

NORTHEAST SOUTH DAKOTA
HEADSTART
Newsletter

November - December

Letter From The Director

As the weather turns colder, we want to remind families to start sending children with warm winter gear—coats, hats, mittens, and boots—so everyone can stay cozy and enjoy outdoor playtime safely.

With flu season approaching, please also help us keep classrooms healthy by practicing good hygiene at home—washing hands often, covering coughs and sneezes, and keeping little ones home when they're not feeling well.

If your family needs assistance with winter clothing, hygiene supplies, or other support services, please contact your Family Services Coordinator. They are here to help connect you with resources to keep your family healthy and comfortable this season.

Thank you for helping us make this a safe, happy, and healthy fall for all our children!

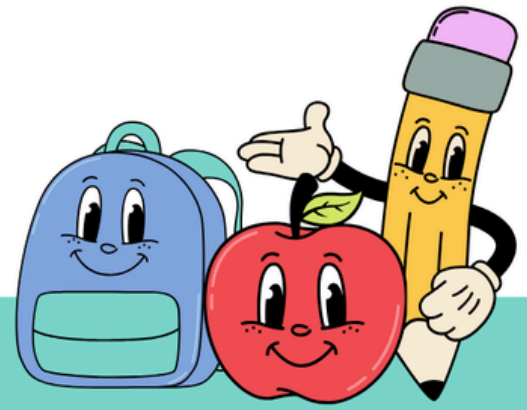
Your Director,
Juli Schultz

EVENTS

- Nov 10th
Policy Council Meeting
- Nov 26th - Nov 28th
No class
- Dec 9th
Policy Council Meeting
- Dec 18th - Jan 5th
No Class

Aberdeen Head Start

September & November



The 2025-2026 preschool year has begun! The preschoolers have been working on daily routines, making friends, trying new foods, learning and practicing safety rules, and classroom rules! The Aberdeen center has fit many fun events and activities into the past 2 months! Below shows a handful of these! We are excited to see what the next few months bring!

Parent-Child Activities

- September's activity was Family Fun Night. Head Start hosted a carnival night with games, prizes, temporary tattoos & face paint. 30 Head Start Families attended this event!
- October's activity was all about pumpkins! Pumpkin decorating, pumpkin name puzzles, pumpkin exploring, & fun pumpkin activities! 50 Head Start families attended this event!

Haircuts by Kala

Kala from Hair & Company volunteered in October and provided our preschoolers with free haircuts! Kala has volunteered at our center for the past 4 school years! Our preschoolers jump with excitement when it is their turn!



Up-Coming Events

- Parent Teacher Conferences will be held at the beginning of November. Please contact your child's Teacher to sign up for one!
- Jean from Delta Dental will be at the center on 11.6.25 to provide our preschoolers with free fluoride varnishes.
- Head Start will be hosting our December Parent-Child Activity on 12.11.25. This will be a Holiday Party, with fun crafts, activities & a special visit from Santa & Mrs. Claus.

Story Hour & Field Trip

- Sabrina the children's librarian from the Public Library visited the center in both September and October, to do story hour with all 3 classrooms! Story hour consists of 3 themed stories, songs, finger plays, and games! Our preschoolers look forward to her monthly visits!

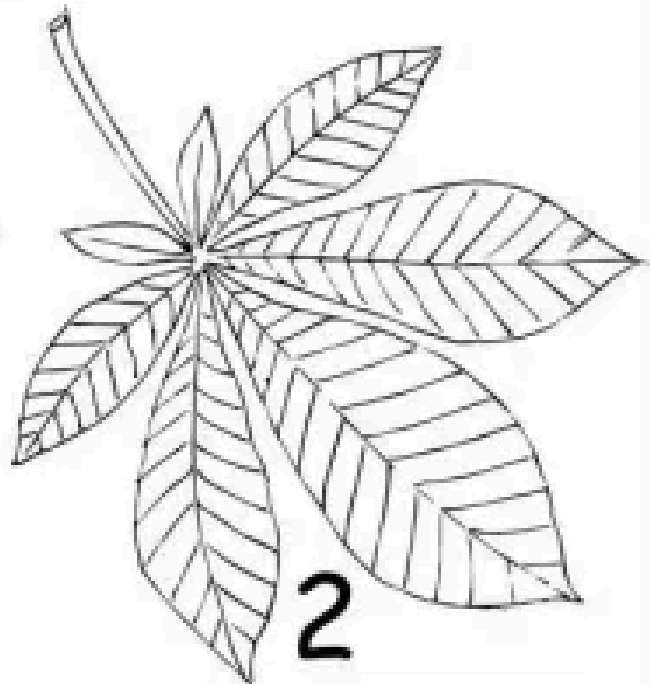
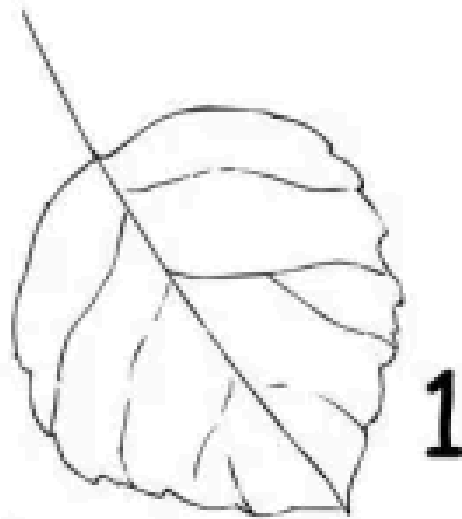
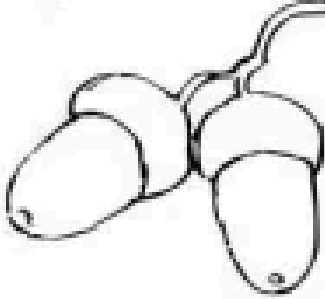
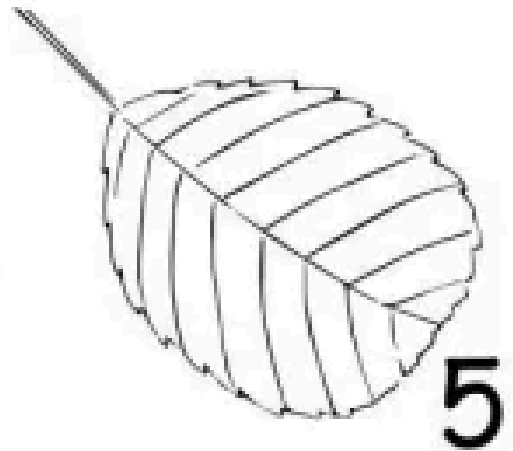


- All 3 classrooms went on a field trip to the Dakota Prairie Museum in October. This is a favorite yearly field trip for staff, children & parents!



Color by Number

- 1 - red
- 2 - green
- 3 - orange
- 4 - brown
- 5 - yellow



Active calming for yourself

Step 1: Take three deep breaths to calm yourself.

Step 2: Affirm, "I'm safe. Keep breathing. I can handle this."

Step 3: Wish well.



Active calming for an upset child

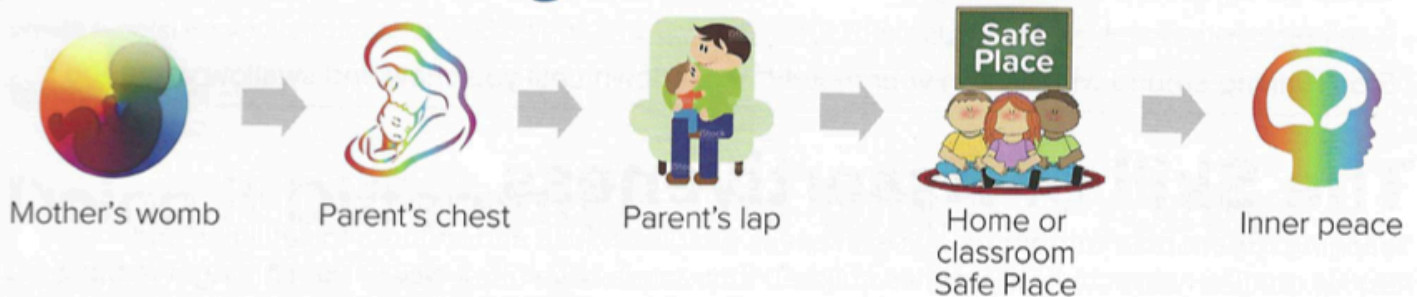
Step 1: Do the active calming process for yourself.

Step 2: Hold, rub, rock or sit beside the child, depending on what the child finds most soothing.

Step 3: Continue breathing deeply.

Step 4: Say, "You're safe. Breathe with me," and continue breathing until calm.

Safe Place Progression



Safe Place Tools by Age

Infant: The adult is the Safe Place. Breathe deeply, hold the child to your chest and focus on calming yourself.

Toddler: Breathe to calm yourself and hold the child while you continue breathing deeply. Say, "You're safe. Breathe with me." Teach the child to smell the flower, blow out the candle, and to S.T.A.R. **S**mile, **T**ake a deep breath **A**nd **R**elax.

Two years and older: Begin teaching the four active calming techniques, S.T.A.R., Balloon, Drain and Pretzel. Set up a Safe Place in your home, and continue to use yourself as a Safe Place whenever needed.



nutrition
facts

Fruits and Vegetables

Did you know?

The average American misses out on 40% of the vegetables they need daily.

- Fruits and vegetables are often naturally low in fat and calories; none have cholesterol.
- All veggies count. Choose fresh, frozen and canned options. Add them to foods such as soups, stews, casseroles—and roll them up in tortillas too.
- Enjoy 1 to 2 cups of fruits and at least 2 1/2 cups of vegetables from a variety of sources daily.
- Eating a healthy diet rich in fruits and vegetables may help:
 - Protect heart health
 - Reduce diabetes risk
 - Reduce cancer risk



Fruit & Vegetable Nutrients

Vitamin	Keeps eyes and skin healthy and helps protect against infections
A:	Keeps gums healthy, helps heal cuts, and helps protect from infection
Vitamin Folic Acid:	Helps form new body cells and maintains healthy pregnancies
C:	
Dietary fiber:	Helps promote regularity
Soluble fiber:	Can help lower cholesterol

For
Citrus-Pasta
Salad
and hundreds of other
recipes, go to
BettyCrocker.com

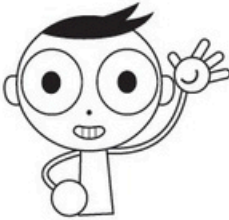

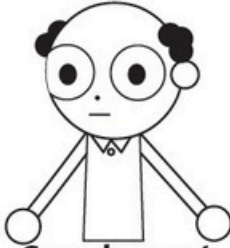
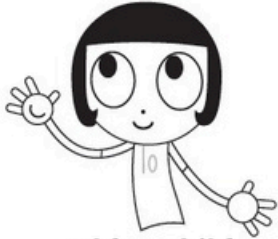
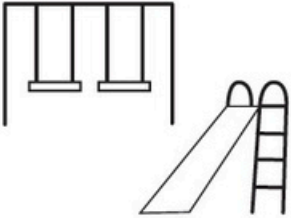
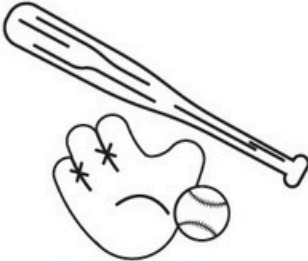
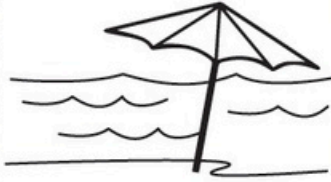
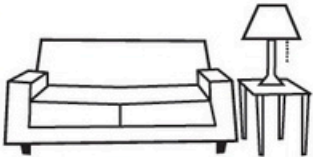







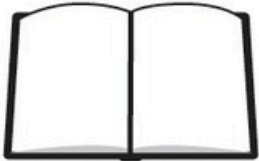


bell institute
OF HEALTH AND NUTRITION
GENERAL MILLS



Super Storytelling

Instructions: Engaging characters, unique settings, and crazy problems to overcome are just some of the elements of good storytelling. Get the super story juices flowing as you mix up characters, settings, and objects for your own super story creations. Color and then cut out each row of images. Keep them in four separate piles. Then, place each pile face down on a flat surface. Mix each set and then choose one card from each pile. Create your own story and write about it using the Super Storytelling chart.

Character	 Young Child	 Parent	 Grandparent	 Older Child
Setting	 Park	 Baseball Field	 Beach	 Living Room
Weather	 Sunny	 Rainy	 Cloudy	 Windy
Object	 Cape	 Seashells and Bucket	 Rainbow Parachute	 Book

Find more games and activities at pbskidsforparents.org



DANIEL TIGER'S NEIGHBORHOOD®

Storytelling Puppets

Directions: Color and then cut out the character puppets. Glue each puppet onto a popcicle stick. Use the puppets to retell the sequence of events from the PBS KIDS episode you watched. Talk about the characters, the problem, what the characters did, the solution and what they learned. You can even create an original storyline!



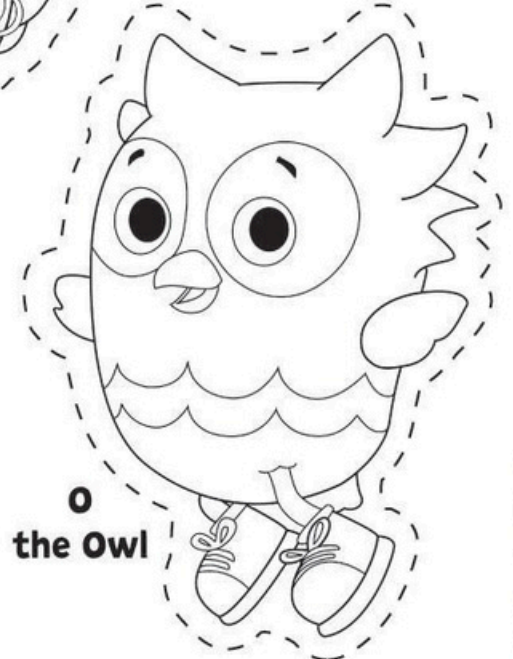
Daniel Tiger



Miss Elaina



Prince Wednesday



O the Owl

Katerina Kittycat

Produced by:



For more games and activities, visit pbskidsforparents.org

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MORE REASONS TO MAKE TIME FOR well-child visits



You know it's important to take your kids to well-child visits to keep them updated on immunizations, but those are far from the only benefits. There's plenty more to learn, plus a chance to ask about what's on your mind.

Ages 0 to 11 months

A **checkup on developmental milestones:**

When should your little one make cooing sounds, recognize faces, sit without support and understand the word "no"? Your baby's doctor can pinpoint any problems early and suggest strategies to help.

+ PLUS, GET ADVICE ON: How to help your baby sleep through the night



"LET'S BE FRIENDS"



Ages 1 to 4

A checkup on social skills: Identify any social issues, such as trouble with following directions or sharing with others, as your child gets ready for school. Developmental screenings can also discover potential learning disabilities.

+ PLUS, GET ADVICE ON: Toilet training best practices for toddlers

Ages 5 to 10

A checkup on safety: Young students can practice reciting their address, phone number and full names of their parents in case of an emergency to a trusted adult at a well-child visit. The doctor can also address using helmets, crossing the street and wearing sunscreen.

+ PLUS, GET ADVICE ON: How to encourage healthy eating and exercise



Ages 11 to 14

A checkup on serious issues: This is a time of changing bodies and fluctuating hormones, so young teens may be at risk for things like depression and eating disorders. A doctor can distinguish moodiness from something more serious.

+ PLUS, GET ADVICE ON: Anything puberty-related



Ages 15 to 17

A checkup on self-sufficiency: Encourage your children to develop their own relationship with their doctor – they should be able to ask questions they might feel uncomfortable asking you. Try having them schedule the appointment themselves.

+ PLUS, GET ADVICE ON: Handling discussions about sex, drugs, alcohol and cigarettes



If you need any help making an appointment or would need more information please contact you Family Services Coordinator

Name: _____

Counting 1 to 20

Fill in the missing numbers.

1		3	4	
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	7			10
--	---	--	--	----

11		13	14	
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	17		19	20
--	----	--	----	----

COLORFUL SHAPES

Color the shapes correctly.

