

# Head Start HAPPY NEWS!

Calendar at a Glance:

- Thurs, Dec 1: Tyhee Parent Comm Meeting, 5:30 PM
- Thurs, Dec 1: Picture retakes.
- Wed, Dec 7: Volunteer/Substitute Training, 10 AM
- Thurs, Dec 8: Lincoln Parent Comm Meeting, 5:30 PM
- Sat, Dec 10: Kiwanis Winter Celebration 11:30-1 PM
- Tues, Dec 13: Super Dad's Pizza Planning, 6 PM
- Tues, Dec 13-16: RIF Distribution #1
- Thurs, Dec 15: Policy Council, 5:30 PM



Parent Committee Meetings

Tyhee Parent Meeting begin at 5:30, on Thursday, Dec 1st, in your child's classroom. Lincoln's Parent Meeting is the following week: Dec 8th. Please come and join the families in your child's classroom and enjoy a light meal and family activities together! This is a great opportunity to share your ideas with classroom staff and have input on what is being taught in your child's classroom. See you there!

Picture Re-takes

Picture make-up and retake day is scheduled for Thursday, December 1st, from 9:00 AM to 1:30 PM. Pictures will be taken near the beginning of class. If you would like retakes, please bring your original packet with you. If your child was absent when the original photos were taken, please bring your money for the pictures to give to the photographer. Questions? Call 233-6606.



Volunteer/Substitute Training

Our Volunteer/Substitute Training for parents and community members who want to volunteer and/or be paid as substitutes in our classrooms, will be held on Wednesday, Dec 7th, at 10:00 AM, upstairs in room 8. Please plan on attending. We need you.

Super Dads

Super Dads Pizza Planning is scheduled for Tuesday, December 13th at 6:00 PM, in room 8. We will be planning the dad & kid activities for the remainder of the year, so we need all you Super Dads to come help! Please RSVP to your classroom teacher or the office so we are sure to order enough pizza. Childcare will be provided if needed.



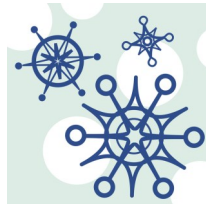
RIF

RIF Distribution

The books for the first book distribution begins Dec, 13 and runs through the 16th.

Kiwanis Winter Celebration

The Kiwanis Winter Celebration for Head Start Families will be in the cafeteria at Lincoln Early Childhood Center on Saturday, December 10th, from 11:30 AM to 1:00 PM. Lunch will be served at approximately 12:00 Noon. Bring the whole family and have a great time. Clowns will be there and a mystery guest will probably appear. Each child will receive a free book from the Kiwanis Club of Pocatello.



Dealing with Holiday Stress!

The holidays can be a very stressful time, and often we deal with that by eating or drinking alcohol in excess, which is never good for any of us. Here are a few ideas that can reduce stress of the holidays.



**Plan Ahead and Create a Budget-** make sure you keep a schedule of everything you are planning to do for the holidays, parties and travel, and don't be afraid to say no! Plan what gifts to give to each person and how much you are willing to spend for the holidays over all and then don't spend over your budget!

**Take Care of yourself-** be sure to get enough sleep and to keep eating healthy! Not too many sweets! Keep exercise routines, exercise releases endorphins which make you happy and we all want a happy holiday.

**Laugh-** Don't let the holidays overwhelm you. Be prepared and ready to laugh at good jokes, bad jokes, and even mistakes because laughing makes the stress go far away!!! **"Stress is nothing more than a socially acceptable form of mental illness."** ~ Richard Carlson

REMINDER!

**Be Ready for the Bus!** Please have your child ready and waiting for the bus 5 to 10 minutes before the scheduled pick up time. The buses have a tight schedule and cannot wait more than 2 minutes at any stop. Part of that 2 minutes includes the time it takes to buckle your child into the harness on the bus. So please have them totally dressed, with socks and shoes or boots on. Their backpack, coat, hats & mittens should be ready to go by the door, or on your child, and watch for the bus!



Next week's Menu	Tuesday, 11/30	Wednesday, 12/1	Thursday, 12/2	Friday, 12/3
<b>Breakfast With milk</b>	Cream of Wheat Sliced Peaches	Scrambled Eggs Bread and Butter Fresh Orange Slices	Egg Patty Buttered Bread w/Jam Orange Smiles	Fresh French Toast w/Syrup Banana Half
<b>Lunch With milk</b>	Bean & Cheese Burrito-1 each Lettuce & Tomato	Chicken Strips-3 each Crinkle Carrots Fresh Grapes	Ham & Cheese Sandwich Tomato Soup Pears	Macaroni and Cheese Green Beans Fruit Cocktail
<b>P.M. Snack With milk</b>	Cream of Wheat Sliced Peaches	Scrambled Eggs Bread and Butter Fresh Orange Slices	Egg Patty Buttered Bread w/Jam Orange Smiles	Fresh French Toast w/Syrup Banana Half

