

# Jo Sheppard Head Start & Early Head Start



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## FROM THE DESK OF YOUR SITE SUPERVISOR

### Healthy Habits Start Early

Good activity habits begin early in your child's life. As early as infancy, you can help your child grow lifelong healthy play habits. Your child learns from you, so while you help him be active, try to do the same activities!

### Play Time Can Be Active Time!

#### *For Your Infant*

- Keep your baby active with tummy time and time spent out of the swing or bouncy chair. This will give him plenty of chances to stretch, reach, and kick so he can reach important milestones like crawling and sitting up.
- Avoid putting a TV in your baby's room. The more YOU talk to and play with your baby, the more likely he is to be healthy as he grows.

#### *For Your Toddler*

- Even very active toddlers need physical activity. Keep moving by dancing, jumping, and walking together.
- Try to limit screen time to 2 hours or less a day. Children who have lots of active playtimes outside and indoors are more likely to stay healthy and active as they grow up.

#### *For Your Preschooler*

- Help your child to stay active and learn at the same time by spending time outdoors.
- Try to limit TV, video games, and computer time to 2 hours or less a day. Children who watch more than 2 hours of TV a day are more likely to be overweight as they get older.

### For Yourself and Your Family

- When you spend time being active, your child learns healthy habits from you.
- Set playtime, mealtime, and bedtime routines to make daily life easier to handle.
- Talk with your child's pediatrician, early care and education staff, and other parents to get ideas for making playtime active time.

<https://eclkc.ohs.acf.hhs.gov/publication/active-play-health-tips-families>

## MARK YOUR CALENDAR

March 6, 2023– Student Holiday/ Teacher In-service day.

March 10, 2023– Student Holiday/ Teacher In-service day.

March 13-17, 2023– Spring Break

March 20, 2023– Classes Resume

March 22, 2023– Family Fun Day! \*early release/ no extended day.

## CONTACT US!

Child Development Specialist : Marline Medero (386)956-3636

Family Advocate: Margarita Montes 386-283-1675/ 386-279-8089

Center Phone Number & Classroom Extensions: CR #1 386-749-0300 ext. 1 CR #2 386-749-0300 ext. 2 CR #3 352-428-2242 ext. 3 CR #4 386-749-0300 ext. 4



Head Start

Mid Florida Community Services

Early Head Start

MID FLORIDA COMMUNITY SERVICES, INC.

Helping People. Changing Lives.



# Family Advocate's Corner

## FROM THE DESK OF YOUR FAMILY ADVOCATE

**Mrs. Margarita Montes**

Spring is in the air. The first day of Spring will be March 20th. Have you thought about your Spring Break and Summer Camp plans? Well, there is still time. Summer Camps information will soon be available on many Volusia County, cities' internet sites, and other local community web pages. Remember to start the search early, so you can start budgeting and apply for summer scholarships if available. To all our families, thank you for supporting the Teachers Valentines lunch and active participation in the Paint with a twist activity. We genuinely appreciate your support. Your child's regular attendance is essential to us, and it sets the foundation for a brighter future at school. As parents, you are your children's primary teachers; allow yourself to learn with them every day. Remember to read, play and create memories together.



La primavera está en el aire. El primer día de la primavera será el 20 de marzo. ¿Has pensado en tus planes para las vacaciones de primavera y el campamento de verano? Bueno, todavía hay tiempo. La información sobre los campamentos de verano pronto estará disponible en muchos sitios de Internet del condado de Volusia, ciudades y otras páginas web de la comunidad local. Recuerde comenzar la búsqueda temprano, para que pueda comenzar a presupuestar y solicitar becas de verano si están disponibles. A todas nuestras familias, gracias por apoyar el almuerzo de San Valentín para maestros y su participación activa en la actividad Paint with a twist. Realmente apreciamos su apoyo. La asistencia regular de su hijo es esencial para nosotros y sienta las bases para un futuro mejor en la escuela. Como padres, ustedes son los principales maestros de sus hijos; date la oportunidad de aprender con ellos todos los días. Recuerde leer, jugar y crear recuerdos juntos.

### Jo Sheppard Head Start & Early Head Start

#### Parent Meeting Minutes

2/10/23 @ 1:45 pm

Welcome - Family Advocate & Center Staff

#### New Business

Family Fun Day: It will be at Earl Brown Park on March 22 at 2:00 pm early release day and no extended day.

Volunteer training: Parents must watch a two-hour video to volunteer in the classroom.

Friendship activity: FA Thank all parents working to make this lunch possible.

#### Service Area Reports:

SS - Marline talked about the importance of our surrounding when walking or in the car. She also shares what is happening in each classroom.

Family Advocate and SS - Week 4: What do you

think?

#### Important Dates:

No School:

February 20 ( Presidents day Holiday)

March 10 ( In-services/Student Holiday)

March 13-17 (spring break)

March 20 (Classes Resume)

March 22 Family Fun Day

Early Release Day

HS: February 1, 15, 22

March 1, 8, 22, 29

EHS: February 22

March 22

Next Parent Meeting: April 14, 2023

Adjournments: 2:30pm

# Notes from the Early Head Start Teachers

## Classroom 1

**Ms. Magali & Ms. Anabel**

Hello parents, hope each one of you are doing well. For the month of March, our children will continue learning and exploring balls. Children will learn how to manipulate different types of balls. The different ways they can move a ball (rolling, pushing, catching, throwing etc.) Children will learn how balls are made from and will be learning how to create a ball. Thank you for being able to be part of the Paint with the twist activity and we encourage you to continue on participating

Hola padres espero que cada uno de ustedes esté bien. Para el mes de marzo, nuestros niños seguirán aprendiendo y explorando pelotas. Los niños aprenderán a manipular diferentes tipos de pilotas. Las diferentes formas en que pueden mover una pelota (haciendo rodar, empujando, atrapando, lanzando, etc.) Los niños aprenderán cómo se hacen las pelotas y aprenderán cómo crear una pelota. Gracias por poder ser parte de la actividad Pinta con el giro y te animamos a seguir participando.

## Classroom 2

**Mrs. Adela & Mrs. Maribel**

During the month of March in classroom #2 we will talk about BALLS of different sizes, colors, shapes, textures and for the different sports that are used. We will also talk and learn about spring, the arrival of flowers, the birds, the different colors of the trees. We also continue to learn together by reading books, songs and stories with our children.

We continue to implement good hygiene and safety practices for the well-being of all our children.

Durante el mes de marzo en el aula 2 hablaremos sobre las PELOTAS de los diferentes tamanos, colores, formas, texturas y para los diferentes deportes que se usan. También hablaremos y aprenderemos de la primavera, de la llegada de las flores, los pajaros los y diferentes colores de los arboles. También seguimos aprendiendo juntos leyendo libros, canciones y cuentos con nuestros hijos.

Continuamos implementando buenas prácticas de higiene y seguridad para el bienestar de todos nuestros niños.

### Want to praise your child's teacher?

You can contact us via our website

<https://www.midfloridaheadstart.com/>

or by calling us: 1-888-277-0010

Director of Early Learning Services, Tanya Hall (THall@MFCS.US.com) the Deputy Director of Children's Services, Glynne Pascal (GPascal@MFCS.US.com) Please also feel free to reach out to us should you have concerns about your child(ren)'s program.



Growth is growth  
no matter  
how small

# Notes from the Head Start Teachers

## Classroom 3

Ms. Dorasaly & Ms. Gloria

This month we continue to talk about Clothes Study. Children have had fun designing clothes with different material. We will be having a fashion show at the end of the study so be ready to be creative with your child. Thank you for participating in our classroom activities and thank you to those parents who take time to volunteer in the classroom. Please don't forget to check your child's folder and continue to work on education and developmental goals.

Este mes seguimos hablando de Clothes Study. Los niños se han divertido diseñando ropa con diferentes materiales. Tendremos un desfile de modas al final del estudio, así que prepárate para ser creativo con tu hijo. Gracias por participar en nuestras actividades en el aula y gracias a aquellos padres que se toman el tiempo para ser voluntarios en el aula. No olvide revisar la carpeta de su hijo y continuar trabajando en las metas de educación y desarrollo.

*Happiness  
IS A FORM OF  
Courage*

## Classroom 4

Ms. Michele & Ms. Aracely

The children are enjoying our study about "Pets." We are incorporating math, literacy, science, and social-studies into each day with fun and engaging activities. The school year is going by quickly and the children are growing and changing just as fast. We are continuing to develop problem-solving skills through stories and using our "problem-solver" box. This month we will continue discussing Pets and other characteristics of animals. Each child will have an opportunity to take our class pet "Elsa the brown puppy" home for the weekend. More details will follow. Please check your child's blue folder each day for completed work and teacher communication. We are always available for questions or concerns.

Happy March

Los niños están disfrutando de nuestro estudio sobre "Mascotas". Estamos incorporando matemáticas, alfabetización, ciencias y estudios sociales en cada día con actividades divertidas y atractivas. El año escolar pasa rápido y los niños están creciendo y cambiando igual de rápido. Continuamos desarrollando habilidades para resolver problemas a través de historias y usando nuestra caja de "solucionador de problemas". Este mes continuaremos discutiendo Mascotas y otras características de los animales. Cada niño tendrá la oportunidad de llevar a nuestra mascota de clase "Elsa, la cachorra marrón" a casa durante el fin de semana. Más detalles seguirán. Revise la carpeta azul de su hijo todos los días para ver si el trabajo completado y la comunicación con el maestro. Siempre estamos disponibles para preguntas o inquietudes. Feliz mes de marzo!

## BOOK SUGGESTIONS

[The Girl Who Wore Too Much Read Aloud](#) - YouTube

[Abuela's Weave Read Aloud Only - YouTube](#)  
[Something From Nothing Read Aloud - YouTube](#)

[Llama Llama Red Pajama | Read Aloud | Storytime](#) | [Jacqueline Mitchell - YouTube](#)



# Policy Council Notes

Meeting Date February 23rd, 2023

February Policy Council met via Zoom on February 23, 2023. Quorum was established with (10) policy council representatives present.

January 2023 Policy Council minutes were approved.

Budget and Credit Card reports reviewed by Tanya Hall. All approved.

Enrollment and attendance report reviewed by Jennifer Fowler. All approved.

Meal & Snack reports for December 2022 reviewed by Seth Williams. All approved.

New Policy and Procedures reviewed by Seth Williams. All Approved.

Program Instructions and Information Memorandum from the Office of Head Start. Informational purposes only.

Staffing Reports & service area reports. Information purposes only.

Parent Activity Funds Requested for Spring Hill, approved.

Leadership team highlights reviewed.

Other business and announcements discussed, simply for informational purposes.

Next Policy Council meeting is Thursday, March 23, 2022.

## Family Engagement Activities

### Molding Shapes Game 104 by Teaching Strategies

Why this is important Exploring molding dough gives your child the experience of learning how three-dimensional shapes are formed. The experiences children gain directly through using their hands and fingers leave a special and lasting understanding of the physical world. Easy art exploration can give your child confidence for later creative expressions.

What you do

- Give your child opportunities to press and mold soft materials, such as molding dough. Help your child dampen a clay or dirt area outside in order to make mud. Explain in advance that this is a messy activity! Let her explore freely without direction
- Describe what she is doing as she plays: You've made something flat and round. What a long coil! You pushed your thumb all the way through the middle.

- Try making molding dough using the following recipe: 2 cups flour 1 cup water 1 cup salt 2 tablespoons cooking oil 2 tablespoons cream of tartar 1 tablespoon food coloring

Mix all ingredients together in a saucepan. Cook over low-medium heat, stirring constantly until it forms a ball. Put the ball on a board and knead for 2-3 minutes. Store the dough in an airtight container between play sessions.

Another idea Renew your child's interest in the game and extend your child's creativity by offering tools to press and shape the dough: popsicle sticks, sea shells, rocks, or pipe cleaners. Make sure that these items do not go into your child's mouth. Put away things small enough to swallow when you cannot supervise their use, especially if you use this game with children under age 3