



May 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

In April we enjoyed celebrating The Week of the Young Child. Click 'read more' to read about the themes and see how one classroom celebrated!



READ MORE >>



CALENDAR

-May 5th-May 9th

Help us celebrate our teachers by telling them thank you or how much you appreciate all their hard work and dedication!



-May 6th-May 12th

Join us in sending a big 'thank you' to our wonderful nurses, Darcie Stone and Shana Smith!



-May 8 - Pre-K Graduation

-May 19 - Policy Council Meeting

-May 20 - Board of Directors Meeting

-May 21 - Iowa Kids Garden Day

Come join our Planting Party at Maywood

-May 26 - No School, Closed for Memorial Day

-May 28 - Parent Workshop

-June 3 - Last Day of School

-June 5 - Summer Consolidated Care Begins

**Need clothing?
Visit Tri-County Closet.**

Open Monday-Fridays, 9 am - 5 pm

CONTACT US



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Tri-County Head Start

HEALTH

People's Clinic Head Start Dental Day

Our last clinic of the school year will be May 13, 2025. Contact your family worker or home visitor to sign up your Head Start child.

May 8th

National Children's Mental Health Day

Mental health in childhood includes reaching developmental & emotional milestones, and learning healthy social skills.

[READ MORE](#)

NUTRITION

All families are invited to our **Planting Party on Wednesday, May 21 at Maywood!** Come plant a bucket take home and grow this summer! Planting will be open from 3-6 pm.



[Check out our May Menu](#)

HOME-BASED PROGRAM

In April, we had socialization events at the Cedar Falls Rec Center's Indoor Park and the Cedar Falls Library. At the library, children participated in Kindermusik, a "holistic approach to early childhood education that integrates music, movement, language, and social interaction".



Our next socialization event will be May 13th in Blackhawk County. Then, join us on May 21st for our annual planting party!

WELCOME NEW STAFF



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

DUAL LANGUAGE LEARNER

In our classroom activity "I'm lucky because..." we asked the kids what makes them happy. To help them understand, we said, "What makes you smile or feel good inside?"

They shared all kinds of sweet answers: family, pets, toys, favorite foods. Take a look at the adorable pictures from this special activity!



[pictures!](#)