



Building a Solid Foundation



LAMAR HEAD START JANUARY 2022

**Otero Junior College
Child Development
Services**

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Dear Families,

All of us at Lamar Head Start wish you a Happy New Year and we hope you had a wonderful winter break.

With winter comes colder weather and lots of extra clothes! Sometimes the time that it takes to get everyone bundled up is more than the time spent playing outside! Below are a few tips to help: Where will it all go? Think about where to store all the children's 'snow clothes'

before the snow comes. A pile of soggy clothes on the floor is no fun for anyone. Is there a place that snow pants can hang? Where will the boots, gloves and hats go? Maybe a glove/mitten clothesline would help? As much as possible make sure the children can reach these places on their own to foster independence. Use it as a teaching experience! Getting ready to go outside offers lots of opportunities to practice independence and fine motor

skills like zipping. Allow children plenty of time so they can practice these skills. Give a "head start" to children that you know will take longer by sending them a few minutes before others. If you have children who are older or excel at these skills ask them to help others who are still learning.

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Students are required to attend school at least 85% of the time. If you child is absent and we do not hear from the parent our Family Advocates Dora or Karina will call the parent/guardian to do an attendance check.

** if you child a fever or has vomited, they must be fever free and not vomited for 24 hours before they can come back to school. This means no fever or no vomiting for 24 hours without any medication.



"The Mitten" is a story of a little boy that lost his mitten in the snow. Soon after, an animal finds its way into the glove to seek warmth and shelter. It doesn't take long until many more animals have the same idea. The mitten becomes stretched out and cramped for space. Eventually, the mitten bursts and throws all of the animals out.



Ms. Chandra and Ms. Marisol used some of our new snow to do a science experiment in the classroom. First they read the book *My Mitten*. They then did a science experiment where they got snow from outside, put different colors of food coloring in the snow and watched it change colors and melt. One child said that as she mixed the snow, it turned into water.

JANUARY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 no school	4	5	6	7	8
9	10	11	12 Fire Drill	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- Children go outside every day, weather permitting, so please dress your child properly with a coat, gloves and a cap. Your child's teacher will let you know if they need another change of clothes for your child to keep at school.

After our winter break the children were happy to see that their playground has new turf material. Here Ms. Shellann is showing the kids some soccer skills



How to Make a Budget

Let's talk through how to make a budget in just five steps.

Budget Step 1: List your income.

Start by listing the money you plan on getting during that month: normal paychecks (for you and your spouse) and anything extra from a garage sale, freelance job or [side hustle](#).

Budget Step 2: List your expenses.

Next, list out your expenses, starting with the Four Walls. (That's food, utilities, shelter and transportation.) Then list out all the other monthly expenses. We're talking debt, insurance, savings, entertainment and any personal spending.

Budget Step 3: Subtract your expenses from your income.

This is where that zero-based budget in. But what happens if you do that math and have extra left over?

Don't just leave it, or you'll spend it here and there without even thinking! Give it a job by putting it toward the Baby Step you're on!

What if you get a negative number? Hey—it'll be okay. But you will need to cut back on the extras or pick up extra work to cover it. Just make sure that picking up extra work never means blowing that money. Put it to work to make your budget work!

Budget Step 4: Track your transactions.

Can I let you in on a little secret? The way you'll really win with budgeting is to track your transactions. That means you put every expense and every bit of income into your budget all month long.

This helps you stay accountable to yourself, your spouse (if you're married), and your money! You aren't hiding spending from anyone. And you won't overspend because you'll know what's left in every budget line.

Budget Step 5: Make a new budget before the month begins.

It's so important. This is when you get ready for everything coming your way next month, you guys. Make a new budget—every single month.