



MARCH

HEAD START NEWS

Blue Lake Head Start Newsletter



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FROM THE DESK OF YOUR CDS

By: Jeamary Garcia

Can't believe March is already upon us. It seems like the months are flying by much too quickly. February was a flash and I am sure summer will be here in the blink of an eye. We had lots of exciting events that occurred in February and have much more to come in March. We are delighted with the progress of all our children at this point of the school year. All have totally excelled in all their preschool activities. Our staff feels so fortunate to have such delightful, bright and beautiful children. We also appreciate all of our parents' efforts on our behalf. Your participation and communication makes our job so much easier. Thank you for taking the time to allow the teachers to complete the home visits. March presents another fun filled and busy month in our center. We will continue to fill the student's days with a combination of fun activities, educational games and many other events.

Don't forget Daylight Savings Time starts on March 14, 2021. Set those clocks ahead one hour.



CONTACT US!

CDS: Jeamary Garcia - { 352} 279-2420

Family Advocate: Anna Triplett - {386} 337-4820

Classroom Phone Number

12-022: {386} 248-5883



MARK YOUR CALENDARS

No school March 19- March 26, 2021 due to Spring Break.
Early Release is on March 3, 2021.



Head Start
Mid Florida Community Services
Early Head Start

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Connected!



@MFCSHHeadStart



FAMILY ADVOCATE CORNER

By: Anna Triplett

1. Respect your child's appetite — or lack of one If your child isn't hungry, don't force a meal or snack. Likewise, don't bribe or force your child to eat certain foods or clean his or her plate. This might create a power struggle over food 2. Stick to the routine Serve meals and snacks at about the same times every day. If your child chooses not to eat a meal, a regular snack time will offer an opportunity to eat nutritious food. 3. Be patient with new foods Your child might need repeated exposure to a new food before they take the first bite. 4. Don't be a short-order cook Preparing a separate meal for your child after he or she rejects the original meal might promote picky eating. Encourage your child to stay at the table for the designated mealtime — even if he or she doesn't eat. 5. Don't offer dessert as a reward Withholding dessert sends the message that dessert is the best food, which might only increase your child's desire for sweets. You might select one or two nights a week as dessert nights, and skip dessert the rest of the week — or redefine dessert as fruit, yogurt or other healthy choices.



A NOTE FROM THE TEACHERS

CLASSROOM 12-022

Welcome to spring. We will be talking about Reduce, Reuse, Recycling. We will be being talking with the children about how and what you can recycle and reuse. We will also start making reboots out of recycle stuff with the children. We will work on sorting and seeing which item is Big, Medium and Small. The letters that we will be working on this month are B,J, and K. In second step, we will be talking about thinking of the solutions and speaking up assertively. If your child going to be late or absent please call and let the teachers know.

~Sincerely, Mrs. Marilyn and Miss. Katie



PARENT MEETING MINUTES

Blue Lake Parent meeting notes Feb 2021

Greeting: FA Anna Triplett

- Classroom update: Marilyn Robles
 - The class learning about the four R's Recycle Reduce and Reuse. We are learning about trash and how it affects the environment and ways we can help keep our planet clean. Report cards were recently set home showing your child's progress.
- Lesson: Anna Triplett
 - Topic: Feelings; Emotions are what drive people in every aspect of their lives. They help us deal with life situations and learning to understand and deal with our emotions/feelings is important in our development. Learning coping strategies is instrumental in dealing with the strong feelings we all feel.
- Children have the same feelings we as adults do, these feelings can be huge and overwhelming. Children do not have the knowledge or skills to deal with those feelings and it is up to us as adults to teach them. Please refer to handouts sent home with your child. Self-regulation is one of the most vital skills for children to master in order to be successful in learning and in life. "With self-discipline most anything is possible." ~Theodore Roosevelt
- Announcements: No school 2/15 Presidents' Day Holiday



CHILDREN'S BOOK SUGGESTION

HOME LEARNING / FAMILY ENGAGEMENT

Sent home pictures of feelings and have parents talk with their children about each feeling and when and why their feeling it.



POLICY COUNCIL UPDATES

On Thursday, February 25, 2021, MFCS HS/EHS Policy Council met via Zoom. New elections were held for the Chair and Vice Chair positions; these were filled. The Policy Council approved the January PC Minutes. Six prospective staff were approved to proceed with hiring. The following reports were approved: budgets, attendance, enrollment, and snack reports. Lastly, the following Parent Activities were approved: Osteen, Westside, and Easter Seals.

I Stink by Kate and Jim McMullan.

<https://youtu.be/Rj8rZ8KHaqW>