



# Head Start Newsletter

Happy New Year !

January 2016



## Fun Winter Crafts For Kids:

Bird Feeder: Toilet Paper Roll, Peanut Butter, Birdseed, Ribbon

HAVE FUN !!!!

## St. Johns County School District

### Dates to Remember:

- ☺ Tuesday, January 12th  
5:00 p.m.  
SouthWoods Elementary-  
Home Ownership through  
Habitat
- ☺ Monday, January 25th  
5:45 p.m.  
Head Start Policy Council  
Meeting ,Excelsior Bld.,  
102 MLK Ave.
- ☺ Thursday, January 28th  
2:30-3:30 p.m.  
Osceola Elementary  
Home Ownership through  
Habitat

# HAPPY NEW YEAR

## Martin Luther King's Birthday is January 18th Celebrate by:

**Decorate with Many Colors :** What's a birthday without decorations? Here's a great activity to do with younger children: Make the classic paper chains using black, white, red, yellow, and brown construction paper to represent the various skin tones found across our nation. Show kids the symbolism behind the craft: "Each link represents a hand, and our chain reminds us that Dr. King joined hands with people of all colors when he marched for freedom." A variation on this theme: Children can trace their own hands, then color them in using different skin-tone shaded crayons.

### Family Fun in the Sun

Take a Day Trip to:

- ♦ The beach to look for natural treasures-Free
- ♦ The Fort (Castillo De san Marco)-Free for kids
- ♦ The Pier at St. Augustine Beach-\$1.00-\$2.00 per person
- ♦ Ron Parker Park-Pope Rd.-Free

### Fun Health and Fitness for Kids Websites

- Yoga for Kids: [Yogajouneys.tv](http://Yogajouneys.tv)
- Healthy Kids: Action for healthy Kids.org
- Healthy Meals for Kids: [Eatright.org/kids](http://Eatright.org/kids)
- Dental: [Childrensdentalfunzone.com](http://Childrensdentalfunzone.com)



### Free Books for Head Start Children

Each month at the Head Start Parent Committee meetings, a new book is given to every Head Start child (or parent/guardian) who attends. This is a great way to add books to your family library for your child's enjoyment. Please come and join other Head Start parents at your school site's monthly parent