



JANUARY 2022

HEAD START NEWS

Blue Lake Head Start Newsletter



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FROM THE DESK OF YOUR CDS

By: **Marline Medero**

Healthy Eating Habits

Dear Parents,

Welcome back and happy new year! It's already January, a month of new beginnings and endings. Some of us embark on new health club memberships in an attempt to end old habits. Our new year's resolutions help kick-off healthy habits placing us squarely on a path of health and renewal. This is a great opportunity for you as a parent to engage your child in learning new healthy eating habits. However, it's a challenge for most adults to determine what's fact and what's fiction when it comes to healthy eating.

So, how can we expect kids to know the truth about nutrition? Here are 6 tips for teaching kids about nutrition through both setting good example and letting them lead the way every once in a while.

1. Eat your Veggies: In fact, eat vegetables or fruit at each meal. Make it visually appealing. Kids love color and eat with their eyes first. Teach them to "eat the rainbow," the key to getting all of the wonderful nutrients vegetables offer.

2. Mix it up: Never give up serving your children a variety of foods.

3. Put down the processed foods: Limit processed foods, many of which have high amounts of added sugar and sodium.

4. Choices, choices — give kids choices: Kids love making their own choices about almost everything, so why not give kids choices about what they eat? Start with a trip to the grocery store or farmers market, let them pick one or two vegetables they like, and have them help you prepare their choices in the kitchen.

5. Don't fear fat: Both kids and adults need fats. They are a source of energy and provide essential fatty acids necessary for a variety of bodily processes.

6. Focus on family: Eat together at least once or twice a week — more often is better. Developing a connection through cooking, and preparing food and eating it together, helps create healthier relationships with food.

If you will like to find more about this tips, fun and free resources to help your child learned more about healthy eating go to the following links,

<https://www.sharp.com/health-news/10-nutrition-tips-for-kids.cfm>

<https://www.childrenshealthfund.org/health-education-materials/>

https://www.childrenshealthfund.org/health-education-materials/?gclid=Cj0KCQIA70yNBhDiARIsADtGRZaAsdKLZSWfQuuagcxnalAuFuz1CeXmY5p2AS5XQLgcZVEKINrHoJgaArs6EALw_wcB



CONTACT US!

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

Classroom Phone Number

12-022: (386) 248-5883



MARK YOUR CALENDARS

January 4, 2022- Classes resume on a Tuesday

January 17, 2022- Martin Luther King Holiday

Early release days- January 5, January 12, January 19 and January/26

Parent meeting/TBD/Contact your child's teacher or Family Advocates



Head Start
Mid Florida Community Services
Early Head Start

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Connected!



@MFCSHHeadStart



FAMILY ADVOCATE CORNER

By: Anna Triplett

Holiday Time with toddlers:

1. Keep your routines: If at all possible, keep your routines the same during the holiday season. It may not be a big deal to you, but a wacky schedule can wreak havoc on your little people and their sense of peace. Whether you are at home or away, try to have regular naps and bedtimes.

2. Stay home: Try not to drag your kids all over Kingdom Come. They'll do better if they're in calm, quiet surroundings. Be willing to say, "no," to one too many Christmas parties or other holiday events.

3. Lower the volume: Christmas can be noisy. Make an effort to keep noises low. Avoid the noises that will make your holiday less peaceful for you and your children.

4. Limit the presents: Most children don't need half of the presents that they get at the holidays. Too many toys make it hard for them to choose. It adds confusion to their minds.



A NOTE FROM THE TEACHERS

CLASSROOM 12-022

Welcome back to school parents and children we are very happy to have you again in school. We will be talking about buildings and what they look like; we will be learning about what materials we can use to build them and how they vary in size, color and function. This will give the children the opportunity to explore and ask question about what they want to know about buildings. As we study buildings, we will learn concepts and skills in science, social studies, literacy, math, and art. We will continue to learn about letters and their sounds and how to express our feelings.



PARENT MEETING MINUTES

Blue Lake Parent meeting notes Dec 2021

Greeting: FA Anna Triplett

Classroom update: Marilyn

•The class has been learning about clothing and what types of clothing are worn at different times of the year. They've learned about different types of fabrics and how they are used and where they come from.

•They've also talked feelings and emotions and how to deal with strong emotions.

Lesson: Anna Triplett

- Topic: Traditions help bond us to those we love: traditions create positive memories for children. Children crave the warmth and promise that comes with traditions. They anchor family members to each other and provide a sense of belonging.



HOME LEARNING / FAMILY ENGAGEMENT

At home, study your home or apartment with your child. Ask your child, what materials were used to build it? How many rooms, windows and doors does it have?

Talk with your child about the buildings you see in your community.

POLICY COUNCIL UPDATES

December Policy Council met via Zoom on December 16, 2021. Quorum was established with 13 community reps present. Heidi Rand, requested a change to the agenda to place Denise Mercado, Inclusion Coordinator on the agenda to present a training on Inclusion. Denise explained the process of the Inclusion Team reviewing every screening conducted on children and then reviewed with families and referred when needed. The inclusion team educates parents on the entire referral process to empower them to advocate for their child. If a child is under 3 they are referred to our partner Early Steps. If the child is over 3 they are referred to our partner Fiddlers on the Hernando County side and Child Time in Volusia. These partners come directly onsite and work with the teachers and child in the Head Start classroom. The Inclusion team also goes directly into the classrooms to observe students and work with teachers to assist with strategies and material usage through modeling. Denise mentioned that a higher number of children on the autism spectrum are being seen and due to this the inclusion team is being proactive and going through an autism spectrum navigator training through UCF to provide the highest quality support. The November meeting minutes were approved. Amy Thomas, Deputy Director of Children's Services, introduced Michelle Hann the new Education Manager for Hernando/Sumter County. The Budget and Credit Card statements were approved. The Enrollment, Attendance and Snack reports were approved. Tanya Hall, Deputy Director of Program Services, presented the Recruitment Action Plan and was passed. Heidi Rand presented and discussed the Temporary COVID-19 Vaccination, Testing, and Face Covering Policy. She stressed that this is a temporary plan and subject to change and be put on hold based on any changes from the Office of Head Start. Following an open discussion the vote was 8 yes and 6 no. The majority passed the temporary policy. Seth Williams, Health Manager, stressed that all of our regular health prevention strategies and our procedures with students currently in place would not change if the temporary COVID-19 policy is to be implemented or put on hold. Heidi Rand presented the Criteria for Selection of Children for 2022-2023 program year and was passed. Staffing Reports were presented for information purposes.

All Service Area and Center Reports were presented and approved. Next Policy Council meeting is Thursday, January 27, 2022.

CHILDREN'S BOOK SUGGESTION

[The three little Pigs by Patricia Seibert](https://youtu.be/Fi2G4PmSg0)
<https://youtu.be/Fi2G4PmSg0>