



5
or more
fruits and
vegetables
each day



2
hours or
less screen
time each
day



1
hour or more
physical
activity each
day



0
sugary
drinks!

THINGS TO KNOW

Winter Weather Delayed Starts and Closing Reminders



- Look at news delays and closures for Tri-County Head Start not Tri-County Schools
- If Waterloo Schools delays or cancels school, Learning and Community Center & Maywood will also be delayed or canceled
- If Waterloo Schools have an early dismissal, Learning and Community Center and Maywood will also dismiss early and children will need to be picked up.
- If your class is within a school district, follow their delays and closings.

Cold Weather Safety

Children are more vulnerable than adults to the effects of cold weather.



- Dress children in layers of warm clothing.
- There is no set amount of time for children to play outside safely when the the weather is cold. Use your best judgement.
- Avoid bulky coats and car seats. Instead, lay the jacket or a blanket over your child once you have safely strapped them into their car seat.

[Click to read more on cold weather safety](#)

CALENDAR

Classes Resume

- January 6

Closed for Staff Professional Development

- January 17

Policy Council Meeting

- January 20, 5:30-6:30 pm

Closed for Martin Luther King Jr. Day

- January 20

Board of Directors Meeting

- January 21, 5:30-6:30 pm

Taste & Talk - sample Vegetarian Chili

- January 27, 2:30-5:00 at LLC
- January 28, 2:30-5:00 at Maywood

Homebase Early Head Start Socialization

- January 29, talk to home visitor for details

Car Seats and Coats: What's Best?



❌
Puffy Material =
Loose-Fitting
Harness

SAFE
KIDS
WISCONSIN


led by
Children's
Wisconsin

✅
Lightweight Fleece
Layers =
Snug-Fitting
Harness

CONTACT US

 teamtricity.org

 info@teamtricity.org

 (319) 235-0383

 Tri-County Head Start

HEALTH

Stay Healthy, Stay Happy!

Our nurses provide hand washing & germ lessons for classrooms during the cold & flu season.



Hand Washing Steps

1. Wet hands.
2. Use soap.
3. Rub together for at least 20 seconds.
4. Rinse
5. Dry

NUTRITION

Canned vegetables are a healthy option to include in your diet.

- Picked at peak freshness
- Just as healthy as fresh or frozen
- Convenient and budget friendly

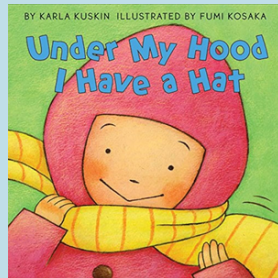
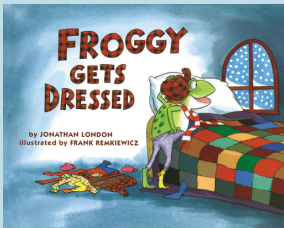


For an easy meal try
Vegetarian Chili

Click here for our January menu and information on this month's featured canned vegetable - beans!

WORK ON SELF-HELP SKILLS

Have your child practice putting on their snow gear. This will give them confidence and help them work on persistence in doing things that can be frustrating.



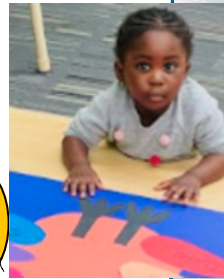
Check out these books from the library or click for Video

DUAL LANGUAGE LEARNER

Winter holiday celebrations in Hispanic cultures include fun traditions like **eating 12 grapes for good luck** and honoring the Three Wise Men.

In November, children learned to say "thank you" in different languages while creating a turkey craft.

Learn more about Hispanic Holiday Traditions and see photos



The best-choice beverages are really simple: water and plain milk.

Click to read more about recommended beverages for children ages 5 and younger

WHY should kids #ChooseWater?

Water is a great drink choice for kids!



It's super healthy:
0 calories & no added sugar



It's good for the body:
helps keep joints healthy, good for teeth, helps blood circulate



It's good for the mind:
Staying hydrated helps concentration and focus