Head Start is an essential part of so many families lives and we are gearing up to do in-takes for next years class list. If you know anyone who may be interested in having their child attend Head Start please let us know. They can call the office anytime to make an appointment.

Please make sure your child is dressed appropriately for the weather at all times. If the temperature is above 32 degrees we will go outside.

If there is bad weather please pay close attention to WPSD, WSIL, KFVS12. If you see Hardin County School closed then so is Head Start.

If you have any questions please feel free to call me at 618-634-0647 or 618-287-9098.

Ms. Stacy
It is already February and we are ready and looking for Spring! Just 48 more days!! (from February 1st).

We have a very busy month. Check the monthly calendar for Holidays, Parent/Teacher Conference, Friendship Party, and Teacher Training Day.

We will be continuing our study on clothing and also will learn about “My Body” (bones, muscles) “Feelings”, “Presidents” and “5 Senses”.

Continue to read and send the Literacy Shapes back for us to put on our Literacy Board. Also, send the Home Time back for us to discuss and enjoy seeing everyone’s hard work.

Perfect Attendance for January
Brycen F.
Kayson K.

February Birthday
Ryder-2-29-16

Head Start Staff
Ms. Kathy- Ms. Karen-Ms. Candi
**Slow Cooker Chili**

**Servings:** 8-10.

- 2 pounds ground beef, at least 85% lean
- 1 large onion, diced
- 2 cloves garlic, minced
- 28 ounces diced tomatoes, drained
- 28 ounces crushed tomatoes
- Salt and pepper
- 2 (16.5-ounce) cans kidney beans, drained and rinsed
- 3 tablespoons chili powder, or more to taste
- 1 tablespoon ground cumin

**Optional:**
- 2 tablespoons chopped chipotles in adobo
  (from can of chipotles in adobo sauce)

In slow cooker, combine meat and spices, gently breaking meat into clumps. Add onion, garlic and chopped chipotles (if using). Top with beans and tomatoes. Cover and cook on high for 4-5 hours or on low 6-10 hours. Remove lid and stir to distribute all ingredients and break up any large clumps of meat. Taste and add more salt, pepper or chili powder if needed. Keep warm until serving.

**Nutrition information:** 300 calories; 7.2g fat; 434mg sodium; 21.2g carbohydrates; 37g protein. Adapted from BuzzFeed.

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**Sled safely**

While the sled ride in the movie Christmas Vacation may have been funny, sledding safely is no laughing matter. Be sure your children know to dress warmly with gloves and boots and wear a helmet to prevent head injuries (bike helmets work well).

**Tips for safe sledding include:**

- Children should always be supervised by an adult.
- Avoid areas with trees, fences and light poles.
- Always go down the hill feet first.
- Know how to stop or turn the sled using your feet.
- Do not sled on a street or highway.
- NEVER ride a sled being pulled by a car, ATV or other motorized vehicle.
- Avoid hills, driveways or slopes that end in a street or pond.
- Choose hills that are snowy, not icy.
- Keep hands and feet inside the sled.

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Ms. Tena-Cook

Ms. Mindy-Office Associate/Safety Person