

2023



# February



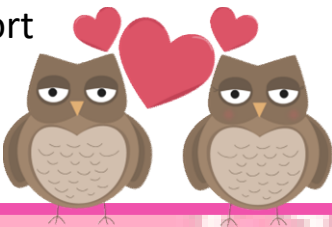
## Athens Head Start

### Center News

This month, classrooms A & B will be talking about what it means to be a Good Friend. They will also be exploring all the ways people and animals cope with winter weather. Athens Head Start will be hosting a couple family events this month, including a Bingo Night and a Family Dance Night to promote physical activity. We hope to see you all there! *According to the Center for Disease Control (CDC), "Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities."*

### Home Based/Early Head Start

Ms. Alicia will continue to deliver EHS packets and will call weekly to stay in touch with the EHS families until we are able to hire EHS Home Visitors. EHS families will continue to be included in and are encouraged to attend all socialization events. We want to thank all EHS families for their understanding and support



### Happy Birthday!

Bear C., Jayden L., Eric S., and Kaden Y.

### Upcoming Events

#### Parent Meeting

**2/1/23, 4:00 PM**

Athens Head Start

#### Socialization Events

##### Home Based/Early Head Start

**2/10/23, 11:00 AM**

Wee Wiggles, located at the Athens Community Center

**2/28/2023, 4:30 PM**

Athens Head Start, followed by the Dance Party Family Event

#### Family Events

**2/16/23** - Bingo Night

5:00 PM at Athens Head Start

**2/28/23** - Family Dance Night

5:00 PM at Athens Head Start

### Reminder

Please keep your child home if they are experiencing symptoms such as, fever, cough, nasal discharge, vomiting or diarrhea. There are many viruses going around at this time and we want to keep all the children safe and well.