

MCAEOC

Mississippi County, Arkansas, Economic Commission



Head
Start

Here is the
NEWS



OCTOBER
2026



Mississippi County, Arkansas, Economic Opportunity Commission, INC
Head Start and Early Head Start Education Department

Website: mcaeoc.org

Parent Newsletter

October 2026

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Condado de Mississippi, Arkansas, Comisión de Oportunidades Económicas, INC
Departamento de Educación de Head Start y Early Head Start

Sitio web: mcaeoc.org

Boletín para padres

Octubre 2026

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Please scan our QR code to pre-register your child
in the MCAEOC Head Start and
Early Head Start Program



MCAEOC HEAD START

&

Early Head Start

Taking Applications

For ages eight weeks to 5 years
old.

MCAEOC HEADSTART

PLEASE PRE-APPLY NOW
APPLICATIONS ARE ONLINE- BY
PHONE OR IN-PERSON

(870)763-0882 or (870)563-5912

ITEMS YOU WILL NEED:

Birth Certificate – Shot Record – Child
Social Security Card
Proof of Income (SNAP verification, W-
2, 1040, 4 check stubs)
verification/class schedule, or Notarized
Self-declaration of no income, and or
statement from employer or
person helping with bills), Medical
insurance

Documents can be emailed or texted to

jacquelinebaker@mcaeoc.com or

rosamunoz@mcaeoc.com

Service areas:

Blytheville Luxora Manila Osceola
Joiner Leachville Jonesboro



MISSISSIPPI COUNTY, ARKANSAS, E.O.C.
EARLY CHILDHOOD EDUCATION DEPARTMENT
Early Head Start • Head Start • Arkansas Better Chance School for Success •
Operation Parenting Edge • School of 21st Century of Yale University • HIPPY • HIPPY MIECHV •
1400 N. Division Street – P.O. Box 1289 – Blytheville, AR 72316-1289
Telephone: (870) 776-1054 Fax: (870) 776-1875

Priscilla Johnson
Executive Director

Shirley Pulliam
Program Director

M E M O R A N D U M

TO: Parent and Staff

FROM: Shirley Pulliam, Program Director 

DATE: October 5, 2026

SUBJECT: School Closing for Professional Development Training



Please be advised that **all MCAEOC Head Start and Early Head Start centers will be CLOSED** on:

Thursday, October 15, 2026
Friday, October 16, 2026

 PROFESSIONAL DEVELOPMENT TRAINING

Our staff will participate in professional development training designed to strengthen their skills and support the continued delivery of high-quality services to our children and families.

 CENTERS WILL REOPEN

Monday, October 19, 2026
Regular operating hours will resume.

Sorry for any inconvenience this may cause, and as always, thank you for your understanding, cooperation, and continued support!

Mission Statement:

MCAEOC is committed to empowering children, families, and communities through supportive services and strategic partnerships.



**Ready
Rosie™**

Small
steps...
Big
learning!



Friendly Reminder



Please accept your invites
for **Ready Rosie!**

By accepting your invite, you'll get access to:

- ✓ Fun learning games
- ✓ Expert videos
- ✓ Family activities
- ✓ And so much more!



Let's
learn
together!

Your participation makes
a difference!



Ready Rosie

A Family Partnership

A FREE Learning Website for Families

ReadyRosie is a powerful learning platform that helps families support their child's learning at home.

What You Get:

- ✦ Powerful learning games
 - 🎥 Expert instructional videos
 - 💡 Meaningful everyday learning activities
 - 🕒 Quick 2-minute videos designed for busy families
-

Best of All:

100% It's completely **FREE** for families!

How to Register

- 📱 **Step 1:** Provide your mobile phone number and/or email address
- ✉️ **Step 2:** Accept the invitation you receive
- 🎉 **Step 3:** Start receiving learning content right away!

PREPARE

your child/ren to

**PASS the
LITERACY test**

by 3rd grade.

1. So, Accept the READYRosie Invitation
2. Follow the directions, **WATCH** the video with your child, follow the steps.
3. Talk, ask questions and repeat if necessary.
4. Be Attentive, as your child learn new skills!

**Remember, you are an
EDUCATOR TOO!**





MCAEOC



HEADSTART

HOURS OF OPERATION



NEW

NEW HOURS OF OPERATION
FOR CHILDREN'S



ARRIVAL **8:00**AM



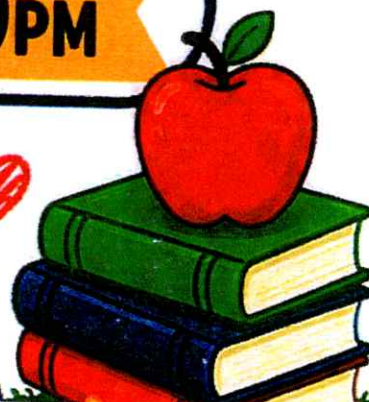
DEPARTURE **3:00**PM



8:00AM UNTIL **3:00**PM



HOPE YOU HAVE
A GREAT YEAR!



ATTENDANCE MATTERS

Missing a day of school here and there may not seem like much, but absences add up!

When a student misses **2** days a month..

They will miss 20 DAYS a year.

They will miss 30 HOURS of math over the school year.

They will miss 60 HOURS of reading & writing over the school year.

They will miss over 1 YEAR of school by graduation.

When a student misses **4** days a month..

They will miss 40 DAYS a year.

They will miss 60 HOURS of math over the school year.

They will miss 120 HOURS of reading & writing over the school year.

They will miss over 2 YEARS of school by graduation.



October



Give your child daily opportunities to use large muscles.

WEEK 1

Collect safe toys and equipment to help your child develop large muscles.

- Provide a variety of materials:
 - hoops (hula hoops) found at discount or dollar stores
 - empty water bottles to use as bowling pins
 - bean bags, or bean socks (Make bean socks by partially filling a sock with beans and tying a knot in the sock.)
 - tricycle to steer and pedal
 - balls for throwing, catching, and bouncing (9- to 12-inch rubber balls), beach balls
 - basketball hoop at a height child can reach with a ball

WEEK 2

Let your child spend time outdoors and have the space and freedom to use large muscles.

- Have a safe outdoor place for your child to run and play; your yard or a nearby park, for example.
- Give them a variety of balls to kick.
- Hang a hula hoop from a limb so that your child can throw a ball through the hoop.

Focus on Kindergarten Readiness Indicators

Gallops, slides, hops, leaps, and skips

Steers a tricycle or other ride-on toys

Balances on a beam or stands on one leg

Catches a ball with both hands

Tosses or throws a ball

Kicks a moving ball while running

Additional Ideas

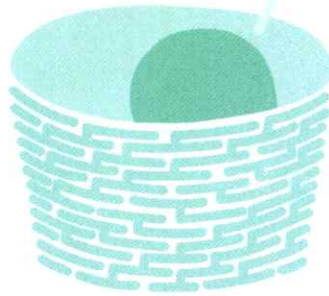
Go through your collection of music. Select the songs that encourage your child to use large muscles to march, hop, bend, and sway. Songs like Freeze Game offer a variety of skills to try, such as skipping and hopping. Try different songs to find your child's favorites. Join your child in moving to the music. YouTube and Spotify offer a variety of music to get your child moving!

- Go outdoors and encourage your child to pedal a tricycle.
- Hang a basketball hoop low enough so your child can successfully make a basket.

WEEK 3

Give your child opportunities to use large muscles indoors.

- Invite your child to toss bean bags into a basket, a hoop, or a masking tape circle on the floor.
- Put the bean bags in a small basket. Place the basket on your child's head while walking to promote balance.
- Create an obstacle course in a room with space for moving. Include a taped line to walk on, a table to crawl under, chairs to crawl through, a book to jump over, and a large box to crawl through.
- Suggest that your child moves like different animals: hop like a rabbit, slither like a snake, crawl like a bug, and fly like a bird.



SPECIAL ACTIVITY

In the "Memories of Our Year" section of the calendar, write "How I Use My Large Muscles." Take your child on a walk in the rain and encourage different movements, such as jumping over a puddle or jumping from one puddle to the next. Ask your child to hop on one leg in a puddle or to count all the puddles. Talk about what happens when your child jumps in the puddle. Take pictures of the walk and add these to your memory book.

WEEK 4

Join your child in active play.

- Play toss and catch with your child using 9- to 12-inch rubber balls.
- Set up an obstacle course and encourage your child to steer a tricycle through it. Milk jugs weighted down with sand or rocks can be used to mark the course.
- Draw a hopscotch pattern on your patio or driveway (if safe). Show your child how to hop the pattern. Let your child hop according to his or her ability. Using stones or markers to play the game is a skill for older children.
- Recall singing games from your childhood, such as the Hokey Pokey, and involve your child and other family members in playing the game.

Suggested Books to Read with Your Child

From Head to Toe by Eric Carle

Miss Mary Mack by Mary Ann Hoberman, Nadine Bernard Westcott, illustrator

Quick as a Cricket by Audrey Wood, Don Wood, illustrator

Shake My Sillies Out by Raffi, David Allender, illustrator

Skip to My Lou by Mary Ann Hoberman, Nadine Bernard Westcott, illustrator



October





Déle a su hijo oportunidades diarias para Utilice músculos grandes.

SEMANA 1

Reúna juguetes y equipos seguros para ayudar a su
El niño desarrolla músculos grandes.

a Proporcione una variedad de materiales: • aros

(hula Hoops) que se encuentran en tiendas de descuento o de dólar.

- botellas de agua vacías para usarlas como bolos
- Bolsas de frijoles o calcetines de frijoles (haga calcetines de frijoles parcialmente llenar un calcetín con frijoles y hacer un nudo en el calcetín).
- triciclo para dirigir y pedalear
- pelotas para lanzar, atrapar y rebotar (pelotas de goma de 9 a 12 pulgadas), pelotas de playa
- aro de baloncesto a una altura que el niño pueda alcanzar con una pelota

SEMANA 2

Deje que su hijo pase tiempo al aire libre y tenga el espacio y la libertad para utilizar los músculos grandes.

a Tenga un lugar seguro al aire libre para que su hijo corra y juegue; su jardín o un parque cercano, por ejemplo.

a Deles una variedad de pelotas para patear.

a Cuelgue un aro de hula de una extremidad para que su hijo pueda lanzarlo una pelota a través del aro.

Focus on Kindergarten Readiness Indicators

Galope, se desliza, salta, salta y salta

Conduce un triciclo u otros juguetes para montar

Se mantiene en equilibrio sobre una viga o se para sobre una pierna.

Atrapa una pelota con ambas manos.

Lanza o lanza una pelota

Patea una pelota en movimiento mientras corre.

Additional Ideas

Revisa tu colección de música. Selecciona las canciones que

Anime a su hijo a utilizar los músculos grandes para marchar, saltar, doblarse y balancearse.

Canciones como Freeze Game ofrecen una variedad de habilidades para probar, como saltar y saltar. Pruebe diferentes canciones para encontrar las favoritas de su hijo.

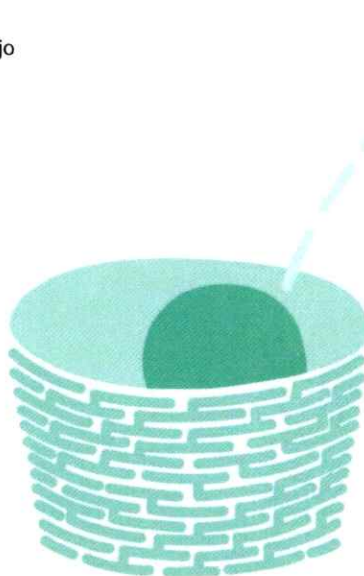
Únase a su hijo para moverse al ritmo de la música. ¡YouTube y Spotify ofrecen una variedad de música para que su hijo se mueva!

- a Salga al aire libre y anime a su hijo a pedalear en un triciclo.
- a Cuelgue un aro de baloncesto lo suficientemente bajo para que su hijo puede hacer una canasta con éxito.

SEMANA 3

Déle a su hijo oportunidades para
Utilice músculos grandes en interiores.

- a Invite a su hijo a tirar bolsitas de frijoles en una canasta, un aro o un círculo de cinta adhesiva en el suelo.
- a Coloque los pufs en una cesta pequeña. Colocar el cesta en la cabeza de su hijo mientras camina hacia promover el equilibrio.
- a Crea una carrera de obstáculos en una habitación con espacio para moverse. Incluya una línea grabada para caminar, una mesa para gatear, sillas para gatear, un libro para saltar y una caja grande para atravesar.
- a Sugiera que su hijo se mueva como diferentes animales: salte como un conejo, Deslízate como una serpiente, gatea como un insecto y vuela como un pájaro.



SPECIAL ACTIVITY

En la sección "Recuerdos de nuestro año" del calendario, escriba "Cómo uso mis músculos grandes". Lleve a su hijo a caminar bajo la lluvia y fomente diferentes movimientos, como saltar sobre un charco o saltar de un charco a otro. Pídale a su hijo que salte sobre una pierna en un charco o que cuente todos los charcos. Hable sobre lo que sucede cuando su hijo salta al charco. Tome fotografías de la caminata y agréguelas a su libro

SEMANA 4

Únase a su hijo en el juego activo.

- a Juegue a lanzar y atrapar con su hijo usando pelotas de goma de 9 a 12 pulgadas.
- a Configure una carrera de obstáculos y anime a su hijo a conducir un triciclo. a través de. Se pueden utilizar jarras de leche cargadas con arena o piedras para marcar el rumbo.
- a Dibuja un patrón de rayuela en tu patio o camino de entrada (si es seguro). Muéstrole a su hijo cómo saltar el patrón. Deje que su hijo salte según su capacidad. Usar piedras o marcadores para jugar es una habilidad para niños mayores.
- a Recuerde juegos de canto de su infancia, como el Hokey Pokey, e involucre a su hijo y a otros miembros de la familia en el juego.



Libros sugeridos para leer con su hijo

De la cabeza a los pies por Eric Carle

Señorita Mary Mack por Mary Ann Hoberman, Nadine Bernard Westcott, ilustrador

Rápido como un grillo por Audrey Wood, Don Wood, ilustrador

Shake My Sillies Out por Raffi, David Allender, ilustrador

Saltar a My Lou de Mary Ann Hoberman, Nadine Bernard Westcott, ilustrador



Octubre



Early Years

WORKING TOGETHER FOR A GREAT START

KID BITS



Comfy school clothes

Your children will be able to concentrate better in school if they're wearing comfortable clothes. For example, it's a good idea to dress in layers that are easy to take off if they get hot. If they're still learning to fasten buttons or snaps, elastic-waist pants may be best. *Tip:* Have them wear sneakers so they can run and play safely at recess.

Plan ahead for patience

When you head out with your youngster to run errands, let her carry a notebook and crayons. Then if you have to wait, encourage her to draw pictures of things she'd like to do when she gets home (ride her bike, play with action figures). She'll learn to keep herself occupied when she needs to be patient.

Wash up!

How can you motivate your child to wash his hands for the 20 seconds needed to kill germs? Have him sing the alphabet song while he scrubs. Or boost his creativity and independence by suggesting that he come up with his own 20-second idea. He might recite a tongue twister or nursery rhyme, or even make up a song to sing.

Worth quoting

"Hugs can do great amounts of good, especially for children."
Diana, Princess of Wales

Just for fun

Q: What are you guaranteed to get for your birthday?

A: A whole year older!



Success in school: A parent's role

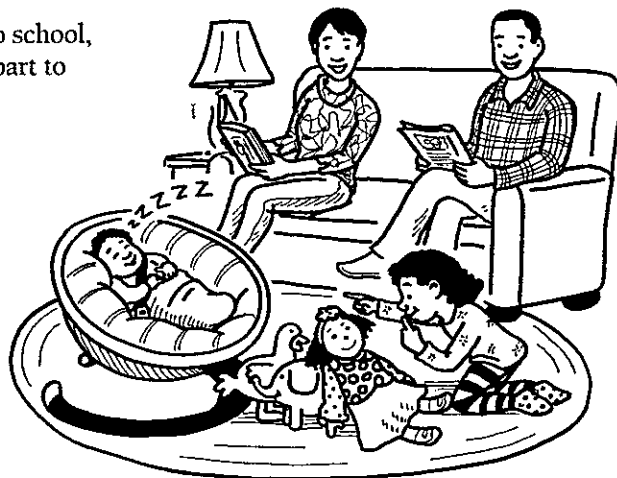
Your little one is headed to school, and you have an important part to play in her success. Here are ways to support her as she grows and learns.

Share enthusiasm

The more excited you are about school, the more excited your child will be. Each day, invite her to "teach" you something she learned. She might show you how to make "ants on a log" for a snack or name colors around the house. Whatever the lesson, be an enthusiastic "student." Your positive attitude will be contagious!

Encourage problem solving

Help your youngster think through and solve problems for herself. For instance, she may want to play a noisy game, but the baby is sleeping. Ask, "What could you do instead?" *Examples:* Play a quieter game, wait for the baby to wake up. She'll become more self-reliant and need less help at home and in class.



Be a listener

Your child gets her first lessons in listening by talking with you. During conversations, show that she has your full attention. ("Let's put away my phone so I can listen to you.") Acknowledge what she says, and ask questions to show interest. ("I love mac and cheese, too. Which vegetable goes best with it?") She'll see firsthand what a good listener does.♥

Bedtime routines that work

A peaceful bedtime routine can help your youngster fall asleep faster and get the 10–13 hours of sleep he needs to be ready to learn. Consider these tips.

- **Allow plenty of time.** Rushing through your child's routine may wind him up and make it harder for him to settle down. *Idea:* To avoid protests and delays, give him a 5- or 10-minute heads-up before starting the routine.

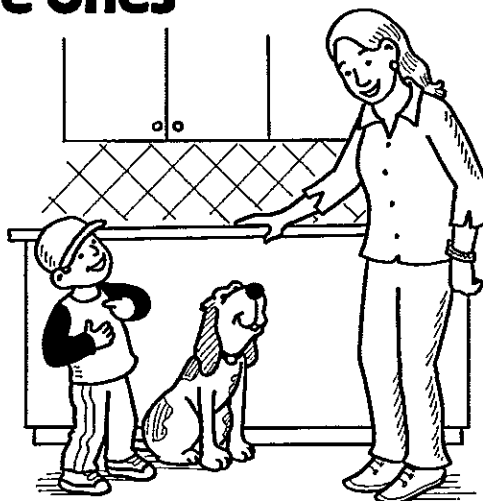
- **Set rituals.** Doing bedtime tasks in the same order creates a predictable routine that signals sleepy time. *Example:* Take a bath, put on pajamas, brush teeth, tuck in stuffed animals, listen to a bedtime story. *Idea:* Together, create a bedtime poster where you list the steps and he illustrates them.♥



Social skills for little ones

Learning to get along with other children is an important part of school success at this age. Help your youngster develop social skills he'll use all his life with these strategies.

Practice introductions. To get your child comfortable meeting new people, practice at home. He can start by introducing himself: "Hi, my name is Marcus." Then, he could add a compliment ("I like your dinosaur shirt") or share something he likes to do ("T-ball is my favorite sport. What's yours?").



Idea: Encourage him to pretend his toys are introducing themselves. ("Hello, I'm Hops-a-Lot the bunny. I like jumping games.")

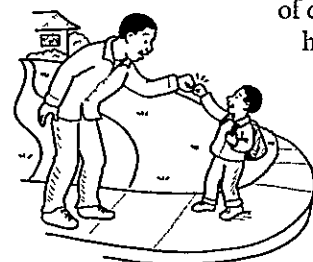
Make a friendship book. Have your little one create a "how-to" guide to friendship. Together, think of important things that friends do, like take turns and share toys. Help him write each idea on a separate sheet of paper, and let him illustrate it. For instance, he might draw himself sharing his favorite toy with a friend. Or he could illustrate friends taking turns while playing a board game. Staple the pages together, and invite him to "read" his guide to you. ♥

Q & A Happier goodbyes

Q: My son is clingy and cries when I leave him at school. What can I do?

A: While there's no overnight cure for separation anxiety, it's normal at this age and does get better with time. In the meantime, here's a way to help your child cope.

Start by giving him some control over the situation. Together, make a list of different ways he can say goodbye, and let him choose one each day. For example, does he



want fist bumps, snuggly hugs, or three kisses? Then, follow through with his choice, and try to keep your goodbyes short.

Also, remember that your son's teacher is a great resource for handling separation anxiety. Ask her to share tips that have worked for other families in the past. ♥

OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

Resources for Educators,

a division of CCH Incorporated

128 N. Royal Avenue • Front Royal, VA 22630

800-394-5052 • rfeustomer@wolterskluwer.com

www.rfeonline.com

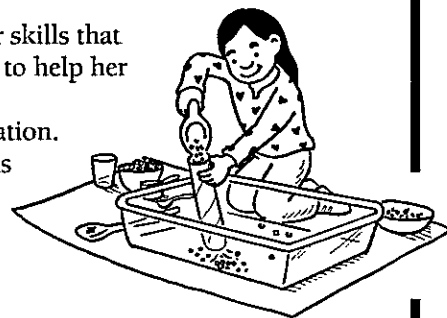
ISSN 1540-5567

ACTIVITY CORNER

Scoop up some fine motor fun

Scooping and pouring build the fine motor skills that your child needs for handwriting. Here's how to help her set up and use a "scooping station."

Get a shallow box or bin for a mess-free station. Have your youngster fill it with scooping tools (cups, spoons), small objects to scoop (beads, sprinkles), and containers to fill (bowls, pitcher). Then, suggest these five playful ideas:



1. Spoon sprinkles into a muffin tin to make colorful "muffins."
2. Prop up an empty cardboard tube against one side of the box. Scoop up popcorn kernels, and send them down the "tunnel slide."
3. Count how many scoops of dry beans will fit inside a pitcher.
4. Load up a toy truck with pebbles, and "deliver" them to different containers.
5. Scoop various objects into a bowl, and stir them together to make "soup." ♥

PARENT TO PARENT

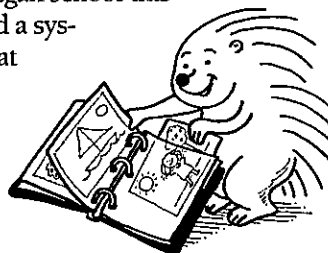
School-day memories

When my older daughter started school, I would display her schoolwork on the fridge, then store it in a bin where it was quickly forgotten. By the time my younger daughter began school this year, I had developed a system for both girls that gives them a record of their progress.

First, I gave each child a binder to decorate. As papers

come home, they decide which ones are "keepers" and put those in the binder. If a project is too big to fit, I let them take a photo of it, and they file the picture in the binder.

Once a month or so, we'll look back through their binders to see how much they're learning. Jamie was excited that she's writing her ABCs, and Sarah was proud that she's doing addition. Both girls can't wait to see how much they'll learn this year! ♥



Early Years

TRABAJANDO JUNTOS PARA UN GRAN COMIENZO

NOTAS BREVES



Ropa cómoda para el cole

Sus hijos se concentrarán mejor en el colegio si se ponen ropa cómoda. Por ejemplo, es buena idea vestirse con varias prendas superpuestas que se pueden quitar si sienten calor. Si aún están aprendiendo a abrochar botones o broches de presión, quizá sean preferibles los pantalones con cintura elástica. Consejo: Cálcenlos con zapatillas de deportes para que corran y jueguen de forma segura durante el recreo.

Planeen la paciencia

Cuando salga a hacer mandados con su hija, dígame que se lleve un cuaderno y crayones. Luego, si tienen que esperar, animela a que dibuje lo que le gustaría hacer cuando vuelva a casa (montar en bici, jugar con muñecos de acción). Aprenderá a entretenerse sola cuando tenga que ser paciente.

¡Lávate!

¿Cómo puede motivar a su hijo a que se lave las manos los 20 segundos necesarios para matar los gérmenes? Dígame que cante la canción del abecedario mientras se las frota. O bien estimule su creatividad y su independencia sugiriéndole que piense en una idea propia para 20 segundos. Podría recitar un trabalenguas o un poema infantil, e incluso inventarse una canción.

Vale la pena citar

"Los abrazos pueden hacer mucho bien, en especial a los niños".

Diana, Princess of Wales

Simplemente cómico

P: ¿Qué recibirás con toda seguridad en tu cumpleaños?

R: ¡Un año más de edad!



Éxito en la escuela: El papel de los padres

Su pequeña va a la escuela y el papel que ustedes desempeñan es importante para su éxito en los estudios. He aquí formas de apoyarla mientras crece y aprende.

Compartan el entusiasmo

Cuando más se ilusionen por el colegio, más se ilusionará su hija. Invítenla cada día a que les "enseñe" algo que ha aprendido. Podría enseñarles a hacer "hormigas en un tronco" para la merienda o decir el nombre de los colores que vea en casa. Sea cual sea la lección, sean "estudiantes" entusiastas. ¡Su actitud positiva se le contagiará a ella!

Estimulen la resolución de problemas

Ayuden a su hija a que reflexione sobre los problemas y los resuelva sola. Por ejemplo, quiere jugar a un juego ruidoso pero el bebé está durmiendo. Pregúntenle: "¿Qué otra cosa podrías hacer?" Ejemplos: Jugar a un juego más silencioso, esperar a que el bebé se despierte. Ella aprenderá a



ser más resuelta y necesitará menos ayuda en casa y en clase.

Escuchen

Su hija aprende a escuchar hablando con ustedes. Demuéstrele que recibe toda su atención durante las conversaciones. ("Voy a guardar el teléfono para poder escucharte bien".) Respondan a lo que diga y háganle preguntas para mostrar interés. ("A mí también me encantan los macarrones con queso. ¿Qué verduras van bien con ellos?") Verá con sus propios ojos lo que hacen las personas que escuchan bien. ♥

Hábitos eficaces a la hora de dormir

Unos hábitos tranquilos a la hora de acostarse pueden contribuir a que su hijo se duerma más rápidamente y duerma las 10-13 horas de sueño que necesita para estar listo para aprender. Tenga en cuenta estos consejos.

● **Reserven abundante tiempo.** Acelerar la rutina de su hijo puede excitarlo y dificultar que se tranquilice. *Idea:* Para evitar quejas y retrasos, avísele 5-10 minutos antes de que tenga que empezar su rutina.

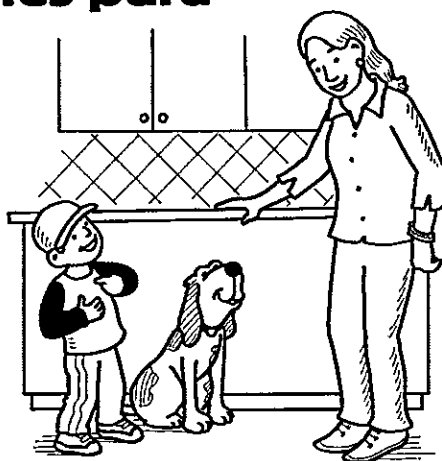
● **Establezcan rituales.** Hacer las tareas en el mismo orden crea hábitos previsibles que anuncian la hora de dormir. *Ejemplo:* Bañarse, ponerse el pijama, lavarse los dientes, arropar a los animales de peluche, escuchar un cuento. *Idea:* Diseñen un cartel para la hora de dormir en el que usted escriba los pasos y su hijo los ilustre. ♥



Habilidades sociales para los pequeños

Aprender a llevarse bien con otros niños es una parte importante del éxito en los estudios a esta edad. Con estas estrategias ayudará a su hijo a que desarrolle habilidades sociales que usará toda la vida.

Practiquen la presentaciones. Para que su hijo se sienta cómodo conociendo a gente nueva, practiquen en casa. Puede empezar presentándose él: "Hola, me llamo Marcus". Luego podría añadir un cumplido ("Me gusta tu camisa con dinosaurios") o



compartir algo que le gusta a él ("Mi deporte favorito es el T-ball. ¿Y el tuyo?"). **Idea:** Anímelo a que imagine que sus muñecos se presentan. ("Hola. Soy el conejo Saltarín. Me encantan los juegos de saltos".)

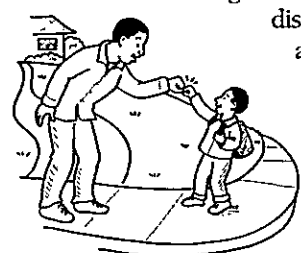
Hagan un libro de la amistad. Dígame a su pequeño que haga un "manual" de la amistad. Piensen en cosas importantes que hacen los amigos, como turnarse y compartir juguetes. Ayúdalo a que escriba cada idea en un folio de papel y dígame que la ilustre. Por ejemplo, podría dibujarse compartiendo su juguete favorito con un amigo. También podría ilustrar a unos amigos que se turnan mientras juegan un juego de mesa. Grapen las páginas e invítelo a que le "lea" a usted su manual. ♥

P & R Despedidas más felices

P: Mi hijo es inseguro y llora cada vez que lo dejo en el colegio. ¿Qué puedo hacer?

R: Aunque no hay cura inmediata para la ansiedad que causa la separación, es normal a la edad de su hijo y mejora con el tiempo. Mientras tanto, hay una manera de ayudar a su hijo a que lo sobrelleve.

En primer lugar, dele algo de control sobre la situación. Hagan una lista de formas distintas de decir adiós y que él elija una cada día. Por ejemplo, ¿quiere chocar los puños, dar un abrazo en-



trañable o tres besos? Luego hagan lo que ha elegido y procure que las despedidas sean breves.

Recuerde también que la maestra de su hijo puede sugerirle modos de enfrentarse a la ansiedad por la separación. Pídale que comparta con usted ideas que les han sido útiles a otras familias en el pasado. ♥

NUESTRA FINALIDAD

Proporcionar a los padres ideas prácticas que promuevan el éxito escolar, la participación de los padres y un mejor entendimiento entre padres e hijos.

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RINCÓN DE ACTIVIDAD

Habilidades motoras finas a montones

Servir cucharadas y verter líquidos desarrollan las habilidades motoras finas que necesita su hija para escribir. He aquí cómo ayudarla a que construya y use un "puesto de cucharadas".

Preparen una caja no muy alta o un recipiente para hacer un puesto ordenado. Dígame a su hija que lo llene con utensilios de servir (tazas, cucharas), objetos pequeños que pueda servir (abalorios, confites) y recipientes (cuencos, jarra). Luego sugiérale estas cinco juguetonas ideas:

1. Pon confites en un molde de magdalenas para hacer "magdalenas" de colores.
2. Apoya un tubo de cartón vacío en un lado de la caja. Saca granos de maíz con una cuchara y envíalos por el "tobogán del túnel".
3. Cuenta cuántas cucharadas de legumbres secas caben en una jarra.
4. Llena de piedrecitas un camión de juguete y "despáchalas" a distintos recipientes.
5. Con una cuchara coloca varios objetos en un cuenco y mézclalos para hacer "sopa". ♥



DE PADRE A PADRE

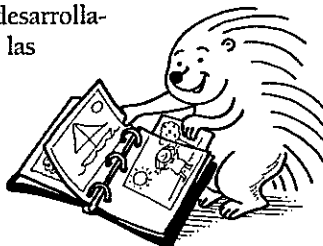
Memorias del colegio

Cuando mi hija mayor empezó a ir al colegio, solía exponer sus trabajos en la nevera y luego los guardaba en un recipiente donde pronto caían en el olvido. Para cuando mi hija pequeña empezó el colegio este año, ya había desarrollado un sistema para las dos niñas que nos permite realizar una crónica de su progreso.

En primer lugar le doy a

cada niña un archivador para que lo decore. Cuando traen papeles a casa deciden cuáles son "tesoros" y los ponen en el archivador. Si un proyecto es demasiado grande y no cabe, le sacan una foto y ponen la foto en el archivador.

Una vez al mes más o menos hojearmos sus archivadores para que vean lo que están aprendiendo. Jamie estaba emocionada porque ya escribe letras y Sarah estaba orgullosa porque ya hace sumas. ¡A las dos niñas les hace muchísima ilusión ver cuánto aprenderán este curso! ♥



**Mississippi County Arkansas, E.O.C.
Head Start & Child Development Program
Menu for October 2026**

MENU IS SUBJECT TO CHANGE DUE TO FOOD AVAILABILITY

USDA REQUIREMENTS	BREAKFAST	LUNCH	SNACK	LATE SNACK
	Milk, fluid Juice or fruit or vegetable Bread, bread alternate**** and/or cereal enriched or whole grain Bread or Cereal: Cold dry or Hot cooked USDA/Component Requirements	Milk, fluid Meat or meat alternate (lean meat or poultry or fish) Cheese Egg Cooked dry beans or peas Peanut butter Yogurt (plain or flavored) (Or an equivalent quantity of any combination of the above meat/meat alternates) Vegetable and/or fruit (Total of two or more) Bread or bread alternate**** enriched or whole grain USDA/ Component Requirements	(select 2 of these 4 components) Milk, fluid Meat or meat alternate Juice or fruit or vegetable Bread, bread alternate**** and/or cereal enriched or whole grain Bread or Cereal: Cold dry or Hot cooked USDA/ Component Requirements	N/A
THURS 1	TODDLERS (1-2 YEARS)			
	CN Label Chicken Sausage 1 oz 100% Juice 4 oz Whole Milk ½ pt	CN Label WG Beef Fritter Sandwich 1 ½ oz Baked Potato Smiles 1/4 c Fresh Sliced Mango 1/4 c Ketchup/Mayo 1 pk Whole Milk ½ pt	WW Toasted Raisian Bread w/ Butter 1 sl Whole Milk ½ pt Water	
	PRESCHOOL (3-5 YEARS)			
	CN Label Chicken Sausage 1 oz 100% Juice 4 oz 1 % Milk ½ pt	CN Label WG Beef Fritter Sandwich 2 oz Baked Potato Smiles 1/4 c Fresh Sliced Mango 1/4 c Ketchup/Mayo 1 pk 1 % Milk ½ pt	WW Toasted Raisian Bread w/ Butter 1 sl 1% Milk ½ pt	

FRI 2	TODDLERS (1-2 YEARS)		
	WG Cereal 1 bowl Banana (1) Whole Milk ½ pt	WW Lunch Meat Sandwich 1 ½ oz Fresh Sliced ¼ c Baked Waffle Fries ¼ c Mayo/Ketchup 1 pk Whole Milk ½ pt	WG Bug Bites 1 pk Whole Milk ½ pt
	PRESCHOOL (3-5 YEARS)		
	WG Cereal 1 bowl Banana (1) 1% Milk ½ pt	WW Lunch Meat Sandwich 2 oz Fresh Sliced ¼ c Baked Waffle Fries ¼ c Mayo/Ketchup 1 pk 1% Milk ½ pt	WG Bug Bites 1 pk 1% Milk ½ pt
MON 5	TODDLERS (1-2 YEARS)		
	WW Cheese Toast 1 sl Canned Diced Pears 1/4 c Whole Milk ½ pt	CN Label Turkey Bacon 8 sl Baked Potato Bites ¼ c WG Biscuit (1) Canned Diced Peaches ¼ c Jelly & Ketchup 1 pk Whole Milk ½ pt	Baked Cheetos 1 pk Whole Milk ½ pt
	PRESCHOOL (3-5 YEARS)		
	WW Cheese Toast 1 sl Canned Diced Pears ½ c 1% Milk ½ pt	CN Label Turkey Bacon 8 sl Baked Potato Bites ¼ c WG Biscuit (1) Canned Diced Peaches ¼ c Jelly & Ketchup 1 pk 1% Milk ½ pt	Baked Cheetos 1 pk 1% Milk ½ pt
TUES 6	TODDLERS (1-2 YEARS)		
	WG Cereal 1 bowl Assorted 100 % Juice 4 oz Whole Milk ½ pt	Baked Turkey Roast 1 ½ oz Twice Baked Potatoes ¼ c Steamed Squash ¼ c WG Roll (1) Whole Milk ½ pt	WG Animal Crackers 1 pks Whole Milk ½ pt
	PRESCHOOL (3-5 YEARS)		
	WG Cereal 1 bowl Assorted 100 % Juice 4 oz 1% Milk ½ pt	Baked Turkey Roast 2 oz Twice Baked Potatoes ¼ c Steamed Squash ¼ c WG Roll (1) 1% Milk ½ pt	WG Animal Crackers 1 pks 1% Milk ½ pt
WED	TODDLERS (1-2 YEARS)		

7	CN Label WG Breakfast Burrito (1) Picante Sauce 1 pk Fresh Mango ¼ c Whole Milk ½ pt	Sweet & Sassy Chicken 1 ½ oz Fresh Purple Hull Peas 1/4 c Boiled Okra ¼ c Corn Bread Square (1/2) Whole Milk ½ pt	WG P&J Sandwich (1) Whole Milk ½ pt	
	PRESCHOOL (3-5 YEARS)			
	CN Label WG Breakfast Burrito (1) Picante Sauce 1 pk Fresh Mango ¼ c 1% Milk ½ pt	Sweet & Sassy Chicken 2 oz Fresh Purple Hull Peas 1/4 c Boiled Okra ¼ c Corn Bread Square (1) 1 % Milk ½ pt	WG P&J Sandwich (1) 1% Milk	
THURS 8	TODDLERS (1-2 YEARS)			
	WG Cereal 1 bowl Assorted 100 % Juice 4 oz Whole Milk ½ pt	WG CN Label Chicken Nuggets (3) Baked Sweet Potato Tots ¼ c Canned Apricots ¼ c WW Bread Slice (1) Ketchup/BBQ Sauce 1 pk Whole Milk ½ pt	WG Elf Grahams 1 pk Whole Milk ½ pt	
	PRESCHOOL (3-5 YEARS)			
	WG Cereal 1 bowl Assorted 100 % Juice 4 oz 1% Milk ½ pt	WG CN Label Chicken Nuggets (3) Baked Sweet Potato Tots ¼ c Canned Apricots ¼ c WW Bread Slice (1) Ketchup/BBQ Sauce 1 pk 1% Milk ½ pt	WG Elf Grahams 1 pk Yellow Squash w/Ranch ½ c Water	
FRI 9	TODDLERS (1-2 YEARS)			
	Creamy Rice ¼ c Fresh Raspberries ¼ c Whole Milk ½ pt	WG CN Label Ham and Cheese Puff 1 ½ oz Canned Corn 1/4 c Fresh Banana (1) Whole Milk ½ pt	WG Ritz Bitz 1 pk Whole Milk ½ pt	
	PRESCHOOL (3-5 YEARS)			
	Creamy Rice ½ c Fresh Raspberries ½ c 1% Milk ½ pt	WG CN Label Ham and Cheese Puff 2 oz Fresh Corn on Cob 1/4 c Fresh Banana (1) 1% Milk ½ pt	WG Ritz Bitz 1 pk 1% Milk ½ pt	
	TODDLERS (1-2 YEARS)			

MON 12	CN Label Egg Omelet (1) Canned Fruit Cocktail 1/4 c Whole Milk 1/2 pt	WG Fish Sticks 1 1/2 oz Baked Sweet Potato Fries 1/4 c Canned Peaches 1/4 c WG Hushpuppies (2) Tartar Sauce/Ketchup 1 pk Whole Milk 1/2 pt	WG Banana Bread (1) Whole Milk 1/2 pt	
	PRESCHOOL (3-5 YEARS)			
	CN Label Egg Omelet (1) Canned Fruit Cocktail 1/2 c 1% Milk 1/2 pt	WG Fish Sticks 2 oz Baked Sweet Potato Fries 1/4 c Canned Peaches 1/4 c WG Hushpuppies (2) Tartar Sauce/Ketchup 1 pk 1% Milk 1/2 pt	WG Banana Bread (1) 1% Milk 1/2 pt	
TUES 13	TODDLERS (1-2 YEARS)			
	WG Cereal 1 bowl 100% Fruit Juice 4 oz Whole Milk 1/2 pt	Vegetable Beef Soup 1/4 c Steamed Broccoli w/Cheese 1/4 c Pear Fruit Cup 1/4 c Corn Bread Square (1) Whole Milk 1/2 pt	WG Goldfish 1 pk Whole Milk 1/2 pt	
	PRESCHOOL (3-5 YEARS)			
	WG Cereal 1 bowl 100% Fruit Juice 4 oz 1 % Milk 1/2 pt	Vegetable Beef Soup 1/2 c Steamed Broccoli w/Cheese 1/4 c Pear Fruit Cup 1/4 c Corn Bread Square (1) 1% Milk 1/2 pt	WG Goldfish 1 pk 1 % Milk 1/2 pt	
WED 14	TODDLERS (1-2 YEARS)			
	BKF Ham Patti 1 oz Canned Pears 1/4 c Whole Milk 1/2 pt	CN Label Meatloaf w/ Ketchup 2 oz Instant Mashed Potatoes 1/4 c Canned Sweet Peas 1/4 c WG Roll (1) Whole Milk 1/2 pt	WG Muffin (1) String Cheese 1 oz Water	
	PRESCHOOL (3-5 YEARS)			
	BKF Ham Patti 1 oz Canned Pears 1/2 c 1% Milk 1/2 pt	CN Label Meatloaf w/ Ketchup 2 oz Instant Mashed Potatoes 1/4 c Canned Sweet Peas 1/4 c WG Roll (1) 1% Milk 1/2 pt	WG Muffin (1) String Cheese 1 oz Water	
THURS	TODDLERS (1-2 YEARS)			

15		Staff Development		
	PRESCHOOL (3-5 YEARS)			
		Staff Development		
FRI 16	TODDLERS (1-2 YEARS)			
		Staff Development		
	PRESCHOOL (3-5 YEARS)			
		Staff Development		
MON 19	TODDLERS (1-2 YEARS)			
	WW Toast (1) Jelly 1 pk Canned Pineapple Tidbits ¼ c Whole Milk ½ pt	Cheeseburger w/Bun 1 ½ oz Baked Fries ¼ c Canned Mixed Fruit ¼ c Ketchup/Mayo 1 pk Whole Milk ½ pt	WG Scooby Doo Snacks 1 pk Whole Milk ½ pt	
	PRESCHOOL (3-5 YEARS)			
	WW Toast (1) Jelly 1 pk Canned Pineapple Tidbits ½ c 1 % Milk ½ pt	Cheeseburger w/Bun 2 oz Baked Fries ¼ c Canned Mixed Fruit ¼ c Ketchup/Mayo 1 pk 1% Milk ½ pt	WG Scooby Doo Snacks 1 pk 1% Milk ½ pt	
	TODDLERS (1-2 YEARS)			

TUES 20	WG Cereal 1 bowl 100% Fruit Juice 4 oz Whole Milk ½ pt	Glazed Smoked Chicken 1 ½ oz Steamed Cabbage ¼ c Canned Sweet Potatoes ¼ c Corn Bread Square (1) Whole Milk ½ pt	WG Bread Slice (1) Turkey Bologna 1 oz Water	
	PRESCHOOL (3-5 YEARS)			
	WG Cereal 1 bowl 100% Fruit Juice 4 oz 1% Milk ½ pt	Glazed Smoked Chicken 2 oz Steamed Cabbage ¼ c Canned Sweet Potatoes ¼ c Corn Bread Square (1) 1% Milk ½ pt	WG Bread Slice (1) Turkey Bologna 1 oz Water	
WED 21	TODDLERS (1-2 YEARS)			
	WG Pancake (1) Canned Diced Peaches ¼ c Syrup (1) Whole Milk ½ pt	Chicken Fajita Meat 1 ½ oz Guacamole ¼ c Refried Beans ¼ c Wheat Tortilla (1) Shredded Cheese/ Picante Sauce 1 pk Whole Milk ½ pt	WG Banana Loaf (1) Cheese Cubes 1 oz Water	
	PRESCHOOL (3-5 YEARS)			
	WG Pancake (1) Canned Diced Peaches ½ c Syrup (1) 1 % Milk ½ pt	Chicken Fajita Meat 2 oz Guacamole ¼ c Refried Beans ¼ c Wheat Tortilla (1) Shredded Cheese/ Picante Sauce 1 pk 1 % Milk ½ pt	WG Banana Loaf (1) Cheese Cubes 1 oz Water	
THURS 22	TODDLERS (1-2 YEARS)			
	Sausage Biscuit (1/2) 2 pk Canned Fruit Cocktail ¼ c Whole Milk ½ pt	CN Label WG Enchiladas Casserole (4) Steamed Mexican Corn 1/4 c Fresh Mixed Berries 1/4 c Whole Milk ½ pt	Perminto Cheese 1 oz Baked Doritos 1 pk Water	
	PRESCHOOL (3-5 YEARS)			
	Sausage Biscuit (1) Canned Fruit Cocktail ½ c 1 % Milk ½ pt	CN Label WG Enchiladas Casserole (4) Steamed Mexican Corn 1/4 c Fresh Mixed Berries 1/4 c 1 % Milk ½ pt	Perminto Cheese 1 oz Baked Doritos 1 pk Water	
	TODDLERS (1-2 YEARS)			

FRI 23	WG Cereal 1 bowl 100% Fruit Juice 4 oz Whole Milk ½ pt	WG Turkey & Cheese Wrap 1 ½ oz Baked Waffle Fries ¼ c Banana (1/2) Ketchup/Mayo 1pk Whole Milk ½ pt	WG Peanut Butter Crackers 1 pk Whole Milk ½ pt	
	PRESCHOOL (3-5 YEARS)			
	WG Cereal 1 bowl 100% Fruit Juice 4 oz 1 % Milk ½ pt	WG Turkey & Cheese Wrap 2 oz Baked Waffle Fries ¼ c Banana (1) Ketchup/Mayo 1pk 1 % Milk ½ pt	WG Peanut Butter Crackers 1 pk 1% Milk ½ pt	
MON 26	TODDLERS (1-2 YEARS)			
	Oatmeal ¼ c Canned Diced Pears 1/4 c Whole Milk ½ pt	Turkey Sausage & Egg Patti 1 ½ oz WG Waffle (1) Baked Hashbrowns ¼ c Canned Diced Peaches ¼ c Syrup & Ketchup 1 pk Whole Milk ½ pt	WG Oatmeal Bar (1) 100% Vegetable Juice 4 oz	
	PRESCHOOL (3-5 YEARS)			
	Oatmeal ½ c Canned Diced Pears ½ c 1% Milk ½ pt	Turkey Sausage & Egg Patti 2 oz WG Waffle (1) Baked Hashbrowns ¼ c Canned Diced Peaches ¼ c Syrup & Ketchup 1 pk 1% Milk ½ pt	WG Oatmeal Bar (1) 100% Vegetable Juice 4 oz	
TUES 27	TODDLERS (1-2 YEARS)			
	WG Cereal 1 bowl 100% Fruit Juice 4 oz Whole Milk ½ pt	Bar-b-que Boneless Rib Meat 1 ½ oz Canned Baked Beans ¼ c ¼ c WG Roll (1) Whole Milk ½ pt	WG Chex 1 pk Whole Milk ½ pt	
	PRESCHOOL (3-5 YEARS)			
	WG Cereal 1 bowl 100% Fruit Juice 4 oz 1% Milk ½ pt	Bar-b-que Boneless Rib Meat 2 oz Canned Baked Beans ¼ c Potato Salad ¼ c WG Roll (1)	WG Chex 1 pk 1% Milk	
WED 28	TODDLERS (1-2 YEARS)			
	WG Egg Breakfast Bites 1 oz Cooked Cinnamon Apples ¼ c	Chili w/Beans ¼ c Shredded Cheese 1 oz	WG Sun Chips 1 pk 100% Juice Sidekick 4 oz	

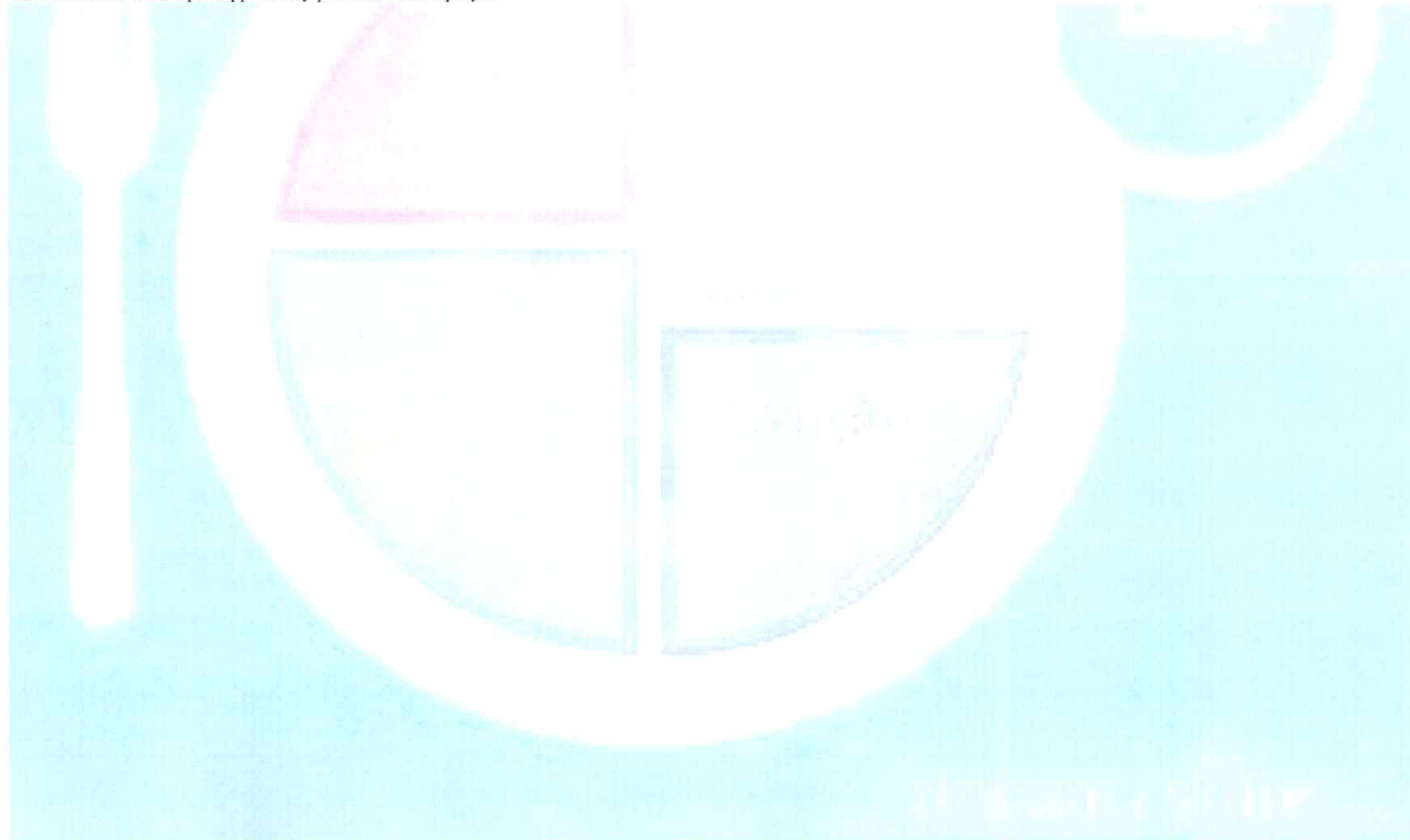
	Whole Milk ½ pt	Mandarin Orange Fruit Cup ¼ c Creamed Spinach ¼ c WW Saltine Crackers (2pks) Cinnamon Roll (1) Whole Milk ½ pt		
	PRESCHOOL (3-5 YEARS)			
	WG Egg Breakfast Bites 1 oz Cooked Cinnamon Apples ¼ c 1% Milk ½ pt	Chili w/Beans ½ c Shredded Cheese 1 oz Mandarin Orange Fruit Cup ¼ c Creamed Spinach ¼ c WW Saltine Crackers (3 pks) Cinnamon Roll (1) 1 % Milk ½ pt	WG Sun Chips 1 pk 100% Juice Sidekick 4 oz	
THURS 29	TODDLERS (1-2 YEARS)			
	WG Cereal 1 bowl 100% Fruit Juice 4 oz Whole Milk ½ pt	Sloppy Joe Sandwich 1 ½ oz Baked Sweet Potato Totes 1/4 c Canned Pears 1/4 c Whole Milk ½ pt	WG Muffin (1) Whole Milk ½ Pt	
	PRESCHOOL (3-5 YEARS)			
	WG Cereal 1 bowl 100% Fruit Juice 4 oz 1% Milk ½ pt	Sloppy Joe Sandwich 2 oz Baked Sweet Potato Totes 1/4 c Canned Pears 1/4 c 1 % Milk ½ pt	WG Muffin (1) 1 % Milk ½ pt	
FRI 30	TODDLERS (1-2 YEARS) Happy Halloween			
	WG Pancake Bites (3) Syrup 1 pk Canned Pineapples ¼ c Whole Milk ½ pt	WG Mozzarella Pizza Stick (2) Baked Mini Potato Cakes ¼ c Strawberry Applesauce ¼ c Marinara Cup / Ketchup 1pk Whole Milk ½ pt	WG Graham Crackers (4) Peanut butter Cup 1 oz Water	
	PRESCHOOL (3-5 YEARS) Happy Halloween			
	WG Pancake Bites (3) Syrup 1 pk Canned Pineapples¼ c 1% Milk ½ pt	WG Mozzarella Pizza Stick (2) Baked Mini Potato Cakes ¼ c Strawberry Applesauce ¼ c Marinara Cup / Ketchup 1pk 1% Milk ½ pt	WG Graham Crackers (8) Peanut butter Cup 1 oz Water	

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MEALTIME MEMO

OCTOBER
2026

PROCESSED FOODS: MAKING NUTRITIOUS CHOICES

There is a common belief that processed foods, with their high fat, sugar, and salt content, are inherently unhealthy. Did you know some items we consider “nutritious,” like bagged spinach or prepacked apple slices, are also processed foods? This *Mealtime Memo* delves into the different levels of processed foods and offers guidance on making balanced choices.



What Are Processed Foods?

One way to define **processed foods** is any food that has changed from its natural state and has been altered in some way during preparation. Processing can include cutting, washing, milling, heating, pasteurizing, canning, cooking, freezing, drying, dehydrating, mixing, or packaging. It can also include foods with added preservatives, nutrients, flavors, salts, sugars, or fats.

Not all processed foods are created equal. Some foods need processing to make them safe, such as milk, which needs to be pasteurized to remove harmful bacteria. Other processed foods may result in higher levels of salt, sugar, and fat.

Types of Food Processing

There are different levels of processed foods, from minimally processed to ultra- or highly processed foods. Understanding the definitions and examples of each can help you choose the most nutritious options.

Minimally Processed Foods

Minimally processed foods have been slightly altered to be more convenient, sometimes safer, and more acceptable. The nutritional content of the food does not change, and no salt, sugar, oils, or fats are added. Many minimally processed foods are processed at their peak to lock in nutritional quality and freshness.



Examples: Fresh or frozen fruits, vegetables, and meats; whole grains; beans, peas, and lentils; nuts and seeds; plain yogurt or juice with no added sugar or artificial sweeteners; fresh and dried pasta; milk; and eggs



Processed Foods

The next level of processed foods includes ingredients added to enhance flavor or texture, such as sweeteners, salt, oils, colors, and preservatives. Typically consisting of 2–3 ingredients, these foods are ready-to-eat without further preparation.

Examples: Canned fruits, vegetables, beans, peas, and lentils; cheeses; unpackaged freshly made bread; canned fish; salted or sugared nuts and seeds; and salted, cured, or smoked meats

Ultra-Processed or Highly Processed Foods

Ultra-processed or highly processed foods usually contain numerous ingredients (five or more), use low-cost ingredients, and are either ready to eat or require heating. These foods are high in fat, salt, or sugar and low in fiber and nutrients. In addition to basic additives like salt, sugar, and fat, these processed foods incorporate preservatives, thickeners, hydrogenated oils, high fructose corn syrup, artificial colors, sweeteners, and flavors. These preservatives have been linked to major health concerns, such as stroke and cognitive impairment.



Examples:

- Ready-to-eat foods: sweet or savory packaged snacks, cookies, crackers, chips, sweetened breakfast cereals, cereal bars, deli meat, and mass-produced packaged breads and buns
- Ready-to-heat products: pre-made frozen meals, hot dogs, and chicken and fish sticks or nuggets
- Sugar-sweetened beverages: carbonated drinks and juice drinks with high fructose corn syrup and added coloring

Processed Food Examples

Minimally Processed	Processed	Ultra-Processed
Frozen Natural Peach Slices	Canned Peaches in Light Syrup	Sweetened Peach Blend Juice Drink
Eggs	Frozen or Liquid Eggs	Ready-to-Heat Egg Sandwich (with preservatives and hydrogenated oil)
Frozen Chicken Breasts	Rotisserie Chicken (with added salt, seasonings, and oil)	Pre-Prepared Breaded Chicken Nuggets
Frozen Natural Cut Potatoes	Canned Potatoes	French Fries

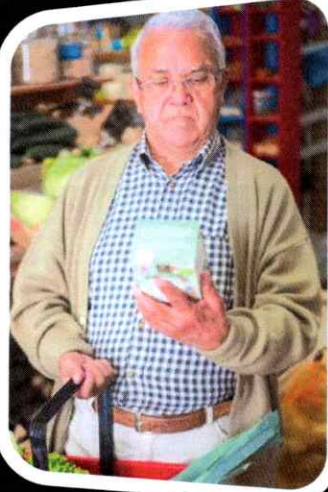
Striking a Balance in Menu Planning

Most foods are processed in some way, and that's okay! You don't need to cut out all processed foods when planning your child care program's menus. Instead, aim to include a variety of minimally processed options like fresh fruits, frozen vegetables, and whole wheat bread. Strive for balance by making thoughtful choices about processed foods while considering convenience, cost, variety, and the children's preferences in your care. This balanced approach helps create nutritious, appealing menus that support children's growth and enjoyment of meals.



Tips for Balanced Menu Planning:

- **Pair protein with produce:** Include a mix of lean meats, eggs, or plain yogurt with fruits or vegetables for balanced meals and snacks.
- **Use time-saving options:** Choose frozen fruits, pre-washed salad greens, and canned vegetables (look for low-sodium or rinse them) for quick and nutritious options.
- **Keep it colorful:** Plan meals with various colors to make them more appealing and provide a wide range of nutrients.
- **Think whole grains:** Swap white rice for brown rice, quinoa, or whole wheat pasta options.



Read your labels. The Nutrition Facts label is a great tool for determining the level of processing. If you're unsure if a product is minimally processed, processed, or ultra-processed, look at the ingredients list. In many cases, the longer the ingredients list, the more highly processed a food is.

When unsure, opt for whole foods. Look for fresh or frozen fruits and vegetables, whole grains, lean meats, or other foods with fewer, easily recognizable ingredients.

Helpful Tips!

Check out the [Processed Foods and Health](#) article from the Harvard School of Public Health for more information, including a table with a spectrum of food processing for seven different foods.

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October



Learn It New Homes for Plants

As children get taller, they outgrow their clothes and need new clothes that leave room for more growth. Plants do the same thing! When plants have outgrown their space or are ready to be planted in a garden bed, plants need to be moved or transplanted. Using one large and one small container, fill each with sand, beads, or pom poms to act as soil. Place a small toy or fake plant into the small container. Instruct children to dig a hole with a toy shovel in the large container then scoop the small toy that was placed in the small container into the large container to practice transplanting.

Eat It Butternut Squash Soup

2 tbsp vegetable oil
1 cup onion, diced
3 garlic cloves, minced
3 cups butternut squash, peeled, seeds removed, cubed
2 cups vegetable broth



In a medium skillet, warm oil over medium heat. Add onions and cook until translucent. Add garlic and cook for an additional minute. Set it aside. Next, place the butternut squash in a microwave safe bowl with 2 tablespoons of water. Microwave for 4-5 minutes until tender. Allow to cool. Place all ingredients into a blender and blend until smooth. Salt and pepper to taste.



Create It Chenille Stick Produce



Time to create! Give the children assorted colors of chenille sticks (pipe cleaners). They can use the sticks to bend and curl into any kind of fruit or vegetable they would like. If they need a little memory help, cut out pictures for them to use as visual guides. Use one stick to make the fruit and then connect another to create the leaf.



Play It Balance Pumpkin Delivery

Set up a long board or something children can walk across. As the children start, they will pick up a pumpkin and then walk across the balance to deliver the pumpkin to you or another chosen friend. Allow each one to take turns. Practice different delivery methods like holding the pumpkin over your head or shuffling sideways across the board.

Grow It

Reduce transplant shock by planting on a cloudy day or late afternoon and water frequently for the first few days as the plant becomes used to its new home.



Read It

Miguel's Community Garden (Where In the Garden?) by JaNay Brown-Wood

The Curious Garden by Peter Brown

Señorita Mariposa (Bilingual English-Spanish Edition) by Ben Gundersheimer

Laugh About It

Why didn't anyone laugh at the gardener's jokes? They were too corny!



Fun Fact

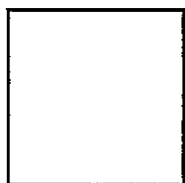
There are over 100 varieties of pumpkins. Not all of them are edible.



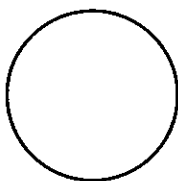
Name _____

Carving Pumpkins

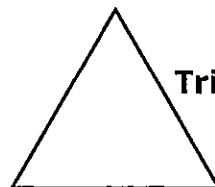
Color the pumpkin according to the shape inside of it.



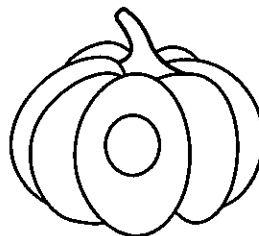
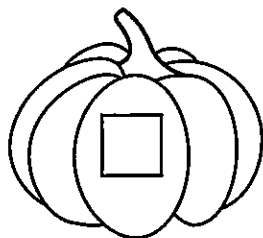
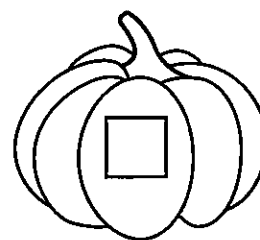
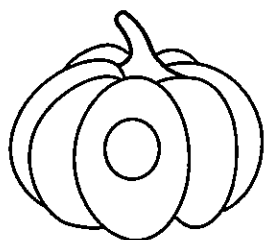
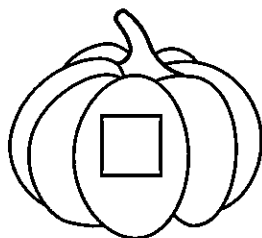
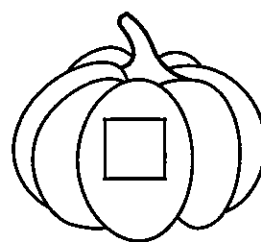
Square = Orange



Circle = Green

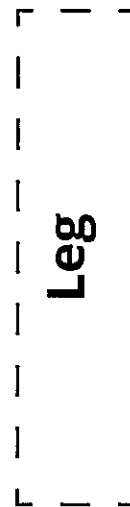
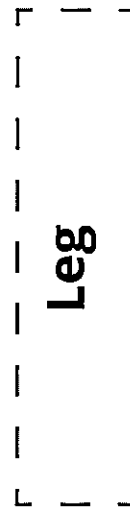
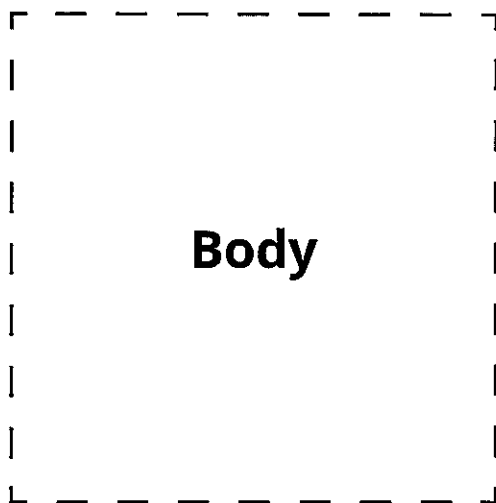
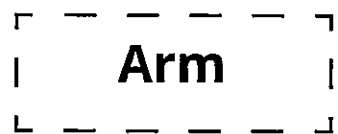
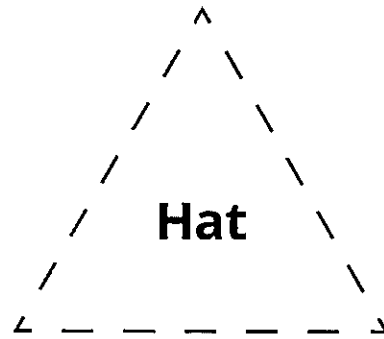
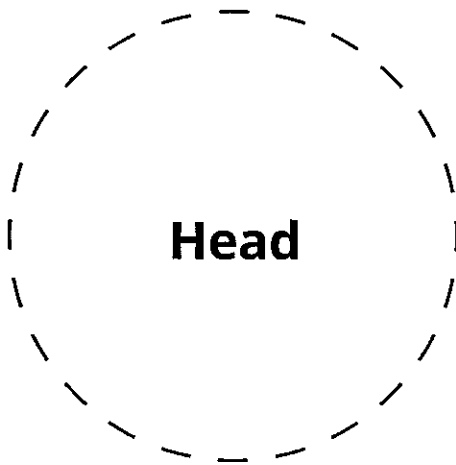


Triangle = Yellow



Garden Scarecrow

Ask children to paint scarecrow pieces. Help them cut the shapes out once dry. Next, have the children glue the pieces onto construction paper to craft their own scarecrow and finish by adding googly eyes and craft supplies.





MCAEOC

— Mississippi County, Arkansas, —
Economic Commission

Healthy
Children.
Stronger
Families.
Brighter
Futures.

Mississippi County Health Department

Flu Vaccines

will be offered to children,
staff and parents.



Consent forms will be made available
prior to date of event.



All clinic dates are on Thursday so as not to
interfere with school schedules within the county.



Blytheville and
Gosnell Centers



Osceola, Joiner,
and Luxora Centers



Manila and
Leachville Centers

— *Get Vaccinated!* —

Ways to Volunteer

Every parent has something valuable to share!

Classroom Support

- ☐ Greet children as they arrive each morning.
- ☐ Read to a child or a small group of children.
 - ☐ Listen to a child "read" or tell a story.
- ☐ Share books, pictures, or educational materials.
- ☐ Assist teachers with learning centers and daily classroom routines.
- ☐ Help reduce children's waiting time by assisting with transitions and activities.
 - ☐ Teach songs, finger plays, or simple games.
 - ☐ Help children learn to use classroom tools safely.

Classroom Preparation

- ☐ Prepare classroom materials and learning activities.
 - ☐ Organize classroom supplies.
 - ☐ Set up art projects and activity centers.
- ☐ Help prepare classrooms for daily activities and special events.

Mealtime & Daily Routines

- ☐ Help children prepare tables for meals.
- ☐ Encourage conversation and learning during mealtimes.

Outdoor Learning & Field Trips

- ☐ Assist teachers on the playground.
- ☐ Help with outdoor learning activities and gardening projects.
 - ☐ Assist teachers and staff during field trips.
 - ☐ Help promote playground safety.

Health & Safety

- ☐ Assist with health, vision, hearing, or developmental screenings (as appropriate).
 - ☐ Help maintain a safe environment for children.

Special Events & Family Engagement

- ☐ Help plan and prepare for family engagement activities and special events.
 - ☐ Assist during Fatherhood Engagement activities.
- ☐ Help capture approved photos during events and activities.
 - ☐ Welcome and assist families during special events.

Parent Leadership & Community Involvement

- ☐ Serve on the Policy Council or Parent Committee.
 - ☐ Attend and support parent meetings.
- ☐ Encourage other parents and family members to become involved in Head Start.
 - ☐ Help recruit father figures and male role models to participate.
 - ☐ Help educate the community about the Head Start program.
 - ☐ Connect families with community resources and services.



MCAEOC
MISSISSIPPI COUNTY,
ARKANSAS
ECONOMIC COMMISSION

MALES WANTED!

FATHER FIGURES OR ROLE MODELS

WE ARE LOOKING FOR
MEN >>>

WHO ARE WILLING TO INVEST
TIME, POSITIVITY, AND LEADERSHIP
IN THE LIVES OF CHILDREN.

**MAKE A DIFFERENCE.
CHANGE A LIFE.**

WHY GET INVOLVED?



BE A POSITIVE INFLUENCE
Help shape bright futures.



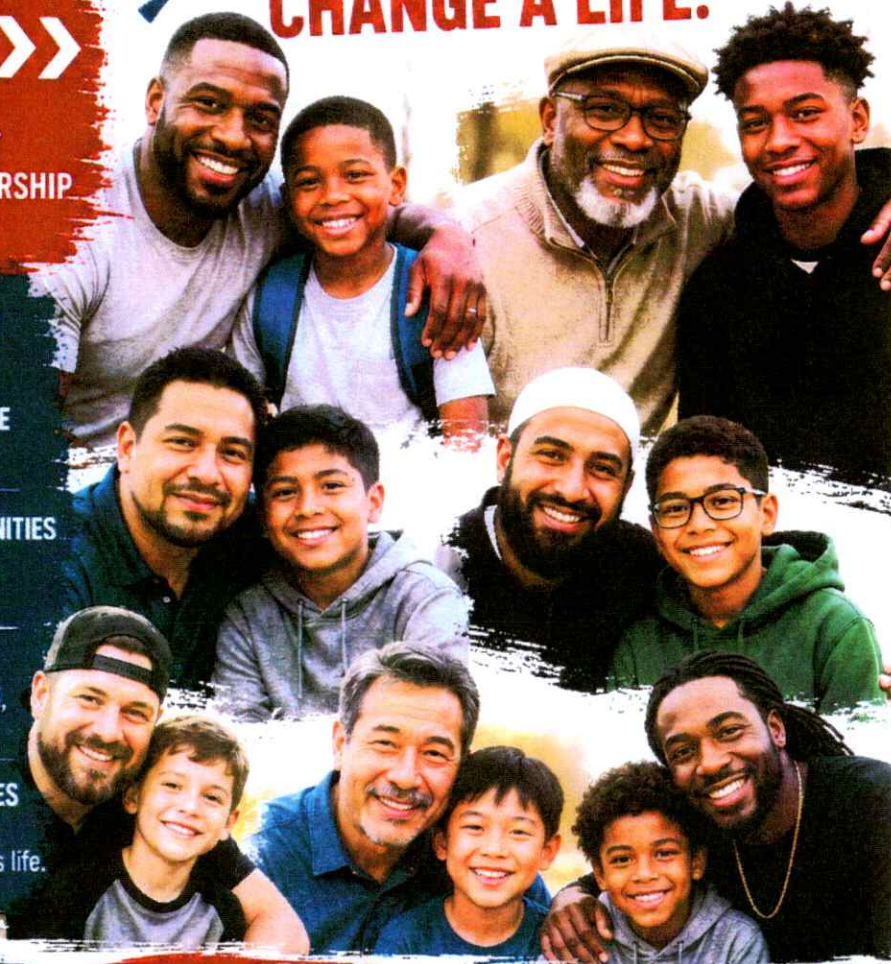
BUILD STRONGER COMMUNITIES
Your impact reaches far
beyond one child.



BE A ROLE MODEL
Show what it means to lead,
respect, and care.



MAKE LASTING MEMORIES
The time you give could be
the turning point in a child's life.



**BE
PRESENT.**



**BE A
LEADER.**



**BE THE
DIFFERENCE.**

OUR CHILDREN NEED US. ★ OUR COMMUNITY NEEDS US.

★ **WILL YOU ANSWER THE CALL?** ★