



JANUARY 2022

HEAD START NEWS

Spring Hill 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 | 352-279-2436

Family Advocates: Nitza Jerez, Lynn Woerner, Lynda Kersey
and Brianna Yuhaz

352-556-4800 Ext. 2204, 2203, 2105, 2201

Classroom Phone Number & Extensions

352-556-4800

Ext. 2301, 2302, 2401, 2402



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!



@MFCSHedStart



FAMILY ADVOCATE CORNER

*By: Lynda Kersey, Lynn Woerner, Nitza Jerez,
and Brianna Yuhasz*

HAPPY HOLIDAYS!! We are halfway through this school year and we hope you and your child are enjoying every moment, learning new skills and having new experiences. We are so grateful that we have so many agencies and sponsors that have been stepping up in order to provide our families and children with gifts this season. Each child received gifts, some families received a basket and some are receiving a meal at a restaurant. Thank you to each one of those sponsors! The school is providing each one of the children with meals for the weeks off. If your child was absent the last day, please contact your family advocate to receive your meals. We will be open Monday-Wednesday to assist you each of the two weeks of the break. BE SAFE!

A NOTE FROM THE TEACHERS

CLASSROOM 401

Hello from EHS 401!

Happy New Year Everyone!!!

Hope everyone had a great time with families and friends. We are so happy to see you in this New Year and continue to learn and grow with your children. We are so excited with all the activities we are doing in our classroom with our little ones. In December, we learned about our daily routine and be independent during our transition times. Our class is working with fine motor and gross motor skills and they are practicing using their utensils at the table. Also they love to go outside and explore all the equipment and toys we have for them. They love to go up and down on the slide, push cars and kick balls. Those activities help them to develop their gross motor and learn to control their body. For us, every activity is very important because we know they are learning and playing at the same time.

Miss. Nikki and Alma

CLASSROOM 402

Hello from Room 402

This month in room 402 we are continuing the study of brushes. We have learned what a brush is and have explored many types of brushes. We will continue with how to use them and what to use them on. Together we may even come up with a few new ways to use them.

Thanks Ms. Sita and Ms. Donna

CLASSROOM 301

Hello family and friends from 301

Happy New Year!! 2022

Can't believe it's a New Year 2022. Can't wait to see what this New Year has in store for us. January is here! This month we are getting ready for the start of 2022. This month we will be working on the Container study. Learning everything about containers. Let's have fun and learn together with our children. Please reach out to us if you need anything we are here to help always. Have a great month.

Mrs. Betzaida and Mrs. Marisol

CLASSROOM 302

Hello from Room 302!

Hi from Room 302! The holidays are here and we are so excited to learn about one of the things we see all around this time of year, Lights! Our study on lights has been wonderful. We are using fine motor skills to move switches on/off and direct light around the room. We are also doing a lot of toilet training and learning how to dress ourselves! Lots of personal growth for our kiddos! Thank you for sharing this learning experience and have a safe holiday season!

Mrs. Laurel and Ms. Olivia



PARENT MEETING MINUTES

MINUTES OF PARENTS MEETING SPRING HILL CENTER
11/9/2021

Opening:

Minutes of the parent meeting of the Mid Florida Community Services, Head Start/Early Head Start program, Spring Hill Center, duly called and held on 11/9//2021 by Zoom meetings platform, commencing at 1:00 p.m.

Present were:

Nitza Jerez-Family Advocate

Lynn Woerner-Family Advocate

Lynda Kersey-Family Advocate

Brianna Yuhasz-Family Advocate

Ronjaneen Harris-CDS-Spring Hill Center

Points talked about in the meeting and updates:

1. Policy Council and Committee Representatives were voted for as follow:

Due to the resigning of the previous.

Policy Council for HS- Cyrinda Craig

2. Chair Person – Alicia Wars

3. Gave out information on Toys for Tots for anyone experiencing hardships this Holiday Season.

4. Family Activities with the classes are now being done 3 times a year now once a month like they were done in the past.

5. Policy Council Updates: Our representors spoke about their training for Policy Council at their last meeting.

6. What's Going on in the Classroom: Ms. Jennifer Orlandi

7. Perfect Attendance: Family Advocates

Questions and Concerns Meeting adjured at 1:30pm



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