



HEAD START NEWS

Blue Lake Head Start Newsletter



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FROM THE DESK OF YOUR CDS

By: Marline Medero Lopez

Ready or Not Kindergarten, Here We Come!

We believe that a quality transition to Kindergarten will bring lifelong benefits to a child. However, while many of us focus on the basics of letter and number recognition or reading skills, kindergarten readiness encompasses more than a few isolated skills. We need to look at the whole child and all the skills and strengths each child has developed. That's what makes them unique.

Here are some tips to help you prepare your child for Kindergarten:

- Help him to develop independence at home. Encourage your child to dress himself, take his coat on and off and hang it up, use the bathroom without assistance and wash his hands without constant reminders, and put on his own shoes. Provide serving spoons so your child can serve himself at the table and clear his own dishes. These skills will take him from the coatroom to the lunchroom and beyond.
- Focus on self-help skills. Your child should know how to wipe her face after lunch without prompting and blow her nose without assistance. But be sure she is also comfortable asking an adult for help when necessary.
- Teach responsibility. Start transferring small responsibilities over to your child, if you haven't already. After a family trip to the pool, you might put your child in charge of emptying the backpack, refilling the water bottles, or hanging up his wet swimsuit. Even when it may be easier for you to complete these tasks, let him accept the responsibility.
- Develop and follow routines. Set up morning routines that will transfer into a school setting. Getting up around the same time every day, getting dressed, and having an early breakfast together is a great way to transition to school.
- Read aloud to your child. Get your child a library card, take her to the library to check out books, and be sure to read to your child every day. Read a variety of books, read the captions under pictures in the newspaper, even share the comics. Just read!
- Engage her in meaningful literacy activities. Encourage your child to help you with thank you cards, shopping lists, or notes. They may start with scribbles or pictures, move into scattered letters, and finally some recognizable words as they enter school. Appreciate their attempts and watch their skills develop with practice.
- Acknowledge his feelings. Avoid talking about school too much, or wait until the end of summer is near. Your child may express being nervous, not wanting to go or, alternately, feeling very excited to start school. Whatever they feel, take time to appreciate where they are.

Rather than worry about whether your child is ready to read and write, think about his or her skills as a whole. What can they do well that will help them succeed? The quiet child who has reading abilities will find her way to the social butterfly that needs help writing his name. The silly, wiggly child will find a spot as the classroom helper. Rest assured, they will all navigate kindergarten together.

<https://www.naeyc.org/our-work/families/kindergarten-here-we-come>



CONTACT US!

CDS:

Marlene Medero/ 386-956-3636

Family Advocate:

Anna Triplett/ 386-337-4820



MARK YOUR CALENDARS

Head Start Early Release days: May 11, May 18, May 25

Parent Meeting: 5/12/22 @ 3:00 PM

Student Holiday: May 30, 2022

End of the Year Celebration: To be announced



Head Start
Mid Florida Community Services
Early Head Start

Let's Get
Connected!



FAMILY ADVOCATE CORNER

By: Anna Triplett

Gardening with your child

Engage them through the Entire Process, From Seed to Table: They will learn that gardening can be fun and that they are contributing to the family. Be sure they alone do the harvesting and preparation of their crop for the table, no matter how modest the offering.

Cheat a Little: You may need to help out a little 'behind the scenes'. Not every garden task is pleasant, and the child may not be ready at all times for all chores.

Child friendly plants:

Sunflower: A must for a child's garden, plant just one or two, since they take a lot of room. Sunflowers will sprout in one week, becomes a small seedling in two weeks, and should be 2' tall in a month. In eight weeks, the buds will flower revealing hundreds of seed kernels.

Lettuce/Mescluns: Greens are a quick and reliable crop to give the child fast results, and also a good way to interest kids in salads. Lettuce likes part shade;

The seeds will germinate in 7-10 days; growing season is 40-50 days. You

Cherry Tomatoes: These may be the most fun crop for a child, plant in full sun and use seedlings rather than planting from seed. Cherry tomatoes can also be grown in containers.

Nasturtiums: Grow and yield results quickly. Nasturtiums bloom about 50 days after the seeds are planted. The flowers are also edible, and can be used to add colour to a fresh garden salad.

A NOTE FROM THE TEACHERS

MRS. MARILYN & MRS. MARIA

It's unbelievable that we have come to the end of our school year, we had so much fun, learn about so many things and a lot of incredible experiences together; most of all we made new friends. This month we will be going over compound words, spelling words, reviewing letters and their sound. We will talk about how we can get ready for kindergarten and what we can expect. The final weeks of school can be scary, fun and exciting all at the same time and not only for children it can be scary for the parents as well. It's understandable that we can feel a lot of emotions about your child moving from pre- kindergarten to kindergarten.

When children go through life changes such as a transition from pre- kindergarten to kindergarten they may have strong feelings that they won't be able to communicate. Acknowledge your child's feelings and keep your home routine consistent. To all our children going on to kindergarten and returning to preschool have a wonderful and fun summer.



PARENT MEETING MINUTES

Family Advocate Anna Triplett greeted parents.

Update on what's happening in the classroom; we have been learning about balls and the different games we play with them and how different games require different balls.

We're also exploring strong feelings and how they are normal and how we can learn to control them in a positive manner.

Family advocate Anna Triplett; presented the lesson. How to Prepare for a Hurricane.

Handouts from FEMA were provided to each family with important information about preparation before, during and after a storm.

Parents and teachers each shared information about what they do as a family to prepare to a storm. Such as obtain water and food, pack backpacks for each family member in case of evacuation. Have extra batteries and candles for light if the power goes out. Have fuel on hand.



CHILDREN'S BOOK SUGGESTION

1. I took the moon for a walk by Carolyn Curtis
2. The upside down boy by Juan Felipe Herrera
3. Goodbye preschool, Hello Kindergarten by Sonica Ellis

HOME LEARNING / FAMILY ENGAGEMENT

Read books to your child about moving on to kindergarten. Talk to your child about how they are feeling. If you can visit a kindergarten classroom with your child this can help them feel more comfortable.

POLICY COUNCIL UPDATES

April Policy Council met via Zoom on April 28, 2022.
Quorum was established with 13 present.

Annette Becklan, Head Start Mental Health Consultant, presented and trained the members with a thorough presentation on Social and Emotional Mental Health.

The March meeting minutes were approved. The Budget and Credit Card statements were approved. The Enrollment, Attendance and Snack reports were approved.

Jennifer Fowler presented request for Parent Activity Funds that were approved.

Heidi Rand presented on ACF-PI-HS-22-02 on Head Start Funding Increase. This was presented for information purposes only and voting not required. Heidi stated that the focus for the pay increase will go the Teachers and Teacher Assistants. Management is working on the budget to eliminate center positions to help divide the funds.

Staffing Reports were presented for information purposes. All Service Area and Center Reports were presented and approved.

Seth Williams shared the update on writing the No Kids Hungry Grant. He shared that the grant was submitted before April 15th and waiting to hear if the program receives the funding. Until funding is received we do not at this time have funds to provide backpack meals at this time. If approved the program will run for 25 weeks. Seth explained that the Sunshine Health grant was not approved.

Next Policy Council meeting is Thursday, May 26, 2022.