwi, mango, melon, nectarine, orange, pineapple), canned fruit, juices

**Grains:** Whole-grain breads, bagels, English muffins, breakfast cereals (whole-grain, cooked, or ready-to-eat), crackers, tortillas, pancakes, pasta, rice





# March is Development Disabilities Awareness Month...

As a parent, you know your child best. If your child is not meeting the milestones for his or her age, or if you think there could be a problem with the way your child plays, learns, speaks, acts, and moves talk to your child's doctor and share your concerns. Don't wait.

## Milestones Checklist

Use the milestones checklist to track your child's development. Print it out and share it with your child's doctor or nurse at the next visit.

These checklists are not a substitute for standardized, validated developmental screening tools.

## Ask About Developmental Screening

The American Academy of Pediatrics recommends that children be screened for general development using standardized, validated tools at 9, 18, and 24 or 30 months and for autism at 18 and 24 months or whenever a parent or provider has a concern. Ask your child's doctor about your child's developmental screening.

Easter Seals, through support from the CVS Caremark Charitable Trust, provides parents with FREE access to the Ages & Stages Questionnaires®, Third Edition, one of many general developmental screening tools. Be sure to share the completed questionnaire and results with your child's doctor.

## Sharing Your Concerns

For tips on sharing concerns about a child's development, click on one of the following:

### Ask For a Referral

If you or the doctor thinks there might be a delay, ask the doctor for a referral to a specialist who can do a more in-depth evaluation of your child.

Doctors your child might be referred to include:

- Developmental pediatricians. These doctors have special training in child development and children with special needs.
  - Child neurologists. These doctors work on the brain, spine, and nerves.
- Child psychologists or psychiatrists. These doctors know about the human mind.

### Get an Evaluation

At the same time as you ask the doctor for a referral to a specialist, call your state's public early childhood system to request a free evaluation to find out if your child qualifies for intervention services. This is sometimes called a *Child Find* evaluation. You do not need to wait for a doctor's referral or a medical diagnosis to make this call.





# March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Dr. Seuss's birth- day- Read Across America	3 Picture Day	4	5
6	7	8	9 Parent Café 10-12	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 No School	26
27	28	29	30	31		

**Worcester Community Action Council**

**Southbridge Head Start—25 Cole Avenue, Southbridge, MA 01550 (508)765-4738**

**Auburn Head Start—68 Central Street, Auburn, MA 01501 (774)318-0994**

**Main Office—484 Main Street, Worcester, MA 01608 (508) 754-1176**

**Call (508)765-4738 ext. 300 for Storm Announcements/Closures**