

Skyline CAP Head Start

Join us for some

"Summer Fun!"



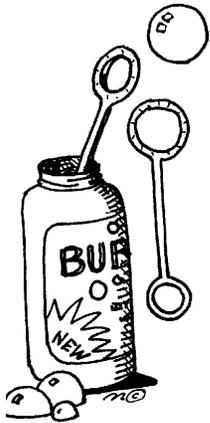
During the month of **JUNE**, we invite you to:

<p>Take a trip to your local library!</p> 	<p>Print the alphabet on a piece of paper. Point to each letter as you sing the Alphabet song together.</p>	<p>Bubble Fun!</p> 	<p>Plan a "TV Blackout" night. Instead, read aloud, play games, do a puzzle, or sing songs with your child!</p>	<p>Use sidewalk chalk (included) and write the numbers 1-10.</p>
<p>Take a ball outside and use it in multiple ways: Throw it, bounce it, and roll it! What else can you do with the ball?</p>	<p>Read, "The Very Hungry Caterpillar" by Eric Carle. Which foods were healthy that the caterpillar ate?</p>	<p>Parent: cut a piece of fruit in half and have your child stamp it into paint and print it on a piece of paper!</p>	<p>AI's Health Tip: Make peanut butter & jelly (or soynut butter) sandwiches using mini ricecakes!</p>	<p>Mystery Bag Search! * see reverse for directions!</p> 
<p>Paint with water! Fill a cup with water and use a paintbrush to paint on the sidewalk or deck! Write your name!</p>	<p>Sing a song together.</p>	<p>Take a trip to your local library!</p> 	<p>Bubble Fun!</p> 	<p>How many foods can your child think of that are red? Green? Etc. What "color" foods did you eat today?</p>
<p>Think of words that begin with the same sound as your child's name.</p>	<p>Make fruit salad together! Discuss why you did not use all pieces of the fruit when making the fruit salad.</p>	<p>Go for a nature walk! Bring a basket and find things that are: green, rough, long, squishy, and hard!</p>	<p>AI's Safety Tip: Help your child memorize his or her full name, address, and phone number.</p>	<p>Watch a children's movie as a family. Talk about what makes the characters different from each other.</p>



Mystery Bag Search!

Place small, safe objects that all start with the same letter (e.g., spoon, soap, straw, sock) in a paper bag (or other solid-colored bag). Let your child reach into the bag. Without peeking, let your child guess what he or she is feeling. After guessing all the objects, talk about what letter and sound the objects start with.



Bubble Fun!

Use bubbles provided or make your own!

Ingredients: 1/8 cup dishwashing liquid, 1 cup water, bubble wand

Mix soap and water in a plastic container. Let your child dip a bubble wand in the liquid and blow or run holding the blower against the wind.

Bubble Wand Idea: Straw- cut a drinking straw in half; then cut the tip 3 times and fold pieces back. Dip tip in bubble solution and blow!



Al's Tips!

"Al's Pals" is a program that is dedicated to developing young children's social-emotional skills, problem-solving abilities, and healthy decision-making. The children in our Head Start classrooms have worked with Al and his puppet friends throughout the school year.

We are including some of Al's favorite health & safety tips in our summer calendar for you to enjoy at home!

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During the month of **July**, we invite you to:

<p>Count something with your child using the rhyme, "one potato, two potato, three potato, four. Five potato, six potato, seven potato, more!"</p>	<p>Fill a low shelf or drawer with books for your child to have access to at any time.</p>	<p>Make up a song or rhyme using your child's name. Let your child add motions to the song as you sing it.</p>	<p>AI's Healthy Tip: Dip pretzels, pita wedges, and vegetables such as celery and carrot sticks into hummus.</p>	<p>Play "Hide and Seek" with your child. Hide an object and give your child three easy-to-follow clues to find it.</p>
<p>AI's Safety Tip: Create a quiet place in your home where your child can go to calm down after "big feelings!"</p>	<p>Stop during a story and encourage your child to decide how they would end the story if they were the author.</p>	<p>Learn a nursery rhyme! <i>* On reverse!</i></p>	<p>Take a trip to your local library!</p> 	<p>Provide crayons and paper for your child. Encourage and appreciate your child's creativity.</p>
<p>Bubble Fun!</p> 	<p>AI's Healthy Tip: Dip graham cracker pieces in lowfat yogurt for a yummy snack!</p>	<p>Take a trip to your local library!</p> 	<p>Go outside and learn how to skip! Race!</p>	<p>Plan a picnic with your child! What healthy foods would you like to bring?</p>
<p>Build a fort together! Be creative! It can be inside or outside! Use pillows, blankets, sheets, etc.</p>	<p>Catch fireflies at night! Be sure to let them go when you're finished watching them!</p>	<p>Make lemonade together! Allow your child to help you squeeze the lemons and measure the sugar!</p>	<p>Visit a local Farmers' Market! Do you recognize all of the vegetables?</p>	<p>Bubble Fun!</p> 

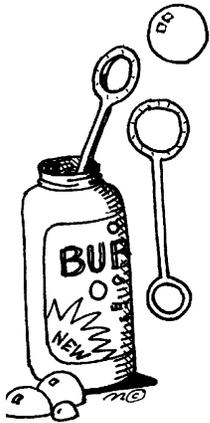


Nursery Rhyme

Mary, Mary, Quite Contrary

Mary, Mary, quite contrary,
How does your garden grow?

With silver bells and cockle-shells,
And pretty maids all in a row.



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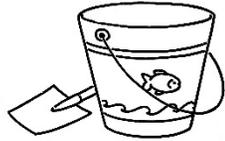
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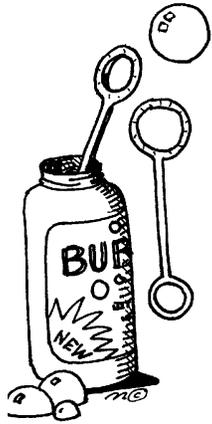
During the month of **August**, we invite you

<p>Have an A-Z scavenger hunt! Search for items that either start with the letter or have the letter printed on it!</p>	<p>AI's Healthy Tip: Dip apple wedges in peanut butter for a healthy snack!</p>	<p>Print out the partial list of children's books that have won Caldecott medals. Try to read as many as you can!</p>	<p>Practice making interesting shadow puppets! Put on a shadow puppet show!</p>	<p>Make an indoor "sandbox" using colored rice! * recipe on reverse!</p>
<p>Make a giant hopscotch game with sidewalk chalk!</p>	<p>Bubble Fun! </p>	<p>Learn about stargazing and identify as many constellations as you can!</p>	<p>Take a trip to your local library! </p>	<p>Make paper boats and race them in a kiddie pool (or bathtub!) by blowing through straws to propel them!</p>
<p>Run through a sprinkler outside! Be careful on the wet grass!</p>	<p>Make bird feeders by covering pinecones in peanut butter and rolling them in birdseed.</p>	<p>Decorate a piece of paper and accordion fold it into a fan to keep you cool on hot summer days!</p>	<p>AI's Healthy Tip: Cut up a watermelon (parent) and enjoy a nice cool slice of watermelon!</p>	<p>Go for a "listening walk" and see how many things you can hear along the way!</p>
<p>Plan a "TV Blackout" night. Instead, read aloud, play games, do a puzzle, or sing songs with your child!</p>	<p>Play a homemade version of Pictionary!</p>	<p>Invite your child to help you water the garden! Use a hose or watering can to give your plants a drink!</p>	<p>Bubble Fun! </p>	<p>AI's Healthy Tip: Cut up some fruit (parent) and add a container of yogurt to make a delicious fruit salad! Yum!</p>



Colored Rice

Mix 4 cups of rice with 3 tablespoons of rubbing alcohol and a few drops of food coloring and let dry overnight. Wear gloves to help keep the dye off of your hands!



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Caldecott Medal Winners, 1980- 2014

- **2014:** *Locomotive*, written and illustrated by Brian Floca (Atheneum Books for Young Readers, an imprint of Simon & Schuster Children's Publishing)
- **2013:** *This Is Not My Hat*, written and illustrated by Jon Klassen (Candlewick Press)
- **2012:** *A Ball for Daisy* by Chris Raschka (Schwartz & Wade Books, an imprint of Random House Children's Books, a division of Random House, Inc.)
- **2011:** *A Sick Day for Amos McGee* illustrated by Erin E. Stead, written by Philip C. Stead (Neal Porter Books/Roaring Brook Press, an imprint of Macmillan Children's Publishing Group)
- **2010:** *The Lion & the Mouse* by Jerry Pinkney (Little, Brown and Company)
- **2009:** *The House in the Night* illustrated by Beth Krommes, written by Susan Marie Swanson (Houghton Mifflin Company)
- **2008:** *The Invention of Hugo Cabret* by Brian Selznick (Scholastic Press, an imprint of Scholastic)
- **2007:** *Flotsam* by David Wiesner (Clarion)
- **2006:** *The Hello, Goodbye Window* Illustrated by Chris Raschka, written by Norton Juster (Michael di Capua/Hyperion)
- **2005:** *Kitten's First Full Moon* by Kevin Henkes (Greenwillow Books/HarperCollinsPublishers)
- **2004:** *The Man Who Walked Between the Towers* by Mordicai Gerstein (Roaring Brook Press/Millbrook Press)
- **2003:** *My Friend Rabbit* by Eric Rohmann (Roaring Brook Press/Millbrook Press)
- **2002:** *The Three Pigs* by David Wiesner (Clarion/Houghton Mifflin)
- **2001:** *So You Want to Be President?* Illustrated by David Small; text by Judith St. George (Philomel Books)
- **2000:** *Joseph Had a Little Overcoat* by Simms Taback (Viking)
- **1999:** *Snowflake Bentley*, Illustrated by Mary Azarian ; text by Jacqueline Briggs Martin (Houghton)
- **1998:** *Rapunzel* by Paul O. Zelinsky (Dutton)
- **1997:** *Golem* by David Wisniewski (Clarion)
- **1996:** *Officer Buckle and Gloria* by Peggy Rathmann (Putnam)
- **1995:** *Smoky Night* , illustrated by David Diaz; text: Eve Bunting (Harcourt)
- **1994:** *Grandfather's Journey* by Allen Say; text: edited by Walter Lorraine (Houghton)
- **1993:** *Mirette on the High Wire* by Emily Arnold McCully (Putnam)
- **1992:** *Tuesday* by David Wiesner (Clarion Books)
- **1991:** *Black and White* by David Macaulay (Houghton)
- **1990:** *Lon Po Po: A Red-Riding Hood Story from China* by Ed Young (Philomel)
- **1989:** *Song and Dance Man* , illustrated by Stephen Gammell; text: Karen Ackerman (Knopf)
- **1988:** *Owl Moon* , illustrated by John Schoenherr; text: Jane Yolen (Philomel)
- **1987:** *Hey, Al* , illustrated by Richard Egielski; text: Arthur Yorinks (Farrar)
- **1986:** *The Polar Express* by Chris Van Allsburg (Houghton)
- **1985:** *Saint George and the Dragon* , illustrated by Trina Schart Hyman; text: retold by Margaret Hodges (Little, Brown)
- **1984:** *The Glorious Flight: Across the Channel with Louis Bleriot* by Alice & Martin Provensen (Viking)
- **1983:** *Shadow* , translated and illustrated by Marcia Brown; original text in French: Blaise Cendrars (Scribner)
- **1982:** *Jumanji* by Chris Van Allsburg (Houghton)
- **1981:** *Fables* by Arnold Lobel (Harper)
- **1980:** *Ox-Cart Man* , illustrated by Barbara Cooney; text: Donald Hall (Viking)