



## Bushnell Center Parent Newsletter

October 2017

Program of Excellence

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### More Active Play Equals Better Thinking Skills For Kids

By: Alison Bruzek

As schools cut down on physical education and recess, kids are spending more time than ever in a desk. And while nerdy second-graders like me didn't ever consider arguing for more gym, there's increasing evidence that being active helps not just children's waistlines but their brains.

"If you consider the anthropology of humankind, we were designed to move," [Charles Hillman](#), a professor of kinesiology at the University of Illinois at Urbana-Champaign tells Shots. Hillman and colleagues have added more evidence as to how activity helps kids. His study, published Monday in Pediatrics, shows 7- to 9-year-old children who run around and play like, well, children, for at least 70 minutes a day show improved thinking skills, particularly in multitasking, compared to children who aren't as active. The researchers looked at a nine-month after-school program, called Fitness Improves Thinking in Kids (FITKids) at the University of Illinois. The 109 students met after school nearly every day for a snack and a quick lesson on fitness and nutrition. Most importantly, the children spent 70 minutes running around and playing tag, soccer, jump rope and other games. The focus was not on competition, but playing like kids normally do.

"Kids tend to move and get their exercise intermittently," says Hillman. "They don't go out and run four miles like an adult might." In one multitasking test, children were shown a character on the screen and indicated with a thumb press whether the character was a certain color and a certain shape. The kids who had participated in FITKids were significantly faster and more accurate at identifying the color and shape than children who weren't exercising.

The researchers also looked at the children's ability to selectively focus attention and resist distraction, but did not find as strong an association with physical activity.

Hillman says the significant effects resulted from only small changes to the kids' activity. "We're not taking them from low-fit to high-fit," he says. "We're taking them from low-fit to slightly-less low-fit." In fact, the overall change in fitness was only about 6 percent.

Other scientists say this is yet more evidence that physical activity improves school performance. "It might actually help," says Catherine Davis, a professor of pediatrics at Georgia Regents University. "I think that parents need to go to the educators and say, 'Why is my child sitting down for six hours a day when he's a 7-year-old boy and he needs to move?'"

<http://www.npr.org/blogs/health/2014/09/29/352455278/more-active-play-equals-better-thinking-skills-for->



Male/Parent Involvement Day @ Bushnell Head Start

★HAPPY★  
BIRTHDAY!

*Dylan Webb— Oct. 11*

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#### Important Dates To Remember:

Parent Meeting-Oct. 10 @ 6pm  
NO SCHOOL— Oct. 13 and Oct. 27  
Head Start Awareness Week—  
Oct. 16-20  
Open House— Oct. 18, 2:15—3:30 pm  
Male Involvement-Oct. 19 @ 9:30 am



# From Your CDS

**By Ronjaneen Harris,  
Child Development Specialist for Bushnell and Spring  
Hill Centers**

Last month was such an awesome month. I would like to thank everyone for your great support. We had a great turn out at last month's parent meeting and the classroom parent engagement activities. You need to give yourself a pat on the back because you are awesome. This month, I wanted to share with you part of a letter I read from the Office of Head Start on attendance.

"We have known for a long time that regular attendance in school is important for children's success. We are now learning how important regular attendance is even in the earliest years. Research suggests that chronic absenteeism in preschool can predict chronic absenteeism in the later grades and consequent risk for academic underachievement. For example, one study found that about 25 percent of students who were chronically absent in Pre-K and kindergarten were retained in later grades, compared to nine percent of their regularly attending peers<sup>1</sup>. That's a big disparity. A child's first educational setting, whether in Head Start, child care, or preschool may be where children begin to form lifelong habits and routines."

Wednesday, October 18, from 2:15 p.m.—3:30 p.m., please come out to see what your child is learning in class. Also, make sure you get your child's password to log into Galileo so you can access up-to-date information about your child's learning and classroom experiences.

Thank you for all your support, and I look forward to seeing you enjoy the many activities we have planned for this month.



## From the desk of Carlina Lindo, FA

During the month of October, we will observe Head Start Awareness. President Lyndon B. Johnson established Head Start in May of 1965. Head Start is an early childhood education program created under the United States Department of Health and Human Services to provide education, health, and social services to low-income /at risk children ages three to five years old and their families.

National Hispanic Month is also observed in October.

Parent Meeting will take place on Tuesday, October 10, 2017 @6pm.

Discussions will include:

Planning for future activities and events.

Hispanic American Celebration.

NO CLASSES - Head Start closed –

Friday, 10/13/17 & Friday, 10/27/17

Bushnell Fall Festival-Saturday 10/21/17 from  
10am – 5pm

Bookworks Reader- Thursday, 10/5/17 & 10/19/17

Things to remember: CLASSES BEGIN AT 8:00AM, DON'T BE LATE. Sign your child in/out daily, No Outside Food/ Toys, and Check Back Packs Daily.

### Trabajadora de Familias en Bushnell - Carlina Lindo

Durante el mes de Octubre observamos el conocimiento de Head Start. El President Lyndon B. Johnson establecio a Head Start en Mayo del 1965. Es un programa educacional de los Estados Unidos debajo del Departamento de Salud y Servicios Humanos que provee educación, salud y servicios sociales a niños de tres y cuatro años bajo ingreso y a sus familias. En Octubre también se celebra el mes de la **Hispanidad**.

Esperamos verlo en la Reunión de padres el Martes, 10 de Octubre del 2017 a las 6pm Discusiones incluyen: Planes para las futuras actividades y eventos.

Celebracion del la Herencia Hispana el Martes,  
10 de Octubre del 2017 a las 6pm

NO HAY CLASES: El Viernes, 13 de Octubre del 2017  
y el Viernes, 27 de Octubre del 2017

Festival de Otoño de Bushnell – Sabado,

21 de Octubre del 2017 de 10am – 5pm

Bookworks, Jueves, 10/5/17 y Jueves 10/19/17

Acuerdense: LAS CLASES EMPIEZAN A LAS 8:00AM, NO LLEGUES TARDE. Firme su niño diario, no se permite comidas ó juguetes de afuera y revise las mochilas (back packs) diariamente.

## Classroom News

During the month of September the children learned about their community, their family, and community helpers (Doctor/Dentist/Firefighter, Bakers/Chefs, Soccer Coaches).

We have also been discussing with the children about home safety as well as stranger danger. Please discuss these topics with your children at home. Especially since we are coming into the celebration of Halloween at the end of the month.

Discuss with them the dangers of eating any candy until it can be checked and also the importance of staying with an adult while out trick-or-treating. This is a great opportunity to review pedestrian safety with your child.

### Please remember the following:

- Never leave a child in the car alone
- Hold your child's hand after exiting your vehicle and coming into the gate
- Watch for traffic in the parking area
- Do not block the driveway entrance to the classroom. This is the food truck entrance.
- School starts at 8am and ends at 2pm
- Call if you are going to be late or if your child is going to be absent
- Every child needs a change of clothing and a small towel in their cubby
- Check mailboxes daily
- Observe parent board for new information

Together we will make this a successful school year.

Mrs. Tammy/Ms. Shanda  
Ms. Heloise/ Ms. Carlie

## Policy Council Minutes

The **September Policy Council meeting** was held on Thursday, September 28<sup>th</sup> at 10:00am at Lake Sumter State College in Leesburg. Eight 2016-17 policy council members were present. Two community members were present. The Mid Florida Community Services Board of Directors liaison was also present. Numerous members of the Mid Florida Head Start/Early Head Start Administrative Team were present. Several newly elected 2017-18 Policy Council representatives attended. The new representatives could not vote during this meeting because they have not received the Policy Council training yet.

The following reports were discussed: Budget, Credit Cards, Enrollment/Attendance, Meals and Snacks, Service Areas, and Centers.

The following items were *reviewed*:

**Family Engagement Plan** - Several parenting curriculums have been reviewed. One will be selected for our program.

**PIR (Program Information Report)** - Highlights of 2016 -17 Head Start services included a high percentage of well credentialed staff, positive health outcomes and an increased focus on capturing male involvement).

Policy council members were asked about their training needs. Any future training interests or needs should be sent to Family Advocates.

**Awards were presented** to parents who completed 1 year of service and 3 years of service on the Head Start Policy Council. Kim Ferwin (Spring Hill Center), Adelani Adekunle (Horizon Elem.), James Norton in absentia (Center), Juan Echezebal (Holly Hill Elem.). Community members Chuck Moreau and Jackie Davis also received service awards. A plaque was given to Trevene Christian-(Westside Elem.) for committed service as Head Start Policy Council Chairman. Each recipient gave a short speech highlighting how Policy Council has benefitted them and encouraging new representatives to expect good things from their involvement within Policy Council.

### The following announcements were made:

The recent update to Performance Standards allows parents to serve on Head Start/Early Head Start Policy Council for a total 5 years in lifetime. The old term limit was 3 years in lifetime.

Kim Ferwin (Spring Hill Center) was acknowledged for having Perfect Attendance at Policy Council Meetings during 2016-2017 program year.

The program specialist from the Head Start Region IV Office will be visiting our program in November.

The Oct. Policy Council meeting will be held on Thursday, Oct. 26<sup>th</sup>. The October meeting will be a face to face meeting due to the training that has to be given to new Policy Council members. Specific Central Location : TBD November meeting will be held on Thursday, Nov. 16<sup>th</sup>. The November meeting will be held via video conference.

### Parent to Parent

This is your space to share something about your family with others. A favorite recipe, family picture, or favorite family outing. We would love to learn more about your family.

### Home Activity: Jello In A Can

Ingredients:

- 1 can sliced pineapple
- 1 box sugar-free lime jello
- 1 cup hot water

Directions:

- ◆ Open can of pineapple and drain juice (reserve for another recipe).
- ◆ Mix jello packet in a bowl with 1 cup of boiling water
- ◆ Pour jello into the can over the pineapple slices
- ◆ Refrigerate until chilled and firm
- ◆ Let can sit in warm water for 1-2 minutes which will allow the fruit/jello to come out of the can easily. Enjoy!

## **Parent Meeting Minutes**

*Bushnell Head Start Parent Meeting of September 21, 2017 at 6pm was called to order. Welcome and introductions were done by Ms. Lindo.*

*Like us on FACEBOOK: MFCS Head Start & mfcs.us.com. Mission Statement was read. Ms. Lindo explained the different positions of Center Committee and Policy Council Representative. Parents voted and elected the following officers: Chairperson – Amy Wilbert, Vice Chairperson-Crystal Pereida, Secretary-Beverly Van Ryn, Asst. Secretary-Destiny Crawford, Policy Council Representative,- Katterine Guzman., Policy Council Representative Alternate-Tammy Whicker, Male Involvement Center Representatives (Voluntary) Angel Maldonado, Alex Saddlemire, Peter Van Ryn, and Martin Wilbert.*

*Parents voted for monthly parent meetings to be held on 2<sup>nd</sup> Tuesday of every month at 6pm.*

*Mrs. Herring encouraged parents to have their children present and on-time every day.*

*Ms. Lindo did perfect and improved attendance for the month of August, 2017. Parents were reminded that children will be recognized every month during parent meeting.*

*Training – Child Pedestrian Safety Skills done by Mrs. Tammy Herring.*

*Friendly reminders-Lead, Hemoglobin, and Dental are due soon. Head Start continues to take applications for children ages 3 or 4 by September 1<sup>st</sup>, in Sumter, Hernando, and Volusia counties. Person must be 14 years of age. To drop off or pick up a child at school. No parking between the cars in the AM due to food delivery. No smoking on school premises. No outside food or drinks permitted in learning areas/hallways. If Head Start has made a difference in you or your family please share your story with others by writing it in letter form.*

*Parents received center activities, celebrations, events and observation dates for the months of September & October. National Hispanic Heritage Month -September 15<sup>th</sup> through October 15th; 9/16/17 -Independence Day (Mexico); 9/20/17- Rosh Hashanah begins at sundown; 9/21/17 -Peace Day; 9/22/17 -Autumn begins; 9/29/17 -Yom Kippur begins at sundown; October is Head Start Awareness; 10/9/17 -Thanksgiving Day (Canada). No School Day -10/13/17*

## ***Office of Early Learning reminds you to "double check the back"***

### **Social media campaign seeks to raise awareness of vehicular heatstroke**

Vehicular heatstroke is one of the leading causes of death among children. It only takes 10 minutes for a vehicle's temperature to rise over 20 degrees, even with the windows cracked. With windows closed if the temperature outside is 60 degrees, the inside of your car or van can reach 110 degrees. Babies and young children are especially susceptible to heatstroke. A child dies when their body temperature reaches 109 degrees.

With these facts in mind, the Office of Early Learning is running a social media campaign throughout the month of September to raise awareness of the risk of vehicular heatstroke. The campaign will use #doublechecktheback to remind parents, child care providers, and caregivers of the importance of double checking the backseat when traveling with a child.

