

WHAT'S HAPPENING IN EHS HOME-BASED

JANUARY

POLICY COUNCIL

HEALTH

Thyroid Awareness Month
Facts about the Thyroid Gland and Thyroid Disease

The thyroid is a hormone-producing gland that regulates the body's metabolism—the rate at which the body produces energy from nutrients and oxygen—and affects critical body functions, such as energy level and heart rate.

•The thyroid gland is located in the middle of the lower neck.

•Although the thyroid gland is relatively small, it produces a hormone that influences every cell, tissue and organ in the body.

•Hypothyroidism is a condition where the thyroid gland does not produce enough thyroid hormone. Symptoms include extreme fatigue, depression, forgetfulness, and some weight gain.

•Hyperthyroidism, another form of thyroid disease, is a condition causing the gland to produce too much thyroid hormone. Symptoms include irritability, nervousness, muscle weakness, unexplained weight loss, sleep disturbances, vision problems and eye irritation.

•Graves' disease is a type of hyperthyroidism; it is an autoimmune disorder that is genetic and estimated to affect one percent of the population.

OUR HOME VISITORS

HOME-BASED COORDINATOR

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FAMILY ADVOCATE

TO BE
ANNOUNCED

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.

EDUCATION

Pregnancy- Gaining too much or too little weight during pregnancy increases the risk of problems for both the mother and the infant. Following a healthy diet and getting regular physical activity can help you stay within the recommended weight gain guidelines set by the Institute of Medicine.

Infant-As your baby grows, their rate of weight gain will be an important indicator of overall health and development. Your baby's pediatrician will monitor weight, length, and head size at each well-child appointment to determine if your baby is progressing as they should.

Toddler- Toddler weight can be a cause for concern to some parents, but if your Toddler is eating healthy and active, then there is likely no cause for concern. Even so, Keeping an eye on their weight is always going to be a good idea, to make sure they are their development progress is on track and to make sure there are no concerns about weight.

LET'S GET SOCIAL

Socialization Day

Free book for every family
that participates!
Raffle Giveaway
Snacks

BOOK OF THE MONTH

It Looked Like Spilt Milk by Charles G. Shaw

Now
Enrolling!



@MFCSHHEADSTART



TOGETHER TIME

Snow ball fun
Recycle some paper you have lying around or use newspaper and ball it up. Have your kids toss the snowballs up in the air and then try to catch them. Practice tossing while standing up, standing on one foot, lying down, or throwing to each other.



Head Start
Mid Florida Community Services
Early Head Start



