



NORTHEAST SOUTH DAKOTA

# HEADSTART NEWSLETTER

JANURAY-FEBRURARY 2026

## LETTER FROM THE DIRECTOR

**HAPPY NEW YEAR! AS WE SETTLE INTO THE WINTER MONTHS, WE APPRECIATE YOUR CONTINUED PARTNERSHIP IN KEEPING OUR CLASSROOMS WARM, HEALTHY, AND READY TO LEARN. PLEASE BE SURE CHILDREN COME DRESSED FOR THE WEATHER WITH COATS, HATS, GLOVES, AND BOOTS LABELED WITH THEIR NAME. WINTER ALSO BRINGS COLD AND FLU SEASON—THANK YOU FOR HELPING US BY KEEPING CHILDREN HOME WHEN THEY ARE ILL AND COMMUNICATING WITH STAFF AS NEEDED. IF YOUR FAMILY NEEDS SUPPORT WITH WINTER CLOTHING, HEALTH, OR OTHER RESOURCES, DON'T HESITATE TO REACH OUT TO YOUR FAMILY SERVICES COORDINATOR. WE LOOK FORWARD TO A GREAT START TO THE NEW YEAR TOGETHER!**

## EVENTS

- **JAN 5<sup>TH</sup> CLASSES RESUME**
- **JAN 13<sup>TH</sup> POLICY COUNCIL MEETING**
- **JAN 19<sup>TH</sup> HOLIDAY-NO CLASSES**
- **FEB 10<sup>TH</sup> POLICY COUNCIL MEETING**
- **FEB 16<sup>TH</sup> HOLIDAY-NO CLASSES**



**Head Start Staff, Children & Families Thank You for your generous donation! Your kindness is greatly appreciated! Thank you for helping us stay warm this Winter!**



# Physical Activity For Children

## Three to Four Years

All children from birth to age 5 should engage daily in physical activity that promotes movement skillfulness and foundations of health-related fitness (NASPE, 2009).

### Movements to Work on With Your Child

- Bouncing
- Darting
- Dashing
- Dodging
- Fielding
- Flying
- Galloping
- Hopping
- Jumping
- Plodding
- Scampering
- Searching
- Slithering
- Soaring
- Springing
- Striking
- Tossing
- Trudging
- Wandering

### Benefits of Physical Activity to Children

- Healthy heart
- Social development through play
- Problem solving skills
- Increased coordination and movement skills
- Enhanced attention and focus
- Higher self-esteem

### Sample Toys

- Bouncing Tubes, 24" Hoops
- Bowling Set
- Double Blade Ice Skates
- Jump Ropes or Spider Balls
- Lightweight Hand Paddles
- Low Balance Beam
- Pedal Ride-Ons
- Rhythm Band Instruments
- Scooter Boards –Safety Grips
- See-Saw
- Low-6' Tunnel
- Soft Baseball & Bat
- Stick Pony
- Tricycle-Low Slung 10"-12" Back Wheel
- Wading Pool

### Games

Read, Run, & Race About	Alphabet Zoo	Ride'em Cowboy/Girl	Cape Capers
Select a favorite action storybook and have the child imitate the actions and expressions of the characters as the story is read aloud.	Create an action story on an imaginary visit to the "Alphabet Zoo." Go through the alphabet using an animal that starts with each letter. Have your child imitate the movement of that animal. (Bird – Flying)	Place a jump rope under the arms of the child and grasp the pretend reins as the child gallops in creative pathways. "Giddy up horse walk, trot, run, whinny, whee hee hee! Oh what fun! Riding together you and me."	With a small blanket or bath towel, show how to make a cape, placing the prop behind the neck. Have your child grasp the prop over out-stretched hands and pretend they are flying like an eagle, flapping wings and soaring.

#### References:

Clements, Rhonda, Lee, Michael, G. H. C. Illustrations, & O'Sullivan. The Diane Lindner- Goldberg Child Institute, Parent's Guide To Physical Play. New York State Department of Social Services. July 99.  
National Association for Sport and Physical Education (NASPE). Active Start, A Statement of Physical Activity Guidelines For Children From Birth to Five Years, 2nd Edition, <http://www.shapeamerica.org/>. 2009.

# STAYING HEALTHY DURING THE WINTER SEASON

## for Families



Prevent the flu and other illnesses at home by washing hands, staying home when sick, and covering your mouth and nose when coughing or sneezing. ([CDC](#))



Learn about RSV and how to prevent it ([HealthyChildren.org](#))



Stay active during the colder months with indoor and outdoor activities. ([American Heart Association](#))



Take steps to maintain your mental health, like getting outside and exercising, keeping up healthy eating and sleep habits, having a support system and staying connected, and practicing mindfulness and meditating. ([Lifespan](#))



Help children grow strong with good nutrition. ([CDC](#))



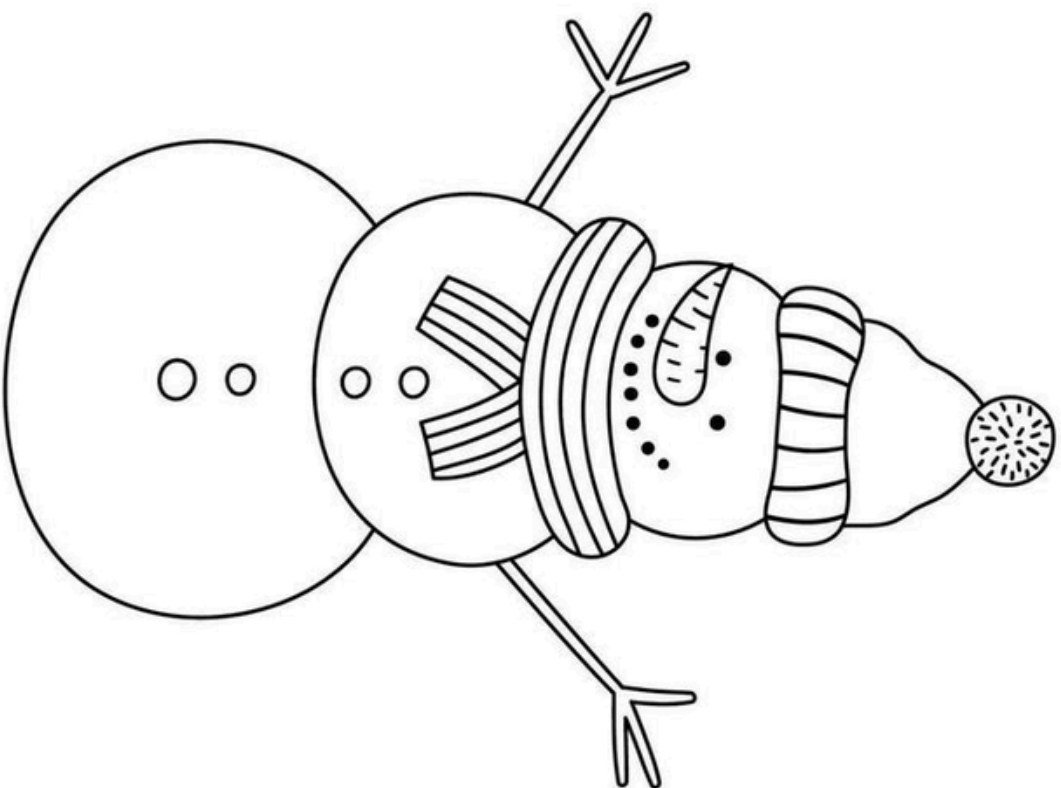
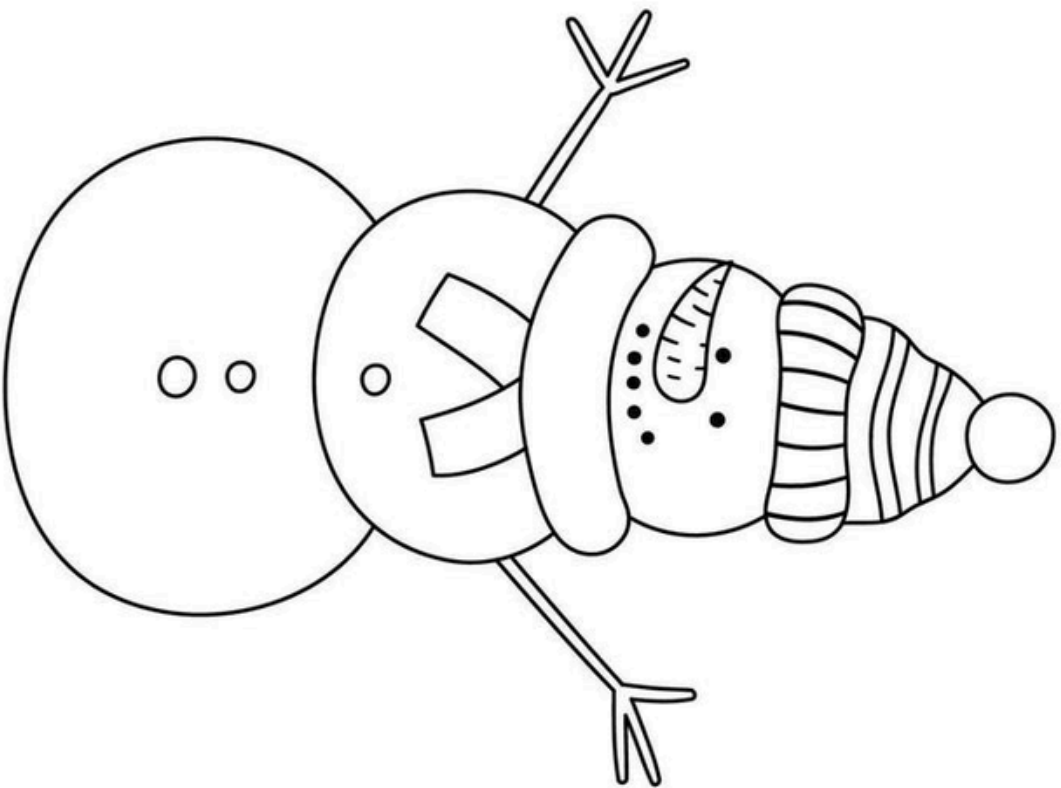
Check the expiration date and batteries of smoke and carbon monoxide detectors in the home. Replace as necessary. ([National Fire Protection Association](#)) If you don't have at least one fire extinguisher in your home, consider adding one!

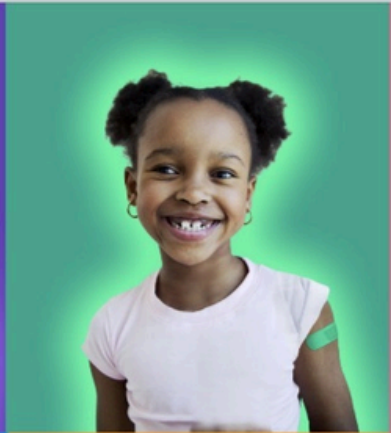
What to do when your child is sick.

- Know the signs and symptoms of fever. ([HealthyChildren.org](#))
- Contact your child's health care provider with concerns about your child's illness.
- Keep your child home from school, child care, and playdates when they have symptoms that could be contagious.



# Spot 5 differences & color





# CATCH UP ON CHECKUPS AND ROUTINE VACCINES

As opportunities for in-person learning and play grow, it's important for your child to catch up on checkups and recommended vaccines to protect their health now and in the future.

The Centers for Disease Control and Prevention (CDC) recommends children continue to see their doctor for regular checkups and routinely recommended vaccinations, even during COVID-19.

## WELL-CHILD CHECKUPS ARE ESSENTIAL



- The doctor **tracks your child's growth and development**
- You can **ask the doctor questions** about your child's health
- Your child **gets recommended vaccinations**

## VACCINATION HELPS PROTECT YOUR CHILD'S HEALTH



- Routine vaccinations during childhood **help prevent 14 diseases**
- Among children born from 1994-2018, vaccinations will prevent an estimated **936,000 early deaths, 8 million hospitalizations, and 419 million illnesses**

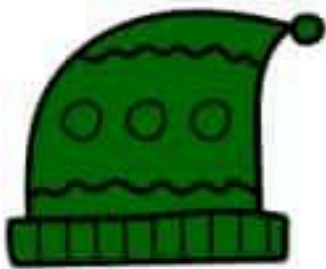
**Doctors can safely see your child, even during the pandemic.**

Talk with your child's doctor about staying up to date on regular checkups and routinely recommended vaccinations.

[www.cdc.gov/vaccines/routine](http://www.cdc.gov/vaccines/routine)



# FIND AND COLOR



Green



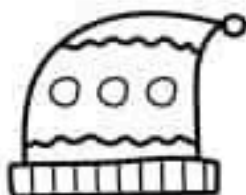
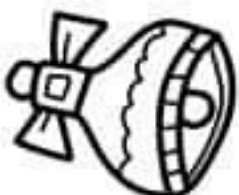
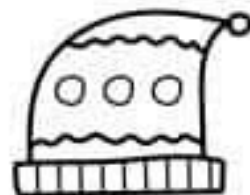
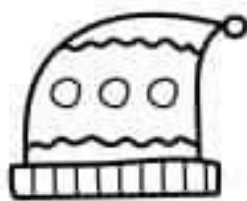
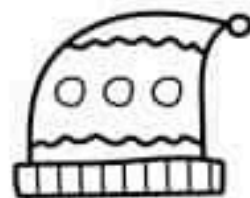
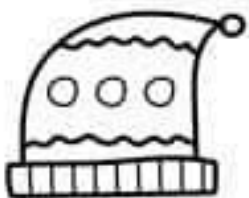
Yellow



Red



Blue



# DRESS THE SNOWMAN!

Color the winter clothes. Cut the clothes and dress the snowman.

