



Kim's Weekly Newsletter

Hettinger County Head Start

WEEK OF:

September 28, 2026
TO
October 1, 2026

IMPORTANT MESSAGES:

- ❖ Please remember to sign your child's August/September Backpack Reading Log and return the form to school with your child. Thanks!
- ❖ NO HEAD START THURSDAY, OCT. 22, 2026.

WE ARE LEARNING ABOUT...

MONDAY: For Small Group Time, the boys and girls explored with water paints. The water paints, paint cups, and paint shirts have been added to our Art Center as a plan for Work Time. During Large Group Time, the boys and girls were given a balloon. They practiced hitting the balloon up into the air with their hands as many times as they could before it landed on the floor. We will be sharing this observation with you when we meet in November for Parent/Teacher Conferences in the classroom.

TUESDAY: The boys and girls explored with clay during Small Group Time. Playing with clay help preschoolers build muscle control, calm their minds, and express their creativity through open-ended exploration. A bucket of clay can now be found in our Art Center. The boys and girls were introduced to the "Skipping" song. This song breaks the skill of skipping into smaller movements and eventually leads up to the child learning that a skip is a step-hop-step-hop. We added this song to our Classroom Songbook so children can continue to practice skipping or work on learning how to skip.

WEDNESDAY: Today our Head Start Nurse, Rayne, visited our classroom to talk to the boys and girls about handwashing. She put some special glo-germ lotion on their hands, asked them to rub it into their hands, and then she shined a special light on their hands that showed the children where all the germs were. The boys and girls washed their hands so that Rayne could shine the light on their hands again to see how well they washed the germs off of their hands. Because it was National Chewing Gum Day, the children learned a new song called, "Bubblegum". The first time we sang the song at a normal speed. The second time we sang it a little faster, and the final time we sang it really fast. Each child brought home three pieces of gum. Studies show that chewing gum improves memory, reduces stress, and increases alertness!!

THURSDAY: For Small Group Time, the boys and girls were given a basket of bears in two different colors and three different sizes. The teachers watched each child sort their bears and asked them to explain how they sorted the bears into those groups. We will be sharing these observations with you at your child's Parent/Teacher Conference in November. Two children chose songs from the classroom songbook for everyone to sing and move their bodies.

STANDARDS

- Maintains focus and sustains attention and minimal adult support.
- Participate in the community of the classroom.
- Sustain attention, interest, and focus on activities and engagement with experiences.
- Combine large motor movements with the use of equipment.
- Use eye-hand coordination to complete tasks.
- Develop large body muscle control and coordination by engaging in a variety of physical activities.
- Perform basic self-help tasks that promote good hygiene.
- Use words to identify, describe, and compare objects based on physical characteristics.

TEACHER CONTACT INFORMATION:

CLASSROOM TEACHER: Kim Lutz

TEACHER ASSISTANTS: Steph Messmer and Melissa Miller

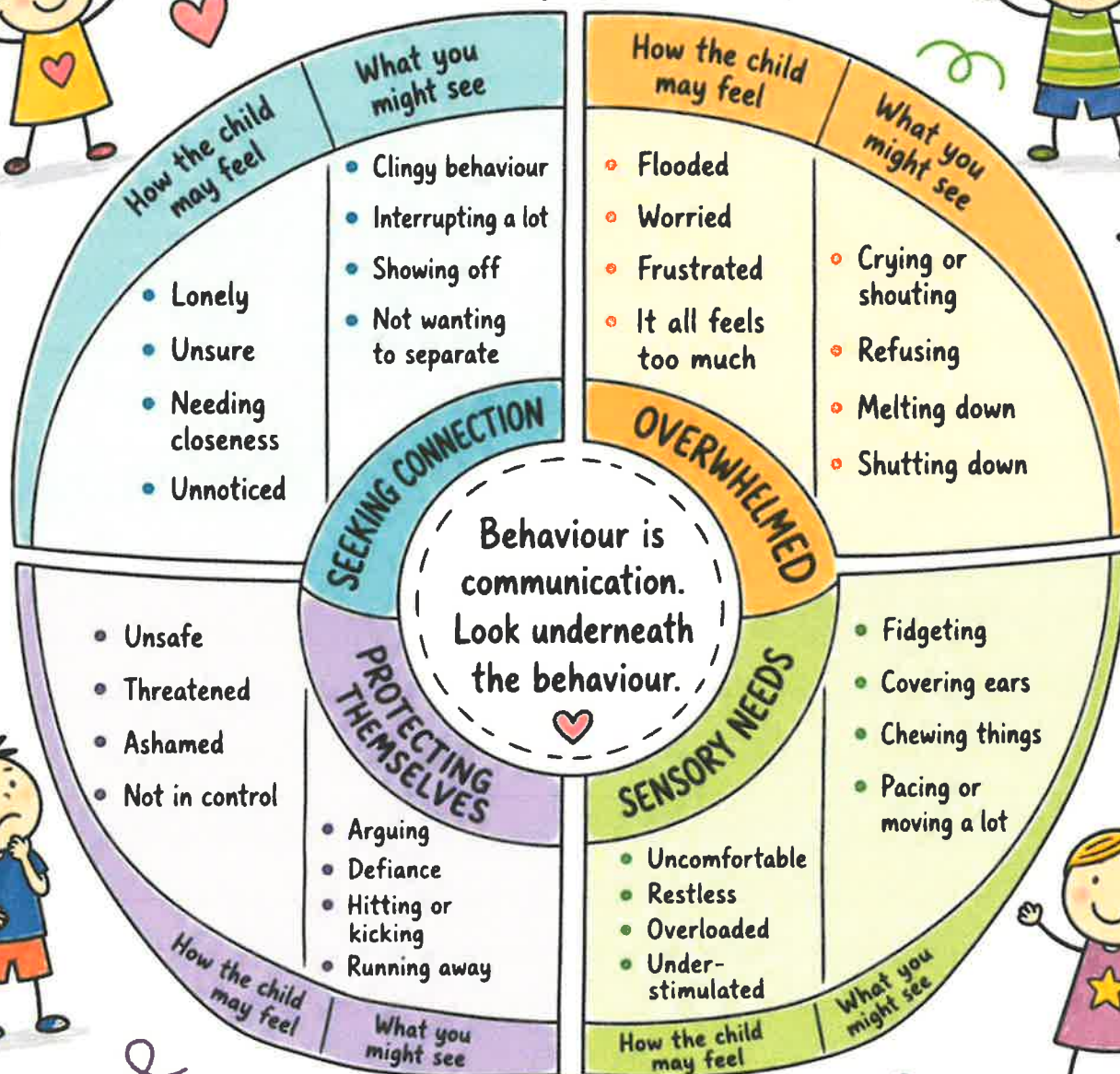
Email Address: Kim.Lutz@k12.nd.us

CLASSROOM PHONE NUMBER: (701) 824-2795 and Press #4 Head Start

BEHAVIOUR IS COMMUNICATION WHEEL

www.SocialWorkersToolbox.com

Behaviour is often a message. When children struggle, it helps to look underneath the behaviour and ask what they might be needing.



WHAT HELPS

- Stay calm and curious
- Notice patterns and triggers
- Name the feeling and the need
- Offer safety, connection and co-regulation
- Keep boundaries clear and kind