



February 2025

- 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!

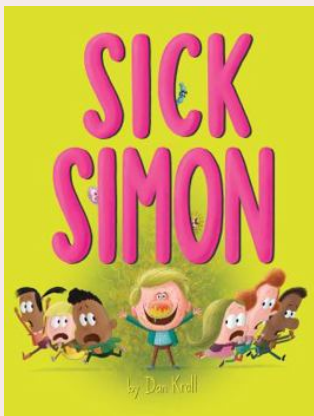
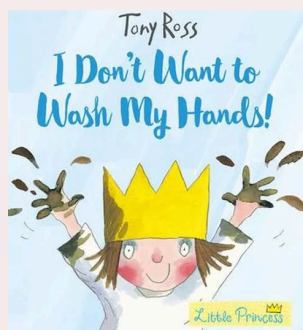
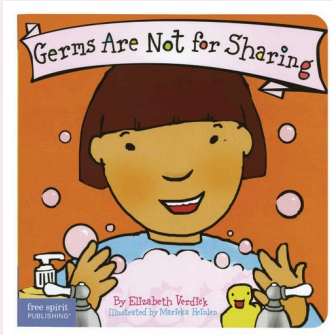
THINGS TO KNOW

As the winter months progress, please remember to let your child's teacher and family service worker know if they will be absent due to illness.

Talking with your child about how to stay healthy during the cold/flu season is important. **Practice handwashing with your child and ask them what ideas they have to stay healthy.**

Reading books (see suggestions below) on how to stay healthy and practicing self help/life skills are activities you can mark on your [February In-Kind Calendar](#).

Thank you for all you do to give your child a head start on learning!



CALENDAR



- February 14 - No School**
Staff Professional Development Day
- February 17, 5:30-6:30 p.m.** Policy Council
- February 18, 5:30-6:30 p.m.** Board Meeting
- February 21 - Winter GOLD Check Point**
GOLD is an assessment tool which helps teachers monitor your child's progress.
- February 24 - Home Visit/Conferences Begin**
- February 28, 1- 3:00 pm,** Black History Month
[Story Time at the Waterloo Public Library](#)



FEBRUARY IS... NATIONAL CANNED FOOD MONTH

TUNA FISH TACOS with PEACH SALSA

CLICK for this recipe and more

Need clothing?
Visit Tri-County Closet.
Open Monday-Friday, 9 am - 5 pm

CONTACT US



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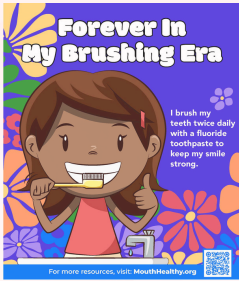


Tri-County Head Start

HEALTH

End Child Tooth Decay

- Brush teeth twice a day with fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary drinks and sugary foods.
- See your dentist regularly for prevention and treatment of oral disease.



Head Start Dental Clinics
Contact your family worker to sign up your child for our dental clinics this month.

[Read more](#)

NUTRITION

February is American Heart Month

Fresh, frozen and canned fruits and vegetables are always healthy choices, but what about other foods?

Check food packages for the **Heart-Check Mark**. It is a simple tool to help you Eat Smart. When you see it you can be confident that a product aligns with the [American Heart Association's recommendations for heart healthy eating](#).



[Click here for our centers February menu](#)

WELCOME NEW STAFF



[Click here to learn more about our new staff](#)

HOME-BASED

This month, Home Visitors will be completing your child's winter GOLD checkpoints.

Socialization Events in Black Hawk County:

Early Head Start: Thursday, February 6

Early Head Start: Wednesday, February 26

Head Start: Wednesday, February 12

Head Start: Tuesday, February 25

more details to come

DUAL LANGUAGE LEARNER

Last month, we created musical instruments using recycled materials!

Music is a universal language that fosters communication and connection beyond words. Incorporating recycling teaches children about sustainability and creativity.

Through this fun activity, children explored sounds and rhythms while learning the importance of caring for our planet.

[Learn more and see photos](#)



In December, students in Ms. Dana, Ms. Latasha and Ms. Cindy's classroom had fun with blocks and trees.