

West Volusia Education Center

Head Start



NEWSLETTER

FROM THE DESK OF PAMELA FERNETT SITE SUPERVISOR

Can't believe March is already upon us. It seems like the months are flying by much too quickly. February was a flash and I am sure summer will be here in the blink of an eye. We had lots of exciting events that occurred in February and have much more to come in March.

We are delighted with the progress of all our children at this point of the school year. All have excelled in all their preschool activities. Our staff feels so fortunate to have such delightful, bright and beautiful children.

We also appreciate all of our parents' efforts in getting their children to class. Your participation and communication makes our job so much easier. Thank you for taking the time to allow the Teachers to complete their home visits. It's great to see the children in their natural environments when they join you in these conferences. It helps the teachers learn so much about them.

Don't forget Daylight Savings Time starts on March 13, 2023.
Set those clocks ahead one hour.

Our Transition into Kindergarten will begin this month. Please see your child's teacher to ask what they will be doing and what you can do at home to help your child with this transition.

CONTENTS OF THIS ISSUE

- * From the Desk of you CDS
- * Contact Information
- * Mark your Calendars
- * Family Advocate Corner
- * A note from the teachers
- * Home Learning & Family Engagement
- * Policy Council Updates

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 re-lease/ no extended day.

CONTACT US!

Site Supervisor: Pamela Fernet (386) 868-6609
Family Advocate Joseline Couto
(386)956-3622
Center Phone Number
(386)736-1891
Classroom1: EXT 228
Classroom 2: Ext 227



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. Joseline Cuoto

Hello Parents with the Flu season here I have included some tips to help you keep your child healthy.

10 Tips to Keep Your Kids Healthy During Cold and Flu Season:

1. Wash hands frequently.

The Centers for Disease Control and Prevention (CDC) recommends at least 10-15 seconds of hand scrubbing during each hand wash.

2. Use hand sanitizer.

When warm water and soap are not available, an alcohol-based hand sanitizer can be another effective defense to keep hands germ free. But parents should use caution, especially with young children, as hand sanitizer can be dangerous if consumed. Keep out of reach of children.

3. Get a flu shot.

The CDC recommends that everyone 6 months of age and older get an annual flu shot. Be sure to follow your pediatrician's recommendation.

4. Cough or sneeze into a tissue or into the elbow.

Teach your child to cough or sneeze into a tissue. If a tissue isn't available, use your elbow.

5. Teach young kids how to blow their noses.

Encourage little ones to avoid putting their fingers in their noses and teach them to use a tissue as soon as they are old enough. Throw away tissues immediately after each use.

6. Drink more water.

Staying hydrated can help your body fight viruses. "Water is especially important when a child has a fever," says Dr. Laura Sinai, a pediatrician with Signature Pediatrics.

7. Eat a healthy diet.

Kids might not like fruits and vegetables, but they can help fight illness.

8. Get a good night's sleep.

Studies show that poor sleepers became sick more often. Make sure your child gets the recommended hours of sleep each night.

9. Disinfect your house.

No one enjoys scrubbing countertops and toilets, but doing so can reduce the number of germs in your house. Be sure you are disinfecting toys and household surfaces, especially kitchens and bathrooms.

10. Avoid people who are sick.

This seems obvious, but it might be necessary to "quarantine" household members who become sick to avoid spreading the illness to others in the house, especially young children. Also, make sure your child stays home from school if he or she is sick.

West Volusia Education Center Parent Meeting Minutes Wednesday, February 8th 2023

Parents were greeted by the Chairperson: Suhei Rivera

Ice breaker: Say / write your name backward- FA Joseline Couto

Minutes from the Policy Council Representative: Not available at this time.

Important Dates:

February 2023- The rollover process begins

Next Parent Meeting: Wednesday, March 8th @ 12:00

New events:

Monday, February 20th, 2023- President's Day Holiday/ No school

Parents voted to have the same-day Potluck and the parent activities from 11:00 am to 2:00 pm

Next Early Release days in February: February 15 and February 22

Parent Activity/Potluck details- Suhei Rivera

Date: Friday, February 17 from 11:am to 2:00 pm

We will have lunch, the first part of the painting, and the second part of the painting.

Presentation: Introduction to Parenting with Evelyn Velez, Behavior Specialist

Services Areas:

Pam Fernett: Site Supervisor

There will be a drill of the Evacuation Process from the two Centers WVEC and DeLand Center with the teachers and staff from MFCS. It will be announced. Parents were informed about the transition process to kindergarten.

Sheena McDaniel: Family Advocate Coordinator

Informed the parents about the activity by March 22, 2023. This is a family activity at Earl Brown Park in DeLand. The children will have an early release that day.

Raffle

Adjournment: At 1:00 pm

Notes from the Head Start Teachers

Classroom 1

Ms. Lorri & Ms. Jessica

Dear Families,

We will be completing our Exercise study in March by decorating our own water bottles and making peanut butter oatmeal energy balls.

Our next study is Pets. We will be learning about what kinds of animals make good pets and how are these animals different from other animals, where do pets live, and where do you see pets? Books we will be reading include Swimmy, Harry the Dirty Dog, and A House for Hermit Crab among others. Dramatic play area will be turned into a Pet Shop. In Toys & Games children will have the opportunity to sort animals and also play with animals in the Block and Discovery areas. We have several fun art projects planned.

If any parents or family members have any stuffed animals that are good pets and/or pet supply items we would love to borrow them for our pet store.

[Home visits, either in the home, zoom or at the park will take place throughout the month.](#)

Spring break is March 13-17. We hope everyone has a wonderful break and are able to do lots of fun things as a family!

As always please see one of us with any questions or concerns.



Classroom 2

Ms. Nicole & Ms. Katherine

Dear Families,

Many of us have fond memories that involve music. What special music do you associate with important celebrations? What kind of beat can you not help but tap your feet to when it comes on the radio? Have you noticed your child tapping along with you? What songs from your childhood do you and your child enjoy singing together? Music has a wonderful way of translating across many generations, cultures, languages, and communication styles. We are excited to begin a study of music making in our class that will engage and build on children's curiosity around music, sound, and performance. If you can, we'd love your help gathering items to investigate. We'll need many different objects and pictures related to music making. The teachers will have a list of suggested items, but you may also send others not on the list that you think may add to our explorations. Also, please let us know if you or a family member is involved with music making (e.g., plays, fixes, or teaches an instrument; sings in a choral group or band; works in a job related to music making) and would like to share this talent with the class. As we study music making, we will learn concepts and skills in literacy, math, science, social studies, the arts, and technology. We'll also develop thinking skills as we observe, investigate, ask questions, solve problems, make predictions, and test our ideas. What you can do at home: Listen for music throughout the day with your child. We often don't even notice the music that plays in the background of our everyday lives. Discuss the music that you and your child hear. How does it make each of you feel? Does it sound like any other music you have heard? Talk about favorite music styles and songs with your child and share why you enjoy them. Thank you for playing an important role in our learning.

Please remember if your child is going to be late or absent please give the classroom a call before 8:00 am, the meal count for the day goes in by 8:15am.

Home visits will be completed this month.

Family Engagement Activities

Feelings on Plates by Teaching Strategies

Primary Objectives

2b. Responds to emotional cues

Why It's Important

As your child becomes increasingly aware of the feelings of people around him, they may be overwhelmed or intimidated by some emotional displays. When you give your child numerous opportunities to identify feelings and teach them ways to respond to those feelings, you are helping them to expand their capacity for compassion and empathy.

Materials

Photos or drawings of faces depicting emotions; markers or crayons; glue; paper plates; craft sticks

What You Do

1. Draw faces or glue cutouts of faces depicting a variety of emotions on a paper plate. One per paper plate.
2. Use the paper plates when your child has difficulty labeling emotions.
3. As you read a book or tell a story, spread the faces in front of your child to hold up the face that matches the emotions of the character in the story.
4. Use the face plates at other times to point out the feelings of others. Encourage them to use the plates to recognize feelings.
5. You can extend this activity by using various words, facial expressions, and tone of voice and asking your child to identify each feeling by holding up a face plate. (light, cheerful voice; firm, loud voice; quiet, sad voice)

BOOK SUGGESTIONS

"I Will Dance" by Nancy Bo Flood and Julianna Swaney

Written by Trish Holland

<https://youtu.be/m-Cok0CnY1g>

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.



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.

Growth is growth
no matter
how small

