



# Burke Early Head Start August 2015 Newsletter

## Early Head Start Program Mission:

- To enhance the growth and development of young children
- To support and strengthen healthy family development and well-being
- To promote healthy prenatal outcomes for women who are pregnant
- To serve children with disabilities and their families

## Contact Information:

Burke Early Head Start  
501 E. Concord St.  
Morganton, NC 28655  
Phone: 828-475-0107

[www.enolagroup.org](http://www.enolagroup.org)

**Facebook:** Early Head Start of Burke, The Enola Group

## Lessons from the Garden

Children in the Early Head Start classroom enjoy working and learning at the community garden.

In the spring, they prepared the soil and made many new discoveries as they picked up sticks and stones from the red dirt. Each week they walk to the garden to watch as the vegetables grow and change into larger plants. After pulling weeds, the children help harvest vegetables by picking peppers, peas, cucumbers and basil. They enjoy eating peas and cucumbers as a morning snack. The children have the opportunity to see the different stages of growth that started with a bloom and continue to the ripening and harvesting stage.



The garden provides many learning opportunities that include classification and science skills (determining which is a weed and which is a plant), counting vegetables and learning about plants. Social skills grow as the children work together in the garden.



## Reminder!

**Men Zone:** Aug. 27  
6:00 to 7:30 pm

**Bike Rodeo & Fam.  
Up health screening**  
Aug. 18th, 5:30 to 8:30  
pm. @ Burke County  
Health Dept. parking  
lot

## Cooking Matters



Families prepared a colorful and tasty pizza at the recent Cooking Matters class that was held at Mt. View Recreation Center.

As the summer session comes to an end, Burke Early Head Start would like to thank all the families that participated in the project, as well as, our community partners for their support in making the class a huge success!



# Calling All Parents!

**Do You Want Your Voice Heard?**

**Do You Want To Make a Difference for Your Child and Family?**

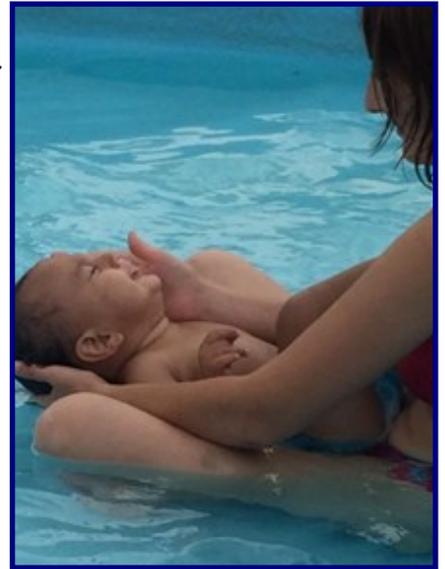
***Join the Early Head Start Policy Council!***

On **August 11th from 4 to 5:30 pm** at the **Caldwell Family Resource Center** the Policy Council will be host a sharing night. Come join us if you are interested in Policy Council.

Please RSVP by calling Angela at (828) 475-0107 or talk to your child's teacher or in-home educator.

## Water Safety Quiz

- True or False:** "People should always check the depth of the water before diving in."
- If you don't see a lifeguard on the beach, you should:
  - only swim in shallow water
  - ask someone where you can apply for the lifeguard job.
  - not go in the water.
  - only swim with experienced swimmers.
- You should wear a life jacket:
  - anytime it's raining.
  - only if it matches your life pants and life shoes.
  - only if you're a beginning swimmer.
  - anytime you are in a boat.
- True or False:** You should always swim with another person even if you're a good swimmer.
- True or False:** More people die in boating accidents than in airplane or train crashes each year.
- True or False:** If you're watching young children near or in the water, it's OK to leave them alone for a few minutes.
- True or False:** If you're caught in a rip current, you should swim toward the shore.



### Quiz Answer Key

- True:** Always check the depth of the water before diving in.
- If you don't see a lifeguard on the beach, you should C. not go in the water.
- You should wear a lifejacket D. anytime you are in a boat.
- True:** You should always swim with another person even if you're a good swimmer.
- True:** More people die in boating accidents than in airplane or train crashes each year.
- False:** Never leave children alone near the water.
- False:** If you're caught in a rip current don't fight it; swim sideways, parallel to the beach.

