



JANUARY 2022

HEAD START NEWS

Brooksville Early Head Start Newsletter



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FROM THE DESK OF YOUR CDS

By: *Zoribel Nevarez*

Hello Parents with the Flu season here i have included some tips to help you keep the children healthy

10 Tips to Keep Your Kids Healthy During Cold and Flu Season:

1. Wash hands frequently. Your child is exposed to bacteria and viruses daily at daycare, school and at home. Whether it's through a favorite shared preschool toy, a bathroom faucet or a doorknob, exposure to viruses can happen quickly. The best defense is simply using soap and warm water to disinfect hands after playing outside, before meals and snacks, after bathroom visits, and after petting animals. The Centers for Disease Control and Prevention (CDC) recommends at least 10-15 seconds of hand scrubbing during each hand wash.
2. Use hand sanitizer. When warm water and soap are not available, an alcohol-based hand sanitizer can be another effective defense to keep hands germ free. But parents should use caution, especially with young children, as hand sanitizer can be dangerous if consumed. Keep out of reach of children.
3. Get a flu shot. The CDC recommends that everyone 6 months of age and older get an annual flu shot. Be sure to follow your pediatrician's recommendation.
4. Cough or sneeze into a tissue or into the elbow. Teach your child to cough or sneeze into a tissue. If a tissue isn't available, use your elbow. Kids shouldn't cough or sneeze into their hands as this only spreads germs more easily.
5. Teach young kids how to blow their noses. Encourage little ones to avoid putting their fingers in their noses and teach them to use a tissue as soon as they are old enough. Throw away tissues immediately after each use.
6. Drink more water. Staying hydrated can help your body fight viruses. "Water is especially important when a child has a fever," says Dr. Laura Sinai, a pediatrician with Signature Pediatrics. "Fever causes our bodies to lose water due to sweating and evaporation and also increases the body's need for water due to increased metabolism. Plenty of water also helps to keep mucous thin, making it easier to cough up or blow from the nose."
7. Eat a healthy diet. Kids might not like fruits and vegetables, but they can help fight illness. "Making sure your child is getting the proper nutrients and vitamins can help boost the immune system," says Dr. Holly Smith, a pediatrician with Signature Pediatrics.
8. Get a good night's sleep. Studies show that poor sleepers became sick more often. Make sure your child gets the recommended hours of sleep each night.
9. Disinfect your house. No one enjoys scrubbing counter-tops and toilets, but doing so can reduce the number of germs in your house. Be sure you are disinfecting toys and household surfaces, especially kitchens and bathrooms.
10. Avoid people who are sick. This seems obvious, but it might be necessary to "quarantine" household members who become sick to avoid spreading the illness to others in the house, especially young children. Also, make sure your child stays home from school if he or she is sick.



CONTACT US!

CDS: Zoribel Nevarez | 352-279-2417

Family Advocates:

Jody Lopez and Celina Degollado

352-754-2464 EXT. 209, 213

Classroom Phone Number & Extensions

352-754-2464

Ext.1806, 1807, 1809,1811,1812



MARK YOUR CALENDARS

1/17/22- Holiday-No school

1/26/22- Early dismissal



Head Start
Mid Florida Community Services
Early Head Start

Let's Get
Connected!



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FAMILY ADVOCATE CORNER

By: Jody Lopez

Greetings to all of our Families!

I look forward to seeing you all at our next Parent Meeting on Tuesday, January 18, 2022 at 9AM via Zoom. We encourage everyone to participate in our monthly meetings as you are part of the decisions and changes that occur in our program. During the month of December, children both in EHS/HS will be receiving gifts from a community sponsor who chose to sponsor our program. Thank you to all the sponsors who made it possible for our program to deliver beautiful smiles of all our children during this Holiday Season. Lastly, please bring your child to school on time and every day. If your child is absent or going to be late, please notify your FA or teaching staff. I would like to wish every a safe and healthy holiday and will see you in 2022! If you have any questions or concerns, please contact at 352-247-1115.

Reminders: All Expiration Notices for Immunizations and Physicals have already been sent out for children for the month of December/January. Please update these documents and submit them to your FA.

Feeding Tampa: Wednesday, December 22, 2021 from 12PM-1:30PM. This is a drive through mobile pantry and will take place in Kennedy Park.



A NOTE FROM THE TEACHERS

CLASSROOM 811

Happy New Year! Welcome back! We are readjusting to the routines of the school day. We are excited to be back and continue working on our Shoe Study. The kids have fun showing off their shoes and describing them to us. Our girls all love telling us about their new shoes from Christmas. Please remember extra warm clothes for your child, as Florida weather is unpredictable. We enjoy going outside on nature walks to see the bugs and lizards. We will be enjoying the water table inside the classroom doing some experiments like “does it sink or does it float?” Thank you, Ms Jacina & Ms Trixcy

CLASSROOM 812

Happy Holidays 812! Can you believe it’s already 2022? This past month we studied lights. We practiced turning lights on and off, we talked about where we could find different kinds of lights, we even talked about how some lights use batteries and some don’t. This month we’ll finish up our light study and move onto our new paper study! Thank you, Ms Jessica & Ms Kaylee



A NOTE FROM THE TEACHERS



CLASSROOM 806

Welcome back to our class and we hope that everyone had fun celebrating their winter holidays with their friends and families! This month, we'll be reading a lot of books to hone our vocabulary and language skills. We'll also be talking about what we did during the holidays. Our young toddlers will be exploring cotton balls, pine cones, sticks, rocks and many other materials that are related to the winter months! This will allow the children the opportunity to discover their 5 senses and learn about shapes, colors and math for good measure. What a wonderful way to start our celebration back in school! We look forward to another amazing year with your children. Thank you, Ms Rose & Ms Norma

CLASSROOM 807

It's January! We are going to continue our exploration of rocks. We'll be learning about differences and similarities and discovering what we can make with rocks. We'll talk about sizes of rocks and what we can use them for. As we take our walks outside we'll look for rocks and other natural things. Please remember to bring an extra set of clothes for your child. Thank you, Ms Sue & Miss Suzi

CLASSROOM 809

January we will be looking at different rocks with magnifying glasses looking closely at how many different colors are in the rocks. We have learned all the different textures of paper and we learned how many things are made with paper. We also ripped paper we set the table in the kitchen with paper plates and cups as well. We played with tissues paper then we glued it they we noticed that the colors of the tissues paper turned the glue different colors. The book we love reading in our class is 'My many color days'. Thank you, Ms Bridget & Ms Brittany



PARENT MEETING MINUTES

Parent Meeting Minutes Tuesday, December 14, 2021 at 9AM
1 parent was in Attendance on Zoom call
Meeting and Minutes were done by Jody Lopez (Family Advocate)

FA read minutes from November 23, 2021 Parent Meeting.
FA explained that a Chairperson, Vice Chairperson, and Policy Council Member was needed for the program.

Policy Council Meeting will be held on Thursday, December 16, 2021 at 10Am via Zoom

Students with Perfect Attendance were announced.
Program Reminders:

No School for HS/EHS – Monday, December 20 through Monday, January 3, 2022 (Winter Break)
Monday, January 17, 2021 (Martin Luther King Day)

Program hours for EHS is from 8AM-4PM/HS is from 8AM-2PM Monday through Friday.

Parent's will be notified if a child's Physical/Immunization is expiring.
Parent's must complete a Changes to Family Information Form in order to add someone in the pickup list or change demographic information.

Parents were notified that the program is taking applications for the 2021-2022 program year. Parent were encouraged to tell others that might benefit from the program.

Feeding Tampa: Wednesday, December 22, 2021 from 12PM-1:30PM
Parent were notified that Meal boxes and a gallon of milk will be handed out on Friday, December 17, 2021 during drop off and pick up.
All parents must park in the front of the building on Friday.
Parents were also notified of the Holiday Sponsors. Fa mentioned that every child will be going home with Holiday gifts by Friday.

Parents were asked if they had any concerns – No Concerns were mentioned.

Next Parent Meeting will be held on Tuesday, January 18, 2022 at 9AM via Zoom.



HOME LEARNING / FAMILY ENGAGEMENT

Be on the lookout: All classrooms will be sending out Home activities for all of the families.

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.

Pete the Cat - Snow Daze Author & Illustrator - James Dean

<https://youtu.be/9AjiLaQ8EzU>

CHILDREN'S BOOK SUGGESTION