



JANUARY 2022

HEAD START NEWS

WVEC 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 learn 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/>

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CONTACT US!

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Family Advocate:

Joseline Couto - (386)-956-3622

Classroom Phone Numbers

Classrooms: **(386)-736-1891**

Fax: **(386)-736-1485**

Extensions

1: **228**

2: **227**

FA Ext. **243**



MARK YOUR CALENDARS

Winter break starts on December 17th

Classes resume on January 4th



Head Start
Mid Florida Community Services
Early Head Start

Let's Get
Connected!



@MFCSHHeadStart



FAMILY ADVOCATE CORNER

From the desk of Joseline Couto

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Happy New Year!

We welcome both our returning and new families with open arms and open hearts to support you at all times.

January is a fun month; it is all about going back to school and reuniting with our friends and teachers after a long holiday.

Remember that you are always invited to participate in the parent meeting via TEAMS. Our next parent meeting will be January 12 @ 2:30pm.

Please let us know what Parent Activity you would like us to develop this year.

Thanks.

Le damos la bienvenida a las familias que regresan y a las nuevas familias con brazos abiertos y corazones abiertos para apoyarlos en todo momento.

El mes de enero es un mes de diversion; es sobre regresar a la escuela y reunirnos con nuestros amigos y maestras despues de esta largas vacaciones.

Recuerde que siempre estan invitados para participar en las reuniones de padres a traves de TEAMS.

Nuestra proxima reunion sera en enero 12 @ 2:30pm.

Por favor dejenos saber cual actividad de padres les gustaria que se desarrolle en este tiempo escolar.

Gracias

A NOTE FROM THE TEACHERS

CLASSROOM 1

Dear Families,

Welcome back. We hope you all had a wonderful Winter break, were able to do fun things as a family and are all well rested!! We will be continuing our Boxes study during January. We will be talking about different ways people use boxes in their jobs, learning about how boxes get moved, and how they are made. Our class gets to see deliveries often while we are on the playground and children always run to the fence to watch the boxes being unloaded and brought into the building. Sorting, stacking, and creating with all the different types of boxes will continue throughout January. We will be reading The Art Box, Alexander, Who's Not (Do you hear me? I mean it!) Going to Move, Thank You Bear, and the Magic Box among others. In Second Step we will continue to learn about feelings and how to manage disappointment. We will be teaching Eddie Eagle Gun Safety Program for preschoolers during January. The teachers can tell you more about this program prior to teaching it to your child if you would like.

As always please see us with any questions or concerns.

Thank you,

Mrs. Lorri & Mrs. Jessica

CLASSROOM 2

Welcome back! Hopefully you all had a family break in union. The children will return to the study of the boxes. They will work on comparing the sizes and shapes. In the art area we will paint with different art materials. They will build in small groups with different sizes of boxes.

In Second Step we will continue to learn about feelings and how to manage disappointment.

If you have any questions, do not hesitate to contact us.

Thanks;

Mrs. Sasha & Mrs. Katherine



PARENT MEETING MINUTES

WVEC Head Start
 Parent Meeting Minutes
 December 8, 2021 via TEAMS
 Welcome by Chairperson Biriana Torres
 Ice Breaker: Which skill or talent would you like to have?
 Que destreza o talento te gustaria tener?
 Policy Council Meeting Minutes was read by Theresa Blair
 New Events/ Nuevos Eventos:
 Winter Break from December 17 to January 3 2022
 Classes resume January 4, 2022
 Next parent meeting: January 12, 2022 @ 2:30pm
 No School/ Holiday January 12, 2022
 If your family is in need if a car seat or a booster, please contact the Family Advocate.
 What is going on in the classrooms?/ Que esta sucediendo en las clases?
 The classrooms are studying boxes, sort them, stack them, and count them.
 The classrooms are building a robot with the boxes, reviewing letters, numbers recognition, and social- emotional skills.
 Theme: What you do matter: Movement & Motion
 It was discussed the gross motor development and the fine motor development of the children.
 Children learn through hand-on experiences, their environment, relationships and repetition.
 Questions/concerns /Preguntas
 Raffle winners: Maria Botello & Theresa Blair
 Meeting Adjourned @ 3:10 pm.



HOME LEARNING / FAMILY ENGAGEMENT

Create a cart with cardboard boxes.
 Materials: cardboard box tape, scissors, paint, pencil
 Process: Draw the shape of the car, then cut and assemble. Then paint as you like.



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 Box by Martha Lightfoot
<https://youtu.be/RhRhH6xgeZU>