



C.A.M.P



Celebrating Active Male Participation

WELCOME BACK TO SCHOOL!

Did you Know...

10 SIMPLE WAYS TO GET INVOLVED

Below is a list of simple ways for dads to volunteer and get involved at school.

1. Attend parent-teacher conferences.
2. Volunteer to chaperone during field trips.
3. Coordinate a time with the teacher to read to the class or be involved with class projects or unit studies.
4. Attend Father/Child Activity Nights.
5. Join Policy Council or another Head Start Committee.
6. Drive your child to school or pick him/her up after school.
7. Attend Parent Nights
8. Ask your child's teacher if you can volunteer in the classroom.
9. Eat Breakfast or Lunch at school with your child.

Don't forget that being involved with your child's education includes providing support at home - read to your child daily, point out words and letters on signs, etc in their environment, count things with them, read and respond to paperwork that the teacher sends home, etc.

FATHERHOOD ACTIVITY NIGHT

At Head Start, we recognize the importance of having both a Mother & Father figure in the lives of children. That's why we have the Fatherhood Initiative or Male Involvement piece in our program. We started off our program last Spring with a Father/Child Picnic Literacy Night. This year we are planning three different activities throughout the school year and encourage all fathers, grandfathers, uncles, boyfriends, etc to come join us! Be on the look out for more information on our first activity of the year coming late October/early November.



Research shows that children of involved fathers are more likely to enjoy school, have better grades and more positive peer relationships, have fewer behavior problems, and become more responsible adults. When you are involved with your child's education, you send your child an essential message - school is important.

To find out how you can become involved at Head Start or the Fatherhood program contact LeAnne or Aileen at 227-3010

"Fathers, like mothers, are not born. Men grow into fathers - and fathering is a very important stage in their development." -- David M. Gottesman

JOKE CORNER....

From a dad ...

One day, my son and his grandfather (my dad) went to the zoo. Afterward, they climbed back into the car and pulled up to the parking lot booth. The attendant said, "That will be \$4.50. Did you have a good time?" My son, 4 years old at the time, immediately shot back: "How much would it be if we didn't?"

Links

- <http://www.fatherhood.org>
- <http://www.mnfathers.org>
- <http://www.downtoearthdad.org>
- <http://www.fathersnetwork.org>

Kids are a paradox ... hard to figure out. They easily learn to operate a computer but never learn how to use a clothes hanger!

How Much Time Do You Have Left with Your Kids?

Written by the Dads@fathers.com

Maybe you heard it recently from the grandparents or other extended family: "My, how the children have grown!" Maybe you saw some old photos or home videos and were stunned. "Were they ever really that little?"

It's true, isn't it? "They grow up so fast." Are our kids really growing up that fast? You bet. But part of it could be our perception, because we haven't fully tuned in and savored every moment with them. As fathers, we must make the most of every opportunity we have.

Consider this idea one of our trainers adapted from an e-mail circulating some time ago:

- **Step one:** Think ahead and come up with a date in the future when your child will no longer be as available to spend time with you—maybe when he will graduate from high school or leave for college. Get out a calendar and figure out within a week or two when that will happen—five, ten or fifteen years from now. Then calculate how many weeks are left until that day. Do this for each of your children.
- **Step two:** buy a bunch of marbles. That's right, marbles. Find a clear container for each child and fill it with the same number of marbles as the number of weeks you calculated for that child. For an eight-year-old, that will be more than 500 marbles. Put the containers in a place that you'll see regularly.

Step three: once a week, take one marble from each container and throw it away. For this to really be effective, you can't keep those marbles—you have to toss 'em. That will remind you that, even though you may have hundreds left, another week of your life and your child's life is gone forever.

Do that every Sunday night or Monday morning, and it's almost guaranteed that you'll soon begin to refocus your priorities. You'll start to ask yourself, "What did I do with the opportunities I had to connect with my child, demonstrate love, show encouragement, and teach him about life?"

Now, your family may think you're losing your marbles, but it's worth it if you take the lesson to heart: In today's world, we need reminders that each day—and each moment—is precious.

Too many dads are working long hours, chasing higher salaries, looking forward to some "tomorrow" when they'll settle down and connect with their families again. But those tomorrows seldom happen like we think they will. It's today that really matters in relationships. Dads, we have to prioritize those most important things in life or there may not be room for them at the end of the week. Our children should be a top priority; we can't let the most important things in life get squeezed out. Since we are losing our marbles, let's make it count while we still have them. Because indeed, our children do "grow up so fast".

Dads and Kids Cookin Together



Cheesy Scrambled Eggs From A Jar

Ingredients:

- 8 eggs
- 1/2 cup reduced fat milk
- Dash of pepper
- 1/4 cup shredded cheddar cheese
- 1 TBSP butter

1. **CHILD STEP:** Crack one of the eggs in the side of a small bowl. Holding the egg over the bowl, gently pull the shell apart and let the egg fall into the bowl.
2. **PARENT STEP:** Check to make sure the egg doesn't have any red specks or shells in it. Then pour the egg into a 1-quart wide mouthed jar.
3. **CHILD STEP:** Repeat step one and 2 with the remaining 7 eggs.
4. **CHILD STEP:** Measure the milk. Add it to the jar along with a dash of pepper and shredded cheese. **PARENT:** Screw the lid on the jar tightly.
5. **CHILD STEP:** Shake the jar until ingredients are well mixed.
6. **PARENT STEP:** Place the butter in a 10-inch skillet and place on the stove over medium heat.
7. **CHILD STEP:** When the butter bubbles, with the help of a parent, carefully pour the eggs into the skillet. Let cook for one minute without stirring.
8. **PARENT STEP:** Use a wooden spoon to stir eggs for about 3-4 minutes until eggs are cooked but still moist looking. (For older children, allow them to stir the eggs). Remove skillet from heat and turn off stove. Serve immediately and enjoy!

Nutrition: 227 calories, 17gms fat, 145mg calcium, 15gms protein, <1gm fiber. Serves 4

