



Worcester Community Action Council Auburn HEAD START January 2016

Happy New Year! I hope everyone had a safe week off and a great holiday!

With the upcoming cold weather, please make sure your child is dressed appropriately. EEC (Early Education and Care) regulations require children to go outside and play. Please label their jackets, sweatshirts, hats, gloves so if it gets misplaced or dropped, we know who's it is. If you are in need of hats or gloves, please contact Candi or MaryLou.



WinterFest will be held on January 21 from 10-11. Please join us in our winter fest celebration. Each classroom will have a special craft for you to come in and make with your child. Come in and spend time in your child's classroom and help them make a special craft. This time spent will also help us reach our in-kind totals.

Reminders:

Please remember to call BEFORE 9 am if your child is going to be absent, late, or leaving early.

If you receive a notice from Health about your child's physical/dental, please let us know the date of the upcoming appointment.

If you are interested in volunteering, please talk to your teachers, family advocate, or site supervisor. We would love to have you!

For Storm Announcements/Closures

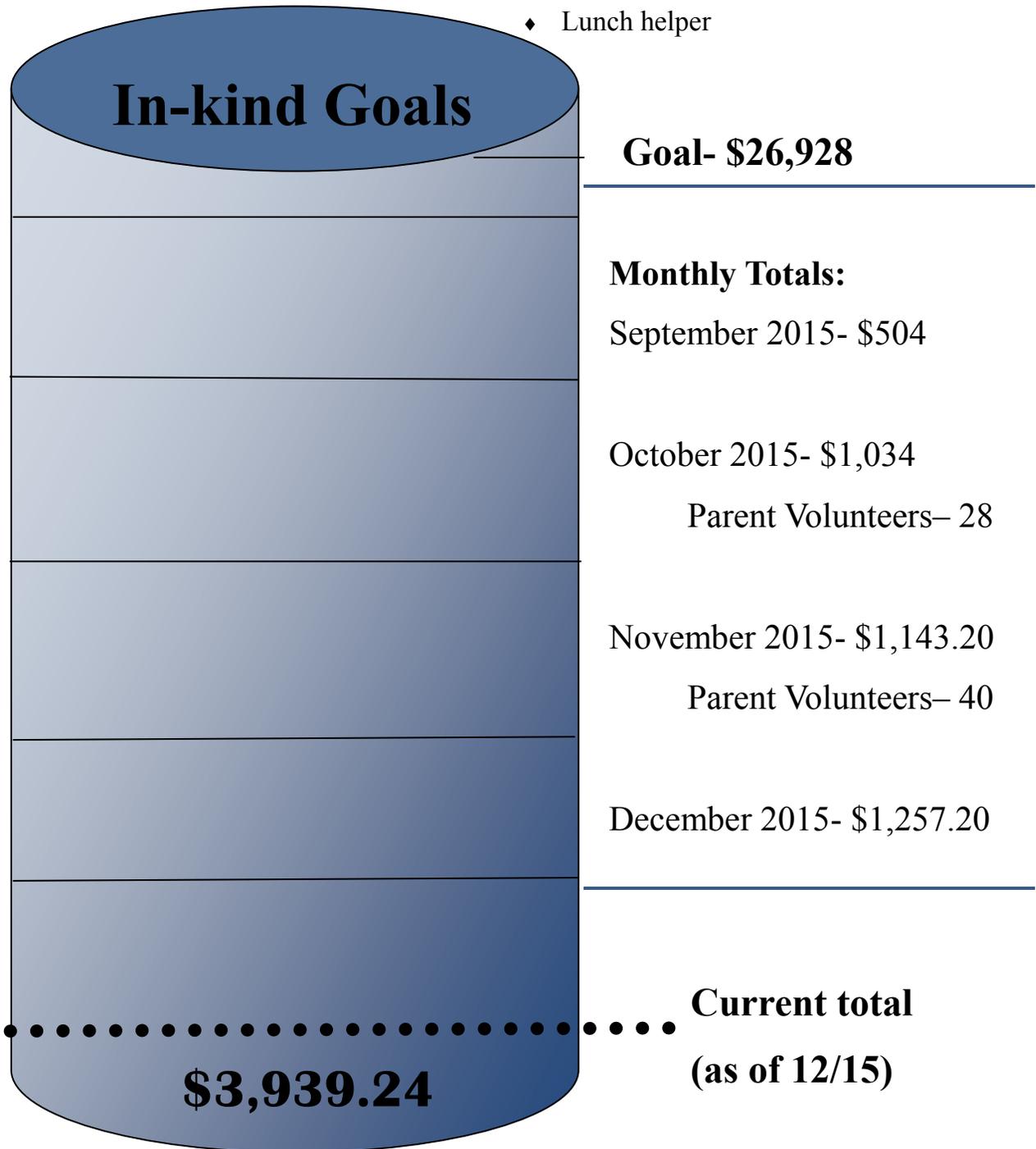
Call (508)765-4738 ext. 300

www.WCAC.net



Ways to help Head Start reach their goals:

- ◆ volunteer in the classroom (reading, crafts, cutting materials at home)
- ◆ Volunteer in the office (making copies; helping create the newsletter;)
- ◆ Parent meetings/ parent activities
- ◆ Participate in setting up /cleaning up for parent events
- ◆ Participating in homework
- ◆ Lunch helper



Snowy Day



Activities

- **Create Snow Art**

Bring some color into the outdoor fun. Deanna Garretson, a mom who blogs at [Domestic Chicky](#), recommends filling empty spray bottles or liquid dishwasher bottles with food coloring and water, then letting the kids unleash their inner artist! As Garretson says, "adding color to the snow is so much fun and really allows them the chance to be creative and do something different than the typical outdoor, snowy activities." Kids can design rainbows, flowers or self-portraits or even add color to snowmen.

- **Build a Living Room Campsite**

Kids love when their parents flip normal household routines upside down. Creating a campsite in the living room is the perfect way to take them by surprise! Turn out the lights, wear PJs, bust out the sleeping bags and sit around telling stories. If you don't have a tent, be creative and build a fort using blankets, couch cushions and pillows. Hide marshmallows, chocolate bars and graham crackers in the pantry for snow day s'mores.

- **Craft an Indoor Snowman**

You don't always have to freeze outside to build a snowman -- be creative and make one using marshmallows. Outline a snowman on construction paper and trace glue around each circle. Place mini marshmallows onto the glue. Add details with other materials from around the house. Grab scraps of felt for his hat or yarn for his scarf and color in his face with markers or dried food products. When he's dry, the kids can name and hang him up in the house. Don't have mini marshmallows? Use cotton balls for a fluffier snowman.

- **Make Magazine Mosaics**

Use old magazines in creative, artistic ways. Have kids cut out different colors from the pages into small squares. Next, sketch a design on a paper plate. Then use glue and a paint brush to make a colorful mosaic. You can make designs using different shades of one color or lots of different colors.

- **Maple Syrup Treats**

Take maple syrup and find a clean, flat patch of snow. Pour the syrup in the snow. Have fun and draw your kid's names in the snow. Wait for it to harden before picking it up and nibbling on it.

January is Birth Defect Awareness Month.

MAKING HEALTHY CHOICES TO HELP PREVENT BIRTH DEFECTS

Make a PACT for Prevention

PLAN AHEAD

- Get as healthy as you can before you get pregnant
- Get 400 micrograms (mcg) of folic acid every day



AVOID HARMFUL SUBSTANCES

- Avoid smoking
- Avoid drinking alcohol
- Be careful with harmful exposures at work and home



CHOOSE A HEALTHY LIFESTYLE

- Eat a healthy diet that includes fruits, vegetables, whole grains, low fat dairy, and lean proteins
- Be physically active
- Work to get medical conditions like diabetes under control



TALK TO YOUR HEALTHCARE PROVIDER

- Get a medical checkup
- Discuss all medications, both prescription and over-the-counter
- Talk about your family history



Making a PACT to get healthy before and during pregnancy can help you have a healthy baby.

Resources for Families/Women

CDC Preconception Health

(www.cdc.gov/preconception/index.html)

Learn what you need to know now to have a safe pregnancy and healthy baby with CDC's preconception health web portal. The website provides checklists to aid in making preconception health and reproductive life plans.

CDC Folic Acid

(www.cdc.gov/ncbddd/folicacid)

This site provides information on the importance of folic acid for the prevention of birth defects. Also featured are an online CDC folic acid publication order form, a FAQ section, folic acid fact sheets, and a quiz. A version in Spanish is also available.

U.S. Office of Women's Health - Preconception Health

(www.womenshealth.gov/pregnancy/before-you-get-pregnant/preconception-health.html)

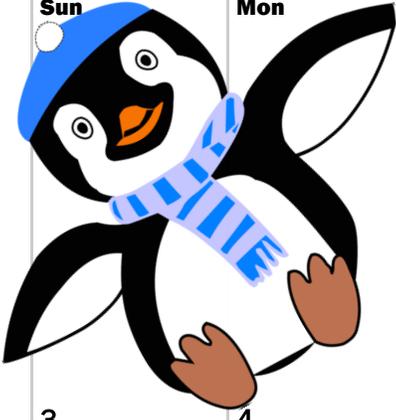
Read about why preconception health matters and how you can prepare for a healthy pregnancy. This website also provides a print-and-go guide to help you talk to your doctor.

What to Expect - Preconception

(www.whattoexpect.com/preconception/landing-page.aspx)

What to Expect provides resources to prepare you for pregnancy as well as a forum to connect with other families and moms-to-be.

January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 No school	2
3	4	5	6	7 EHS Socialization	8	9
10	11	12	13	14	15	16
17	18 No school	19 Policy Council 5pm	20	21 Winter Festival 10- 11am	22 EHS Library Visit	23
24	25	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

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