



Building a Solid Foundation



LAMAR HEAD START MARCH 2024



Parents,
With the days getting longer and Springtime just around the corner we jump into March with a renewed sense of excitement! Teachers are busy teaching kindergarten skills to those children that are going on to kindergarten. Parents too can be of great assistance in getting their child prepared for kindergarten. Parents are the child's first and most important teachers. Last month we had

our Mental Wellness and Stress Management Workshop along with our Kids Invite Someone Special Family Night. We had a great turnout. Cindy Jimenez from High Plains Community Health Center talked to our families about handling stress and resources available at High Plains, there was a fun parent/child activity about identifying feelings. We enjoyed a delicious Nacho Bar and played music for parents and children to dance to. In March we will have

special dress up days for Read Across America Week. Details were sent home on February 29th. On Tuesday, March 26th at 1:00pm. We will have a Basic First Aid Education Presentation and make First Aid Kits We will also have an Emergency Preparedness Workshop. A light lunch will be served. Happy Spring Break!

*Cecilia Dowell,
Center Manager*

Otero College
Child Development
Services

March 2024

Dress Up Days
Monday March 4th
through March 7th.

Lamar Head Start's spring break is scheduled for March 11th through March 14th to coordinate with the school district.

Parent Involvement

We held our parent committee meeting during our Family Night. Parents received updates from all of the components of our program.

Tuesday, March 26th.

First Aid Workshop and First Aid kit making 1:00pm
Emergency Preparedness Workshop 2:00pm
Light lunch will be provided

***New Enrollments will be on April 12th from 10:00am to 6:00pm**

Child must be 3 by July 1st 2024 if a family receives SNAP the child is automatically eligible for Head Start



March is National Nutrition Month

In Partnership with COWP our teachers make monthly cooking activities with the children. Children explore colorful fruits and learn about how they are good for their bodies. Children make and taste fruit parfaits



**The week of
March 4th
through March
7th we will
have special
dress up days
each day to
celebrate Read Across America**



Monday—Green Day—wear anything green

Tuesday—Cowboy/Cowgirl Day—wear your western wear

Wednesday—Book Character Day—Dress up as a book character or bring your favorite book



****Picture Day is
Wednesday April 3th
starting at 8:20am****



Reading is the Key to Learning

February Family Night
Making memories
Thank you for joining us!





"You can find magic wherever you look. Sit back and relax,

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Green Day	5 Cowgirl/Cowboy Day	6 Book Character Day	7 Tie Dye Day	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26 Parent Workshop 1PM	27	28	29	30
31						

Tuesday, March 26th.

First Aid Workshop and First Aid making 1:00pm
Emergency Preparedness Workshop 2:00pm
Light lunch will be provided



12 WAYS TO PREPARE

<input type="checkbox"/>  Sign up for Alerts and Warnings	<input type="checkbox"/>  Make a Plan	<input type="checkbox"/>  Save for a Rainy Day	<input type="checkbox"/>  Practice Emergency Drills	<input type="checkbox"/>  Test Family Communication Plan	<input type="checkbox"/>  Safeguard Documents
<input type="checkbox"/>  Plan with Neighbors	<input type="checkbox"/>  Make Your Home Safer	<input type="checkbox"/>  Know Evacuation Routes	<input type="checkbox"/>  Assemble or Update Supplies	<input type="checkbox"/>  Get Involved in Your Community	<input type="checkbox"/>  Document and Insure Property