FALL 2025

EARLY LEARNING NEWSLETTER

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HENRY COUNTY SCHOOLS | EARLY LEARNING



FALL EDITION

School is back in full swing and students and teachers are *Falling* in love with learning. In this edition, you'll find ways to welcome Fall with your child, including ways to stay healthy, enjoy the great outdoors, experiment in the kitchen, and cozy up with a favorite Fall read.

Spotlight Strategy:

Engage in fall-themed fun by creating a nature collage using collected leaves, acorns, and other natural materials. This activity combines fine motor skills with sensory exploration and creative expression.

FALL INTO HEALTHY HABITS

Keeping Little Ones Well This Season

As the leaves turn vibrant shades of red and gold, fall brings crisp air, cozy sweaters, and the excitement of new beginnings. But with the change in season also comes the start of cold and flu season—especially for our youngest learners. Here are some simple, family-friendly tips to help keep your children healthy and happy this autumn:

1. Wash Little Hands Often
Encourage your child to wash their hands with soap and water, especially after playing outside, before meals, and after sneezing or coughing. Make it fun by singing a short song together while scrubbing!

2. Boost Immune Systems with Nutritious Foods
Fall is the perfect time to enjoy seasonal fruits and veggies like apples, pumpkins, and sweet potatoes. These foods are packed with vitamins that help keep immune systems strong.

3. Dress for the Weather
Layer up! Make sure your child is dressed appropriately for cooler temperatures, especially in the mornings and evenings.

4. Keep Active
Bundle up and head outside for a walk, leaf pile jumping, or a trip to the playground. Fresh air and movement are great for everyone's health.

5. Stay Home When Sick
If your child isn't feeling well, it's best to let them rest at home. This helps them recover and prevents spreading germs to others.

HEAD OUTSIDE AND HARVEST GOOD TIMES!

There's something magical about taking a walk outside during the fall! The air feels crisp, and the trees are dressed in brilliant shades of orange, yellow, and red. Walking together as a family is a wonderful way to enjoy the beauty of the season, get some gentle exercise, and spark your child's curiosity. Encourage your little one to collect colorful leaves, spot squirrels gathering acorns, or listen for the crunch of leaves underfoot. These simple moments help children connect with nature and create special family memories—all while supporting healthy habits!

WHILE YOU'RE OUT...

FIND A PARK NEAR YOU
OR SIGN UP FOR A YOUTH ACTIVITY
HENRY COUNTY PARKS & RECREATION

VISIT OUR PARKS

ADULT & YOUTH PROGRAMS



OR FIND FALL FUN AT THE MCDONOUGH SCARECROW SHOWCASE!

RUSTLE UP A FALL FAVORITE

Fall is the perfect time to gather in the kitchen and cook up some cozy, kid-friendly recipes together! The sweet smells of cinnamon, apples, and pumpkin fill the air, making cooking a fun and sensory experience for little ones. Involving your child in simple tasks—like stirring, pouring, or sprinkling spices—helps build their confidence and creates lasting family memories. Try this easy and healthy recipe for Mini Apple Cinnamon Muffins that's perfect for tiny hands and big appetites:

Ingredients:
1 cup whole wheat flour
1 teaspoon baking powder
1/2 teaspoon cinnamon
1/4 teaspoon salt
1 large apple, peeled and finely chopped
1/4 cup unsweetened applesauce
1/4 cup milk
1 egg
2 tablespoons honey or maple syrup



Instructions:

- Preheat your oven to 350°F (175°C) and lightly grease a mini muffin tin.
- In a bowl, mix together the flour, baking powder, cinnamon, and salt.
- In another bowl, whisk together the applesauce, milk, egg, and honey or maple syrup.
- Add the wet ingredients to the dry ingredients and stir until just combined. Gently fold in the chopped apple.
- Spoon the batter into the muffin tin, filling each cup about 2/3 full.
- Bake for 12–15 minutes, or until a toothpick comes out clean.

Let cool and enjoy together!

Cooking together is a wonderful way to celebrate the flavors of fall and encourage healthy eating habits from the very start.



CHECK OUT

Henry County Library System

Your Destination for Learning, Creating & Connecting

McDonough Public Library
1001 Florence McGarity Blvd, McDonough, GA 30252

Cochran Public Library
174 Burke St, Stockbridge, GA 30281

Fortson Public Library
61 McDonough St, Hampton, GA 30228

Locust Grove Public Library
115 M.L.K. Jr. Blvd, Locust Grove, GA 30248

Fairview Public Library
28 Austin Rd, Stockbridge, GA 30281

& COZY UP *WITH A GOOD BOOK*



RAKE UP READINESS

GOLDEN MOMENTS FOR GROWTH AT HOME

This fall, focus on simple, fun ways to support your child's growth at home across the Five Developmental Domains. Try a few of these activities each week — no fancy supplies needed!



Communication Skills

- Picture Walk Through a Book: Before reading, flip through a picture book and talk about what might happen based on the pictures.
- "Tell Me About Your Day" Jar: Write prompts like "What made you smile today?" or "What was something hard today?" Pull one each evening to discuss.
- Label It Together: Walk around the house and name objects, colors, and actions. For example: "You're jumping! Jumping is an action!"



Adaptive Skills

- My Morning Checklist: Use pictures or words to create a visual checklist for brushing teeth, getting dressed, etc. Let your child check off each item.
- Snack Helper: Let your child help prepare a simple snack (e.g., spreading peanut butter, pouring water, opening packages).
- Dress-Up Race: Practice putting on shoes, zipping jackets, or buttoning shirts as a timed challenge — make it fun and encouraging!



Motor Skills

- Obstacle Course Indoors or Outside: Use pillows, boxes, or chalk to create paths to crawl, jump, or balance through.
- Tongs & Pom Poms Game: Use kitchen tongs to pick up small items and place them in a cup — great for fine motor control.
- Dance & Freeze: Put on music, dance, and when the music stops — freeze! It builds body awareness and coordination.

RAKE UP READINESS

CONTINUED



Social/Emotional/Behavioral Skills

- Feelings Face Mirror Game: Take turns making happy, sad, angry, or surprised faces in the mirror and talk about times you've felt that way.
- "How Would You Feel?" Story Time: During or after reading a story, ask, "How do you think [character] felt?" and "What would you do?"
- Kindness Coupons: Make "coupons" your child can give to family members — e.g., a hug, a helping hand, or kind word.



Cognitive Skills

- Memory Tray Game: Place 5 items on a tray, let your child look, then cover and remove one. Ask what's missing!
- "What Comes Next?" Pattern Play: Use blocks, toys, or snacks to make simple patterns (e.g., red-blue-red-blue). Ask your child to finish the pattern.
- Simple Puzzles or Matching Games: Try puzzles, matching cards, or sorting games with themes your child enjoys (animals, vehicles, etc.).

You are your child's first and best teacher! These short, engaging activities help build skills while keeping things fun. Try to pick a few each week and adapt them to your child's abilities.



HENRY COUNTY SCHOOLS | EXCEPTIONAL STUDENT EDUCATION PRESCHOOL SPECIAL NEEDS

Unified Governance



Our award-winning Henry County Board of Education is comprised of five elected members plus the superintendent of Henry County Schools. Pictured from left to right are Pam Nutt (District 1 Representative), Annette Edwards (District 2 Representative and Vice Chair), Sophe Pope (District 4 Representative and Chair), Superintendent Dr. John Pace III, Jennifer Carter (District 3 Representative), and Makenzie McDaniel (District 5 Representative). Board members are elected by the citizens of Henry County to a four-year term of service.

Board meetings are held on the second Monday of each month at the Administrative Offices of Henry County School District, 33 N. Zack Hinton Parkway, McDonough, Georgia, 30253. The public is invited to all meetings of the Henry County Board of Education.

For more information on Henry County Schools Board of Education, please visit: https://www.henry.k12.ga.us/about-hcs/board-of-education

