



# HEAD START NEWS

Coleman 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: Marline Medero (386)-956-3636

Family Advocate: Annette Gregory  
(386)- 774-0423 x110



## MARK YOUR CALENDARS

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

Art Show: 5/25/22 @ 4:30 PM

Parent Meeting: 5/18/22 @ 11:00 AM

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!



@MFCSHHeadStart



## FAMILY ADVOCATE CORNER

By: Carolina Estrada & Annette Gregory

Dear Parents,

Can you believe that the school year is almost over? You truly have contributed a lot with your child education and our school!

Before the end of the school year comes, I would like to give you some survival tips for the summer. Most of us feel free relieve that during the school year our children have a safe place to stay during the day but, What do we do for summer child care? Well, here are some helpful ideas to decrease of your child care summer stress. Family and friends, during summer we have to believe that they make a huge difference when they assist with the care of our children. Sport and summer camps, are an obvious option for everybody. If you act early some local cities summer camps or sport programs will offer scholarship to lower the cost. Summer VPK, did you know that if your child is ready to transition to kindergarten next school year and if you haven't used your VPK voucher during the school year, you can request it for the summer.

We will be all summer in the office serving you and other families as well. If your child is returning next school year, we need to meet to review some paperwork and to complete the VPK application. If your child is transition to kindergarten and if need their Physical and Immunization, please contact us for support.

Also, do you know any other parents with Head start aged children? Now I the time for them to come in to complete an application for the 2022-23 school year. With Spring upon us, many of us are starting our spring cleaning and clearing out those old clothes and toys. Think about donating those things or having a garage sale. It's much easier to clean out those things while the kids are in school!

Your Family Advocates,  
Annette Gregory (386) 956-3677  
Carolina Estrada (386) 956-3678

## A NOTE FROM THE TEACHERS

### CLASSROOM 1

MRS. KEYLA & MRS. NICHOLE

During the month of May, we will be continuing our gardening study. We will continue to learn about gardening, types of gardens, and how to take care of them. We will also study plant life cycles as well as their parts. Once we finish this study we will be moving on to our final study for this school year; transitioning to kindergarten. In Second Step we will be focusing on Unit 5: Transitioning to Kindergarten. Thank you for your cooperation and support!

### CLASSROOM 3

MRS. BLANCA & MRS. KHLOE

As we start closing up this fantastic school year, we have reviewed things we have learned this year and began some of our end-of-the-school-year activities in the classroom. We want to thank our outstanding parents, that have been very supportive and cooperative throughout this year. Thank you very much, parents! We hope to see you and your children next school year!



## PARENT MEETING MINUTES

Mid Florida Community Services, Incorporated

Coleman Head Start

Parent Meeting Minutes for April 20, 22

Welcome

Meeting came to order at 11:02 am

We established lack of Quorum with 2 parents present

Policy Council report was given by Margo Lopez. Parents would like to have an end of the year activity at the splash pad across the street. Ms. Marline will look into whether the children can do a walking field trip to the splash park. She will also look into the zoo for an in house field trip. Margo explained the "What's app group for parents. Transition to Kindergarten meeting will take place 4/21/22 at 5:00pm. The children will perform. Ms. Annette presented What You Do Matter's "Feelings".

Reviewed important dates, no school Monday, April 25th. Parent engagement activity April 28th. Memorial Day is May 30th and last parent meeting will take place on May 18th.

Meeting Adjourned at 11:45.



### HOME LEARNING / FAMILY ENGAGEMENT

#### Activity: Nature Walk

Invite your child to take a nature walk together. Carefully explore the different plants and flowers during your walk. Look around for any seeds you might find. Discuss what you see and ask your child questions.

## CHILDREN'S BOOK SUGGESTION

### Classroom 1

Title: The Way I feel

Author: Janan Cain

<https://youtu.be/MSdSWIfCpJ8>

### Classroom 3

Story: The Tiny Seed

Author: Eric Carle

<https://www.youtube.com/watch?v=kZITtrzoK4c>

## 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.