

Togiak Head Start

Weekly Theme: Friends...

Feb. 16-19, 2010



This week we will be sharing our knowledge on "Friends" and the learning activities and menu planned for the week are as follows:



Tuesday- Sing "F is for Friend" and brainstorm/chart what a friend is, creating a "My Friends" collage, play musical chairs due to the weather and reading a book about feeling good about yourself.



Breakfast/lunch- Cereal, fruit cocktail, milk



Beef casserole, broccoli/carrots w/dip, peaches and milk

Wednesday- Sing "The More We Get Together", charting friends to compare physical features, throw/catch/kick ball with a friend, read and discuss "The Kissing Hand".



Breakfast/lunch-Oatmeal w/toast & jam, pears, milk



Chicken Noodle Soup, ants on a log, oranges, biscuit, milk

Thursday- Recite "Five Little Friends", Make a Friendship Garden, Walk on a balance beam with a friend and read "Everybody is Happy" and discuss what makes each child happy.



Breakfast/lunch- Scrambled eggs, sausage, apples, raisin toast, milk



Turkey sandwiches, carrots w/peas, pears, milk

Friday- Show and Tell favorite thing (have your children bring something from home to share with the group), making goop together, play jump ropes and hula hoops with a circle of friends, and read "Everybody Feels Angry" so children will know that we all express different feelings.



Breakfast/lunch- Cinnamon toast, applesauce, milk



Fish chowder, biscuits/butter, fruit salad, milk

Nutrition Activity planned for the week- Making play dough with a friend.

Thanks to all the parents who donated goodies for our special day on Friday: **Chastity Smith:** rice krispy treats, **Kevin and Nadia:** miniature donuts, **Annette Active:** Jell-O, **Myron & Christa:** fried bread and cake mix from **Evelyn** for cupcakes.



We are happy to have Sam back with us this week and he said that he really enjoyed his trip with Alicia Active. He shared his knowledge in attending the creative curriculum workshop, shared our children's creative artwork and visited the legislature's building. They will make a report during the parent meeting tomorrow, the 17th at 5:30 so please plan to come and listen. Remember to continue to call in for attendance, tardiness and drop off locations ahead of time. Qu yana....Togiak Head Start Staff



Happy Early 5th Birthday to Jocelyn Antone, Tuesday the 17th

