January Newsletter

Chandra Martin - Site Supervisor

Happy New Year!!! December has gone by so quickly. It's hard to believe the month has already passed us by. The weather has been so unpredictable; it's hard to know how to dress. Please keep in mind that our children need exercise and fresh air. So, as long as the temperature is above freezing, we will play outside daily. Be sure to send appropriate clothing including coats, hats, and gloves if necessary.

Without your support we could not provide the services that we do.

Ms. Chandra

Important Dates To Remember:
* Policy Council Meeting Jan. 15th
* Parent Group Meeting Jan. 16th
* No School Jan. 20th

* Please check your child's cubby daily for any notes sent home!

Michelle Carrillo - Assistant Site Supervisor/Parent Coordinator

Welcome back!! We are very excited with the opening of the two early head start classrooms. We hope everyone had a great break and is ready to come back to school. It's hard to believe we are starting a new year already! And are halfway through the school year as well. But it's exciting to see how much everyone has grown!! Let's have a great rest of the year!

Michelle Carrillo
Assistant Site Supervisor/Parent Coordinator
Patty Perry - Parent Coordinator

Happy New Year! Let's start 2020 off with the best attendance possible! Hopefully we do not have many days of icy weather or days of prolonged illness. Good attendance, along with consistency is very important at this early stage in your child's life. An attendance success plan may be needed to help you with possible strategies that can assist you in reaching your child's attendance goals in the New Year.

If your child is in need of a winter coat we have more sizes available now, so please send us a message on Facebook or stop by my office.

Our parent meeting in January will be held on Thursday the 16th.

Please start thinking about field trip ideas for the end of the year! There are limited buses and drivers, so we need to schedule our field trips as soon as possible.

This month's safety article is on "Winter Poison Prevention Safety Tips". Please read and share with loved ones.

Ms. Patty

Class B - Ms. Sara, Ms. Sara & Ms. Heather

Welcome Back Class B Families! I hope you all had a wonderful holiday and break. Please check your child's cubby to see if they have a change of clothing if they don't please provide one and make sure it is appropriate for the current weather. Your child will again be bringing home, Home time Activities. Please do the activities at home throughout the week, sign and date and return them. These are very important for multiple reasons. They help prepare your child for kindergarten and reinforce what they learn daily in the classroom. They also provide In-Kind for us which helps keep our program running. Let's work on your child's future together! We do go outside daily for one hour unless the temperature is below 30 so please make sure you send your child in appropriate outer wear. If you ever have any questions or concerns please don't hesitate to talk to me any time.

Ms. Sara Livesay
Ms. Sara & Ms. Heather

Class C - Ms. Sarah & Ms. Chloe

Welcome to the New Year! It is so hard to believe it is already January! I am so proud of all the growth that I have seen in all of the children. Thank you for your continued support with your child's education. As we return from winter break please remember to talk with your child about our classroom rules. Sometimes being away from the classroom for so long can make us all forget things. Please remember to sing your child in and out each day. Also, please check your child's cubby for weather appropriate spare clothing. I would also like to encourage you all to visit the classroom when you are able. The children would love to see new faces! You could come in to do an activity, read a book, or just play and interact. If you have any questions or concerns please do not hesitate to contact me. Thank you again for all you do!

Ms. Sarah
Class D - Ms. Tammy & Mr. Will

Welcome back families! January will be full of fun! The first two weeks we will be learning about ways to stay healthy. The final two weeks we will be learning about Nursery Rhymes. We will continue in learning a letter, number, shape and color of the week as well as daily Second Step Lessons. The weather will be changing and getting colder. Please send your child in weather-appropriate clothing. We have to go outside if the feel like temperature is 30 or higher. We also ask that you send a warm change of clothes. Please review over the sickness policy in your parent packet. We had several absences due to sickness in December so it is important to follow those guidelines to prevent the spread of illnesses. We also ask that you look over our classroom daily schedule. It is important for your child to be present and on time so they do not miss out on our primary learning times in the morning. We also want to remind parents/families that our pickup time is at 2:30 or earlier. Due to staff leaving at 2:30, we must maintain our student to teacher number ratio. We ask that you please complete the Home-Time Activities that are sent weekly. We must match the federal dollars given to us or we lose funding. It will also help your child to be better prepared for kindergarten when they have been exposed to doing daily homework. If you have any questions please feel free to contact the center. Thank you!

Let’s have a great rest of the school year! We are officially half-way through.

Mrs. Tammy & Mr. Will

Ms. Nitta Plot- Home Base

Happy New Year.............Time to start with new ideas and new friendships. As always I am open to any and all suggestions for social days and for visits with you.

I will screen your children for this New Year for height and weights and ASQ-3 for developmental areas. As usual if we find any concerns or even any delays we will address them quickly.

I hope we all have a safe and happy year with 2020. Welcome back to home base.

Ms. Nitta

January Birthdays

Class B
Rilynn Shaden

HAPPY BIRTHDAY

Class C
Emily

Class D
Malychai Lane
Warner Dayten
The BEST Tater Tot Casserole

**Ingredients**
- 1 lb. ground beef
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1 tbsp. Worcestershire sauce
- 15 oz can green beans, drained
- 10.75 oz can condensed cream of mushroom soup
- 2 cups shredded cheddar cheese
- 2 cups frozen tater tots
- Salt and pepper to taste

**Instructions**
1. Preheat oven to 375F. 2. Lightly grease an 8 or 9 in baking dish with cooking spray. Set aside. 3. Brown ground beef in a large skillet over medium-high heat. Drain excess fat. 4. Add onions to the skillet and sauté for 4 to 5 minutes until translucent. 5. Add garlic and cook, stirring frequently, for an additional minute. 6. Stir in Worcestershire sauce and season with salt and pepper to taste. 7. Transfer ground beef mixture to the prepared baking dish and spread evenly. 8. Top with cream of mushroom soup, followed by green beans, followed by cheddar cheese. Make sure to season the green bean layer. 9. Finally, top with tater tots. 10. Bake for 35 to 40 minutes or until tater tots are golden brown and cheese is melted. 11. Serve immediately :)

*We are all a little weird and life’s a little weird, and when we find someone whose weirdness is compatible with ours, we join up with them and fall in mutual weirdness and call it love.*

*Dr. Seuss*
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<td><strong>Policy Council Meeting @ 9am.</strong></td>
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<td><strong>MARTIN LUTHER KING HOLIDAY</strong></td>
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*Check your child's cubby daily for any notes sent home!
Illinois Poison Center: a program of the Illinois Health and Hospital Association

Call the Illinois Poison Center as soon as possible at 1-800-222-1222. You may be told to call your doctor, hospital or 911.

Help others leave the area, but be careful:

- Call the Illinois Poison Center for advice.
- Help others leave the area, but be careful.
- Get to a place where you can breathe fresh air.
- Leave the area and move to the fresh air.
- Open windows and doors.
- Poison in the Air:
- Open and close the eyes while rinsing.
- Rinse the eyes with water (warm) for 15 minutes.
- Remove contact lenses (if present).
- Poison in the Eye:
- Wash the skin with soap and water.
- Rinse the skin very well with water. Then have the person on them.
- Take off clothes that.
- Poison on the Skin:
- To avoid scratching, use a moist cloth.
- Poison in the Mouth:
- Do not make the person
- Swallowed or not.
- Wherever the poison was
- Call the Poison Center.
- First Aid for Poisoning

Holiday Season:

Dangerous items in the house should during the holiday season. Holiday items are the most
dangerous for children under the age of 6 months. holiday items can cause serious harm
small currents of air in the room can
often solid or melted, exposure even a
through essential oils. From these plants are
could cause stomach irritation and other
even green bell, such as pears, ceder, re

Chrysanthemum – skin rash
Christmas pepper – burning sensation
Vomiting and diarrhea
Jerusalem cherry – headache, nausea
Ribbons:
White room – nausea, vomiting
Merry Christmas Berry, holiday and
 seizues
Vomiting, diarrhea, headache, nausea
Mistletoe – nausea, vomiting, diarrhoea
Malachite and Selenite
Mists, nervousness, blood pressure change

Several holiday plants you may want to avoid having in your home and the dangers associated with them. Include:

Can be Toxic

Safety Tips
Fireplace Powders and Logs that burn

- Children’s Reeds
  - Dangerous and should be kept out of place
  - Hygienic and healthy products are very
  - Children’s Reeds
  - Hygienic and healthy products are very
  - Children’s Reeds
  - Hygienic and healthy products are very

Oil candle lamps contain

- Pressurized container
  - Spurred directly into the eye from a
  - Pressurized container
  - Spurred directly into the eye from a

Snow spray used to decorate windows,

- and shaken if ingested.
  - and shaken if ingested.
  - and shaken if ingested.

Christmas tree ornaments

- can be choking hazards.
  - can be choking hazards.
  - can be choking hazards.

Beware of Holiday Decorations

- Safe Food Preparation
  - After a meal or buffet
  - Full food away no more than two hours

- Bacteria.
  - Recomposed internal temperature kills
  - or bacteria. Cooking needs to be
  - Recomposed internal temperature kills
  - or bacteria. Cooking needs to be

- Food safety:
  - Separately cutting boards for meats.
  - Before and after preparing foods.
  - Wash counters and utensils thoroughly.

- Wash counter and utensils thoroughly.

- Of eggs.
  - Baking powder and nutrition
  - Wash counter and utensils thoroughly.

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# Southern Seven Head Start/Early Head Start
## JANUARY MENU

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<td><strong>HS/EHS STAFF RETURN</strong></td>
<td><strong>7 Servings/Food</strong></td>
<td><strong>8 Servings/Food</strong></td>
<td><strong>9 Servings/Food</strong></td>
<td><strong>10 Servings/Food</strong></td>
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<td><strong>TRAINING DAY</strong></td>
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<td>M/MA: ½ C - Scrambled Eggs</td>
<td>M/MA: Vanilla Greek Yogurt</td>
<td>M/MA: *WG Breakfast Bites</td>
<td>M/MA: ½ C - Sausage Breakfast</td>
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<td>F/V: Grape Juice; Hashbrown</td>
<td>F/V: Pears</td>
<td>F/V: Oranges Slices</td>
<td>F/V: Apple Juice</td>
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<td>G/B: ½ OZ EQ – WG Toast</td>
<td>G/B: ½ OZ EQ – WG Cheerios</td>
<td>G/B: WG Breakfast Bites (pancake wrapped *sausage)</td>
<td>G/B:</td>
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<td>Milk: ¼ C; ½ C (EHS)</td>
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<td><strong>Lunch:</strong></td>
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<td>M/MA: 1 ½ OZ – BBQ Pork or Beef</td>
<td>M/MA: 1 ½ OZ – Chicken Strips</td>
<td>M/MA: 1 ½ OZ – Chili</td>
<td>M/MA: Tacos</td>
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<td></td>
<td>Roast Sandwich</td>
<td>F: Fruit Cocktail</td>
<td>F: Diced Peaches</td>
<td>M/MA: 1 ½ OZ – Ground Beef;</td>
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<td>F: Applesauce</td>
<td>V: Peas</td>
<td>V: Carrots; Cooked Carrots (EHS)</td>
<td>Shredded Cheese</td>
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<td>V: Potato Wedges</td>
<td>G/B: Macaroni &amp; Cheese</td>
<td>G/B: ½ OZ EQ – Crackers</td>
<td>F: Mandarin Oranges</td>
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<td>G/B: ½ OZ EQ – Bun</td>
<td>Milk: ¼ C; ½ C (EHS)</td>
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<td>V: Lettuce; Tomato</td>
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<td>Milk: ¼ C; ½ C (EHS)</td>
<td>Other: 1-2 TBSP – Ketchup; BBQ Sauce</td>
<td>Other: 1-2 TBSP – Ranch Dressing; Cheese</td>
<td>G/B: ½ OZ EQ – Tortilla Chips;</td>
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<td>Other: 1-2 TSP – Ketchup</td>
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<td>Soft Tortilla (EHS)</td>
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<td>Milk: ¼ C; ½ C (EHS)</td>
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<td>Other: 1-2 TSP – Sour Cream/ Salsa</td>
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<td><strong>Snack (Serve 2 of these 4 components)</strong></td>
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<td>M/MA: Cottage Cheese</td>
<td>M/MA: ½ - Slice Cheese</td>
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<td>G/B: ½ C – Graham Crackers</td>
<td>G/B: ½ C – Crackers</td>
<td>G/B:</td>
<td>G/B: 1 – Blueberry Muffin</td>
<td>G/B: ½ C – Teddy Bear Graham</td>
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<td>Milk: ½ C</td>
<td>Milk: ½ C</td>
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<td>Other: 1-2 TSP – Cream Cheese</td>
<td>Other: 1-2 TSP – Cream Cheese</td>
<td>Other: 1-2 TSP – Ranch Dressing; Cheese</td>
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<td>Other: Yogurt Raisins (HS)</td>
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*Education Activity – Choose one for Lesson Plan

M/MA: Meat/Meat Alternate – May be served in place of the entire grains component at breakfast a maximum of three times per week.

F: Fruit – May substitute fruit with an additional serving of vegetable at lunch and supper. Serving Size Requirements: B = ¼ C (HS); ½ C (EHS); L = ¼ C (HS); ½ C (EHS); S = ½ C (HS & EHS)

V: Vegetable – When two vegetables are served, they must be two different kinds of vegetables. Serving Size Requirements: B = ¼ C (HS); ½ C (EHS); L = ¼ C (HS); ½ C (EHS); S = ½ C (HS & EHS)

G/B: Grain/Bread – At least one serving of grains per day must be whole grain (WG) rich. OZ EQ = ounce equivalents

Milk: Age 1 year – Unflavored whole milk; Ages 2-5 years – Unflavored 1% low-fat milk or unflavored fat-free milk.

Other: Additional items served but not necessary to meet pattern requirements. Offer water all throughout the day.

JanuaryMenu, 11/27/19, rm
<table>
<thead>
<tr>
<th>Day</th>
<th>Menu Item</th>
<th>Calories</th>
<th>Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Fiber (g)</th>
<th>Sugar (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Other</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>Other</td>
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</tr>
<tr>
<td>Wednesday</td>
<td>Other</td>
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<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Other</td>
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<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Other</td>
<td></td>
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<tr>
<td>Saturday</td>
<td>Other</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

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**January Menu**

Southern Seven Head Start/Easy Head Start
### Southern Seven Head Start/Early Head Start

#### JANUARY MENU

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td><strong>MARTIN LUTHER KING HOLIDAY</strong></td>
<td><strong>Servings/Food</strong></td>
<td><strong>Servings/Food</strong></td>
<td><strong>Servings/Food</strong></td>
<td><strong>Servings/Food</strong></td>
</tr>
<tr>
<td></td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td></td>
<td>M/MA: 1/3 C - Scrambled Eggs</td>
<td>M/MA: 1 - Sausage Patty</td>
<td>M/MA: 2 - Slices Turkey Bacon</td>
<td>M/MA: 1/3 C - Scrambled Eggs; 1 - Slice of Ham</td>
</tr>
<tr>
<td></td>
<td>F/V: Pears; Hashbrown</td>
<td>F/V: Strawberries</td>
<td>F/V: Apple Juice</td>
<td>F/V: Applesauce</td>
</tr>
<tr>
<td></td>
<td>G/B: 1/2 OZ EQ - WG Toast</td>
<td>G/B: 1/2 OZ EQ - WG Pancakes</td>
<td>G/B: 1/2 OZ EQ - WG French Toast Sticks</td>
<td>G/B: 1/2 OZ EQ - WG Toast</td>
</tr>
<tr>
<td></td>
<td>Milk: 1/2 C; 1/2 C (EHS)</td>
<td>Milk: 1/2 C; 1/2 C (EHS)</td>
<td>Milk: 3/4 C; 1/2 C (EHS)</td>
<td>Milk: 1/2 C; 1/2 C (EHS)</td>
</tr>
<tr>
<td>Lunch</td>
<td><strong>Servings/Food</strong></td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>M/MA: 1 1/2 OZ - Chicken Patty</td>
<td>(Serve 2 of these 4 components)</td>
<td>M/MA: 1 1/2 OZ - Ground Beef</td>
<td>M/MA: 1 1/2 OZ - Fish Stix</td>
<td>M/MA: 1 1/2 OZ - Roast Beef</td>
</tr>
<tr>
<td>F: Mandarin Oranges</td>
<td>M/MA: 1 1/2 OZ - Cheese Quesadilla</td>
<td>F: Diced Peaches</td>
<td>F: Pineapples</td>
<td>W/Gravy</td>
</tr>
<tr>
<td>V: California Blend w/Cheese Sauce</td>
<td>F: Salsa</td>
<td>V: Potato Wedges; Baked Beans</td>
<td>V: Cheesy Potatoes</td>
<td>F: Blueberries</td>
</tr>
<tr>
<td>G/B: 1/2 OZ EQ - Bun</td>
<td>G/B: 1/2 OZ EQ - Bun</td>
<td>G/B: 1/2 OZ EQ - Bread</td>
<td>G/B: 1/2 OZ EQ - Bread</td>
<td>V: Mashed Potatoes; Green Beans</td>
</tr>
<tr>
<td>Milk: 1/2 C; 1/2 C (EHS)</td>
<td>Milk: 1/2 C; 1/2 C (EHS)</td>
<td>Milk: 3/4 C; 1/2 C (EHS)</td>
<td>Milk: 3/4 C; 1/2 C (EHS)</td>
<td>G/B: 1/2 OZ EQ - Bread</td>
</tr>
</tbody>
</table>

**Snack:** Quesadilla
(Serve 2 of these 4 components)
M/MA: 1 1/2 OZ - Cheese Quesadilla
F: Salsa
G/B: 1/2 OZ EQ - Soft Tortilla
Milk: 1/2 C
Other: 1-2 TSP - Sour Cream
Place Quesadilla in warmer

<table>
<thead>
<tr>
<th>Snack</th>
<th>(Serve 2 of these 4 components)</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/MA: 1 1/2 OZ - Cheese Quesadilla</td>
<td>F: Salsa</td>
</tr>
<tr>
<td>G/B: 1 - Pumpkin Muffin</td>
<td>G/B:</td>
</tr>
<tr>
<td>Milk: 1/2 C</td>
<td>G/B: 1/2 OZ EQ - Soft Pretzel</td>
</tr>
<tr>
<td>Other: 1-2 TSP - Cream Cheese</td>
<td>Milk: 1/2 C</td>
</tr>
</tbody>
</table>

**Education Activity** - Choose one for Lesson Plan
M/MA: Meat/Meat Alternate - May be served in place of the entire grains component at breakfast a maximum of three times per week.
F: Fruit - May substitute fruit with an additional serving of vegetable at lunch and supper. Serving Size Requirements: B = 1/2 C (HS); 1/4 C (EHS); L = 1/4 C (HS); 1/8 C (EHS); S = 1/4 C (HS & EHS)
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JanuaryMenu, 11/27/19, rm
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<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dessert</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>7/16/23</td>
<td>7/18/23</td>
<td>7/20/23</td>
<td>7/22/23</td>
<td>7/24/23</td>
<td>7/26/23</td>
</tr>
<tr>
<td>Thursday</td>
<td>7/18/23</td>
<td>7/20/23</td>
<td>7/22/23</td>
<td>7/24/23</td>
<td>7/26/23</td>
<td>7/28/23</td>
</tr>
</tbody>
</table>

**January Menu**

Southern Seven Head Start/Early Head Start