



MARCH

HEAD START NEWS

Woodward Head Start Newsletter



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FROM THE DESK OF YOUR CDS

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 in getting their children to class. Your participation and communication makes our job so much easier. Thank you for taking the time to allow the Teachers to complete virtual home visits. It's great to see the children in their natural environments when they join you in these conferences. It helps the teachers learn so much about them.

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



CONTACT US!

CDS: Pamela Fernet (386)-868-6609

Family Advocate(s): Anna Triplett (386)-337-4820

Classroom Phone Number and Extension:

PreK ESE/Head Start Blended
(386)740-7910 ext. 21534



MARK YOUR CALENDARS

March 3: Early Release Day

March 19: Teacher Duty/In-Service/No Class

March 22-26: Spring Holiday/No Class



Head Start
Mid Florida Community Services
Early Head Start

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FAMILY ADVOCATE CORNER

By: Anna Triplett

Children's Nutrition: Tips for Picky Eaters

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 1030

Dear Parents: This month we will talk about what we need to grow healthy. We will learn about the problems of alimentation. As children learn more about themselves, they become empowered. We will talk about self-awareness and security. Using creative, educational, and fun activities like music, books, innovative activities, and experiments, your children will learn to recognize the importance of growing up and staying healthy. Thank you for your continued support.

~Mrs. Mabel / Mrs. Gonzalez



PARENT MEETING MINUTES

Greeting: FA Anna Triplett

Classroom update: Mabel Rodriguez and Lydia Gonzalez:

- This month we are learning about what we need to grow healthy. We will learn about the problems of a bad diet and we will provide the necessary solutions. As children learn more about themselves, they become empowered. We will talk about self-awareness and security. Using creative, educational, and fun activities like music, books, innovative activities, and experiments, your children will learn recognize the importance of growing up and staying healthy. Thank you for your continued support.

Lesson: Anna Triplet 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



CHILDREN'S BOOK SUGGESTION

HOME LEARNING / FAMILY ENGAGEMENT

Game 105 Match and Name Pictures

Mix up pairs of identical pictures and ask your child to find matches and name them. Your child will learn to recognize which pictures are the same and may say the name of each one.

Game 149 Letter in my Name

Teach your child the letters in their name by first saying them, then pointing them out in print, and finally tracing the shape of each letter with them. Your child will eventually remember the letters and begin to understand that letters make words.

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.

Rice is Nice By Nancy Noel Williams
<https://www.youtube.com/watch?v=kVEaeXNFjAw>
Too Many Tamales By Gary Soto
<https://www.youtube.com/watch?v=loGid-U4qMw>
Llama Llama Red Pajama by Anna Dewdney
<https://www.youtube.com/watch?v=dNenNtflVbo>
Crazy Pizza Day by Bonnie Dibkin
<https://www.youtube.com/watch?v=CvES4nGV9rM>