



# Meriden YMCA Head Start Family Newsletter

398 Liberty St.  
Meriden, CT 06450  
[www.meridenymca.org](http://www.meridenymca.org)



A message from our staff...

The world has changed very much since we have all been together last. The stress of Covid-19 comes with dealing with new experiences like online learning and working from home. Sometimes it is ok to slow down and focus on what is really important during this time of crisis.

We would like to take this opportunity to encourage you to make meaningful memories with your families. This time spent together at home can be time that happy memories are created with the people we care for the most!

Sincerely,  
Head Start Staff



“We didn't realize we were making memories we just knew we were having fun.”

→ DON'T FORGET!

Our teachers have been working hard creating virtual classroom pages on [Facebook](https://www.facebook.com). They will be posting videos, lessons and activities as well as resources for your family. Please click on the links below to find your child's teacher and start following their classroom!

- Ms. [Kim](#) and Ms. [Carol](#) in [Classroom 1am](#)
- Ms. [Johnnie](#) in [Classroom 1pm](#)
- Ms. [Christa](#) and Ms. [Gloria](#) in [Classroom 2](#)
- Ms. [Sheree](#) and Ms. [Maria](#) in [Classroom 3](#)
- Ms. [Maria](#) in [Classroom 4](#)
- Ms. [Antoinette](#) and Ms. [Kelly](#) in [Classroom 5am](#)
- Ms. [Latrechia](#) and Ms. [Veronica](#) in [Classroom 5pm](#)
- Ms. [Hayyam](#) in [Classroom 6](#)
- Ms. [Adela](#) and Ms. [Chickie](#) in [Classroom 7](#)



Visit the Meriden Y website [meridenymca.org](http://meridenymca.org) to access the latest info on programs and virtual classes for you, your friends and family.

**Kindergarten Registration:** This month is normally when Kindergarten Registration would begin. As this temporary shutdown continues this week Kindergarten Registration won't be starting this week as planned. We have been in contact with the Board of Education and once we know more information about when Registration will start up, we will let you know right away. If you have any questions about it please email your family advocate and they will help you with any questions you have or you can message us via your child's classroom's page on Facebook.

### Family Activities To Do While at Home:

<https://blog.cincinnatichildrens.org/simple-home-activity-ideas-for-kids-during-covid-19>

Above are some ideas that you can try with your family to keep your child busy during this time.

## Memories in the Making

### **Focus on having fun and bonding as a family**

Talk to your child about the things you enjoyed most as a young child—and then do them together! Singing and dancing, snuggling up to share a favorite book or movie, playing with dress up clothes, or building a fort from couch cushions have been popular activities with generations of children for a reason. Quite simply, they're fun, they're easy and they are sure to spark your child's imagination!

For more information on playful and bonding experiences check out [ParentPal](#) by Teaching Strategies



Click [here](#) to download the app

## Apple Sandwiches



**Ingredients:** 1 medium **apple**,  
2 Tablespoons **peanut butter**, 1 Tablespoon **raisins**

### **Directions:**

1. Wash the apple under cool running water and dry. Cut in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.
2. Spread 1/2 teaspoon of peanut butter on one side of each apple slice.
3. Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.
4. Continue with remaining apple slices

## Family Craft



### Fun ways to repurpose Paper towel rolls

- Make microphones to sing
- Hockey sticks and a puck
- Swords to be knights
- Stack them into towers
- Indoor bowling



**Walking** for just 21 minutes a day— can cut your risk of heart disease by 30%. In addition, this do-anywhere, no-equipment required activity has also been shown to lower the risk of diabetes and cancer, lower blood pressure, lower cholesterol, and keep you mentally sharp. Try walking just over 10 minutes 2 times a day. You can do it!



**Lower your stress:** Notice the good around you. Find a reason to laugh out loud each day. When you feel sad, take a few slow deep breaths. Find self-acceptance for yourself. Lower your expectations – everyone makes mistakes. Have a routine. Children find safety in having a routine. Play with your child. Smile at yourself in a mirror & like you. Get dressed every day & do your hair; looks improve your mood and attitude. Talk with others each day.

