

Blue Lake Head Start

MARCH

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.

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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 INFORMATION

Site Supervisor: Pamela Fennett

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Classroom-:

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Blue Lake Elementary:

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Head Start

Mid Florida Community Services

Early Head Start

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Family Advocate's Corner

FROM THE DESK OF YOUR FAMILY ADVOCATE

Mrs. Anna

The Cure for Whining

Should children get what they want by whining? Absolutely not.

Should they learn that they can get their way by marshaling good arguments and making them in a reasonable, humorous, charming way that meets your needs as well as theirs? Absolutely, if you want them to get anywhere in life.

But how to help them make that transition?

Whining is common with toddlers and preschoolers. Parents are usually advised to tell their kids to ask in a "nice" voice, because they can't hear the whiny voice. But whining is a symptom of a deeper issue. So if you want to eliminate whining, you have to address what's underneath.

If your child's whining is driving you crazy, here are six parent-proven secrets to stop the whining. Which secret you use depends on why he's whining.

1. Whining because he doesn't have the internal resources to cope with what's being asked of him: When humans feel overwhelmed, they get whiny. Meet his basic needs for food, rest, down time, run-around time, and connection with you, or you can count on whining.

2. Whining because she needs more connection: Be pre-emptive. Make sure that your child gets enough of your positive attention, unprovoked.

3. Whining because she doesn't like what's happening but feels powerless to get her way: Lawrence Cohen, author of the wonderful book *Playful Parenting*, says: "When children whine they are feeling powerless. If we give in so they will stop whining, we reward that powerlessness. But if we relaxedly, playfully, invite them to use a strong voice, we increase their sense of confidence and competence. And we find a bridge back to close connection."

4. Whining because he needs to cry: Toddlers let off stress by simply having a meltdown, but as they get older they gain more self-control, and begin to whine instead.

5. Whining because it works: Don't reward whining, meaning don't give in and buy the candy. But there is never a reason to be less than kind about it.

6. Whining because you'll do anything to stop it: Why do parents hate whining so much? Because whining is your little one's more mature form of crying.

* For more information on this topic, please see you Family Advocate.

Blue Lake Parent Meeting Minutes

There was no parent meeting held in the month of Feb.



BOOK SUGGESTIONS

Ms. Felicia will be bringing in an ant farm, in which the children will be able to see the ants in action, how exciting is that?!

The eBook we have suggested for this creepy crawly theme is "Creepy Crawly Calypso" and you are sure to sing along with your child!

[Creepy Crawly Calypso \(UK\) | Barefoot Books Singalong - YouTube](#)

Notes from the Head Start Teachers

Classroom

Mrs. Wilmaida Grover and Mrs. Mary Heilborn

This month, we will be discussing "Amazing Critters!". We will be discussing creatures that crawl, such as ants, and praying mantises, and the life cycle of insects. From insects, the class will then move on to learning about critters that hop such as Grasshoppers, crickets, and even fleas! Flying critters will be the other bugs we discuss: Bees, Ladybugs, and Monarchs (they learned and were able to witness a caterpillar go through its life cycle and turn into a butterfly so this lesson will be a wonderful review for them!) and then onto the creepy portion- spiders, scorpions, and worms oh my!

As a reminder, please bring your **child a change of clothes and check their backpacks to verify they have clean clothes and that they fit**. Your child is growing daily and the pants from last month might no longer fit them. Also, PE is on Mondays and Wednesdays and the PE coaches have seen crocks and sandals being worn. If your child does not **wear sneakers** to PE they cannot participate due to safety concerns. The playground we visit daily, weather permitting is full of sand. Please have your child wear closed shoes with socks. Also, If you have any Head Start paperwork for us when you are dropping your child off, please give it to Mrs. Mary or Mrs. Wilmaida.

Family Engagement Activities

A shared Family Activity Game 110 by Teaching Strategies

Why this is important:

You can help your child feel included in activities or hobbies that have value in your family's culture. He/she will value activities that make them feel good and that are important to your family. Having a specific job in a shared, family-valued task, such as filling the scoop with birdseed, lets your child feel needed, and they will feel satisfaction when they watch the birds eat the seeds that they helped to prepare. Participating in a shared task builds their understanding of why your family values the activity.

What you do:

- *Include your child in plans and events that convey family's values. For example, when you feed birds, let them use their hands to mix the seeds in a large container. (Choose family activity that is important to your family.)*
- *Invite your child to make something that is important to your family. For example, invite them to create a birdfeeder by covering pinecones with peanut butter and then rolling it in birdseed.*
 - *Talk with them about what they are doing. For example, describe the big and little seeds for big and little birds.*
 - *Take time after they complete the task to sit together and share your thoughts about the event.*

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.

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.