



JANUARY 2022

HEAD START NEWS

Coleman 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/gclid=Cj0KQCIA7oyNBhDIARISADtGRZaAsdkLZSWfOuuagcxnalAuFUz1CeXmY5p2AS5XQLgcZVEKINrHoJgaArs6EALw_wcB



CONTACT US!

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Classroom Phone Extensions

1: x101

2: x102

3: x103

4: x104



MARK YOUR CALENDARS

Early Release –

January 5, 2022

January 12, 2022

January 19, 2022

January 26, 2022

Holidays-

January 4(Tuesday)-Classes Resume

January 17(Monday)-Martin Luther King Day

Parent meeting-

To be disclosed, please contact your child's teacher or Family Advocate for more information.



Head Start
Mid Florida Community Services
Early Head Start

Let's Get
Connected!



@MFCSHHeadStart



FAMILY ADVOCATE CORNER

By: Carolina Estrada

Dear Families,

Christmas Seasons is that wonderful and magical time of the year were family and community come together to celebrate life with joy and to start a new beginning. Our children are our world future, we should cultivate in the future generations hope, love, friendship, faith and good moral values so our future generation can celebrate Christmas all year around. Let's make this Festive Season one to remember by making a positive impact in our children lives, so they can see that there is hope for a better, save and peaceful future.

Enjoy this Christmas with your love ones and make an act of kindness so we can keep the magic of Christmas shining all year, every year!

Thank you,

Your Family Advocate,

Carolina Estrada - Cell (386) 956-3678 or (386) 774-0423 Ext. 110

A NOTE FROM THE TEACHERS

CLASSROOM 1

Mrs. Keyla & Mrs. Nichole

Happy New Year! In the month of January our class will continue the building study and learn details such as how buildings are made, who builds them, the tools and machinery that are used, and what details can we find outside and inside buildings. In Second Step, we will be learning about: We Feel Feelings in Our Bodies, Strong Feelings, Naming Feelings, and Managing Disappointment. VPK assessment will be held in January. Please continue to work with your child on identifying the letters of their name, counting, and number recognition. Thank you for all of your support!

CLASSROOM 2

Currently Closed

CLASSROOM 4

Currently Closed

CLASSROOM 3

Mrs. Blanca & Mrs. Khloe

As we say Goodbye to 2021 and all the fun we had in our classroom we are super excited about 2022 and all the fun we will have this year as well, in this new month we continue our Tree study and we will conclude it by the end of this month and start a whole new study. We will be focusing on the questions What Food comes from trees? Who takes care of trees? How do trees Change? What can we do with parts of a tree? Our class is super excited about this study and continue to show interest more and more everyday so please encourage your children to talk about what they are learning at school Happy New Year!



HOME LEARNING / FAMILY ENGAGEMENT

Whistle Stop Fun Primary Objectives 8b. Follows Directions Why it's important This activity will help your children work on using their large muscles while they Follow two step instructions, Takes turns, and shares. They will also get to ride different types of equipment while playing a game.



CHILDREN'S BOOK SUGGESTION

PARENT MEETING MINUTES

No Parent Meeting Minutes at this time. The next parent meeting date is to be announced. Please attend the next meeting.

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.

Classroom 1
Title: The three little Javelinas Author: Susan Lowell
<https://youtu.be/pPNI5KEgof4>
 Classroom 3
Title: The Grouchy Ladybug Author: Eric Carle
<https://youtu.be/Jr3ha03Msk0>