



April 2017

Program of Excellence
Mid Florida Community Services, Inc.

Volume 1—Number-8

Challenging Behavior Tip Sheet At the Grocery Store

When we go to the grocery store, my child runs down the aisle and tantrums when they don't get what they want.

What you can do: Talk with your children before you go into the store and tell them how they should act when they get into the store. Use positive statements (DO this) instead of negative statements (DON'T do). Also, let them know what will happen if they do run down the aisle or don't get what they want.

□ Before you go into the store, tell your child that they need to either stand next to the cart or stay next to you the whole time.

□ Tell them what will happen if they do run away and be prepared to follow through. This could be anything from losing TV time or putting away a toy when they get home, or leaving the store and sitting outside for a timeout.

□ While it's inconvenient to immediately stop shopping, following through on giving a consequence to behaviors is very important. You can leave your cart in the store and always come back to it.

If your child is getting bored, try to make grocery shopping fun by giving them ways to participate and help or play games. Kids enjoy having special jobs to do. Also, to save time, plan ahead what you're going to buy. If you know it's going to be a long trip, bring more along some toys.

□ Have them carry a basket if you're just picking up a few items

□ If you've made a list of what to get, let them hold it and give them a pen to check off items once they go in the cart.

□ Play an "I Spy" game. Ask them to look for a certain color, letter, or number. Or, pick an object up ahead in the

aisle and only tell the color of the object. Say, "I spy something red. What do you think it is?" Then ask your child to guess what it is. Take turns choosing objects.

□ When you can tell your child is getting fidgety, bring out some toys for them to play with that you've brought along.

<http://depts.washington.edu/hscenter/sites/default/>



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Important Dates to Remember

April 4- Parent Meeting @ 6pm

April 7- World's Greatest Baby Shower

April 13- Field Trip, 9:30am-11:30/
Spring Fling 12:30-2pm

April 20- Good Will Reader, 9:30am

April 26- Parent/ Male Involvement Day @9:30am

April 28- Health Dept. Visits @ 10am

From Your CDS

By Ronjaneen Harris,
Child Development Specialist

At Head Start, we encourage children to look at books, retell stories, and to scribble and write throughout the day. Children enjoy dictating stories.

Reading stories to children introduces new ideas, help them learn how to handle problems that come up in life, and encourages them to develop a love for books. Here are some of the things we do as we read:

We look at pictures and ask: "What do you see?"

We encourage children to predict what will happen next.

We encourage children to repeat words and phrases they've memorized.

Research shows the important role families play in helping children learn to read and write. Read to your child every day. When your child sits next to you as you read, he/she begins to connect books with good feelings.

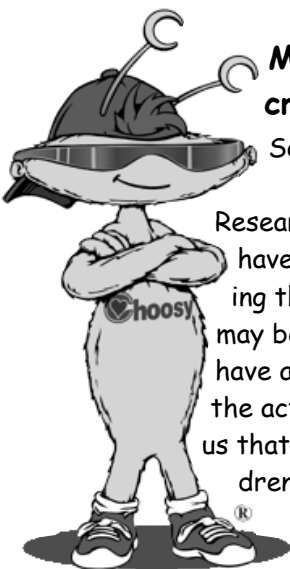
Encourage your child to talk about the stories you read.

Ask questions like "I wonder what will happen next?" or "I wonder why..."

Relate the story to something in your child's life (That dog looks just like Grandpa's dog).

Visit the library and check out books that interest your child. Give your child paper and pencils, pens, or markers to experiment with writing.

For more suggestions, please contact your child's teacher or contact me at 352-754-2464, ext. 256.



Make activity time playful, fun, creative, and successful.

Source: Choosy Kids newsletter

Research supports that physical activity can have a positive impact on behavior, suggesting that children who are physically active may behave better. Physical activity can also have a "not so great" impact on behavior if the activity is inappropriate. Choosy reminds us that physical activity is different for children than for adults.



**Carlina Lindo, Bushnell
Family Advocate**

"I love spring anywhere, but if I could choose

I would always greet it in a garden". ~Ruth Stout

This month is National Child Abuse Prevention Month. The following activities will take place:

Parent Meeting on Tuesday, April 4, 2017 @6 PM

OTHER DATES TO REMEMBER:

Sumter Co. Baby Shower-Friday, 4/7/17 from 10-1pm @
Lake Panasoffkee Recreation Park

Field Trip - Thursday, 4/13/17, 9:30 - 12pm

Spring Fling - Thursday, 4/13/17, 12:30 - 2pm - Bushnell
Center

Head Start closed Friday, 4/14/17 - Observance of Good
Friday

Bushnell Head Start Recruits @ Walmart - Friday, April
21, 2017

Earth Day - Saturday, 4/22/17

SC Health Department Visits Center - Friday, 4/28/17
@10am

Intake applications have begun for children 3 or 4 years old
by September 1, 2017. Call 352-793-3737.

Remember to update your address and phone
numbers, sign in & out daily, no outside food or
toys, and check back packs daily.

Amo la Primavera por todas partes, pero si pudiese escoger

Siempre la saludaria en un jardin - Ruth Stout

El mes de abril del 2017, es el mes de la Prevención del Abuso y
Maltrato de Niños y algunas actividades tomaran lugar:

Reunión de padres de familias el Martes, 4 de abril del 2017 @ 6
PM

OTRAS FECHAS DE RECORDAR:

Fiesta de bienvenida al bebé Condado de Sumter - viernes, 7 de
abril, 2017 de 10am - 1pm

Viaje "Field Trip" - jueves, 13 de abril, 2017, 9:30am - 12pm

Festival de la Primavera se celebra el Jueves, 13 de abril, 2017 -
12:30pm-2pm

Head Start esta cerrado - Viernes, 14 de abril, 2017- Observando
Viernes Santo

Head Start recruta en Walmart - 21 de abril, 2017 - 9am - 1pm
Dia de la Tierra - sábado, 22 de abril del 2017

SC Health Department - visita Bushnell Head Start - viernes, 28
de abril, 2017 - 10am

Empezamos a tomar aplicaciones y el niño debe de cumplir 3 o 4
años al primero de Septiembre del 2017. Llame 352-793-3737.

Acuérdense de poner al día su dirección y su número de teléfono
Firme su niño diario, no se permite comidas ó juguetes de afuera y
revise las mochilas (back packs) diariamente.

Classroom News

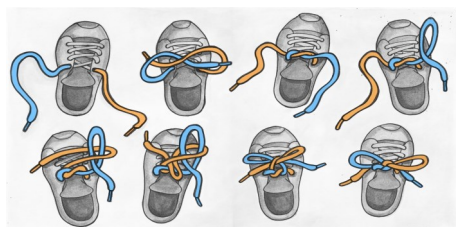
Time surely does fly when you're busy. We are down to the final few weeks of school and yet we have so much to accomplish. The children in classroom 1 have been busy this last month learning about gardening and what plants need to survive. They also have discussed recycling and how it helps our environment. The children have discussed the different types of materials that can be recycled. They also discussed the impact trash has on our environment and water animals.

In Classroom 2, they have been learning about farms. The different animals that live on a farm, the foods that are grown on farms, and the difference between infant and adult animals.

Our Good Will Reader, Ms. Simone has been coming every other week to read and gift the children with a free book. We encourage you to set aside a special place in your home for these books.

Mrs. Tammy/Mrs. Michelle
Ms. Heloise/Ms. Carlie

Home Activity



Learning to Tie Shoes

Sit in front of your child and walk them through the steps of being able to tie. Make a story out of it involving rabbit ears or something else that would make it fun. Be patient with your child. Remember they have only been on this planet for just a little while.

Policy Council update for March 2017

The March Policy Council meeting was held on Thursday, March 23rd at 10:00 am. It was a video conference meeting. Policy Council members from Volusia County met at the Volusia Administration Conference Room in Deland. Policy Council members from Hernando and Sumter counties met at the Hernando Head Start Conference Room in Brooksville. Thirteen policy council members (9 parents and 4 community partner members) were present.

Two persons were approved for hire. Andrea Budesheim - Teacher at Malloy in Volusia Nelly Cardoza Chiapco - Family Advocate at Pathways Deland in Volusia

The following reports were approved/accepted: January 2017 Budget and Credit Cards, Enrollment/Attendance, Meals and Snacks, Service Area and Center.

An overview of the *Second Step Curriculum* was provided by Damaris Conner, Education Manager. Parents are encouraged to ask their children about the puppets in their classroom.

Our Quality Assurance Manager - Jeff Heyne, presented the proposed Early Head Start program selection criteria. He explained the additional points available for foster care, homelessness and sibling in Head Start.

Heidi Rand announced that the program has been notified of its selection as an Early Head Start Grant Recipient. The grant will allow us to provide quality child care services to 112 children between birth and 3 years old. This funding will allow for new positions. The first phase of the program expansion will include opening 3 classrooms in Hernando and two classrooms in Volusia.

The next Policy Council meeting is scheduled for Thursday, April 27th at 10 am. It will be a face to face meeting at Holiday Inn Express in Leesburg, Florida.



Parent Involvement Classroom 2

Parent to Parent

Parents,

If you have anything you would like to share with other parents and families, please see your family advocate so they can assist you with getting information in the newsletter. We look forward to hearing from you.



Check out our
Product and Safety News

Top Food Recalls

- 1** Sabra Hummus
Possible listeria contamination
- 2** Calbee Harvest Black Pepper Snap Pea Crisps
Possible misbranding and undeclared allergens
- 3** Wayne Farms Ready-To-Eat Chicken Breast Products
Potentially undercooked

See more at: <http://www.safekids.org/childrens-product-recalls->

April is already here! Can you believe the year has gone by so fast.

Let me encourage you to help your child finish the school year strong.

Ask your teachers for ways to help at home.

Reading books to your children always helps them build their vocabulary and shows them an interest in reading.

Play math games by counting items together.

Whatever you do just make school FUN!

We will be looking for Super Dad this month so be on the lookout!

Have a Great month!

Luis Leon, Family Engagement Coordinator



Parent Meeting Minutes

Bushnell Head Start Parent Meeting was called to order on 3/14/17 @ 6pm. March month observation is Nutrition. Parents received Training: Stretching Your Dollar In Hard Economic Times, an agenda and flyers: Feeding Your Child Ages 2 to 5 years, Home Safety Awareness, and Spring Time word find.

Welcome by Vice Chairperson Ms. Danielle Ahern. Skills demonstration by teaching staff and students, Perfect Attendance Awards for the month of February 2017. Highest attendance % for the month of February 2017 was Class #1 – 93% and Class #2 – 87%.

February minutes were read and approved. Policy Council Representative absent but update given.

Classroom information was given by Mrs. Herring: after spring break, there will be no naps, a field trip to the Elementary School (all 3's will go to Kenny Dixon Sports complex), Classes continue doing the Second Step Curriculum daily, April will be Parent Teacher Conference, and May will have final VPK assessments.

Ms. Lindo asked parents to remember to complete Survey Cards and share any success stories they might have.

Announcement: Head Start started taking applications for children ages 3 or 4 by September 1, 2017, Contact #352-793-3737

Center Activities, Upcoming events for March and April, 2017: **Wednesday 3/15/17 – Car Seat Safety – Call ELC – 352-563-9939 x235, Thursday 3/16/17 Storybook Time, Friday 3/17/17 Recruitment @ Walmart 9am-1pm, Saturday, 3/18/17 Kids Come First! 5-7pm at Kenny Dixon Sports Complex, Thursday 3/23/17 Transition to Kindergarten Meeting @ 2pm, Saturday 3/25/17 Story Forest, Wednesday 3/29/17 Male Involvement @ 9:30AM, Thursday 3/30/17 Storybook Time, Tuesday 4/4/17 Parent Meeting @6pm, Friday 4/7/17 Sumter County Baby Shower, Thursday 4/13/17 Spring Fling @ Bushnell Center 12:30 – 2pm, Friday 4/14/17 – Holiday -NO SCHOOL, and Friday 4/21/17 Recruitment @ Walmart* - 9am-1pm.**

Meeting adjourned @7pm, door prize and food served in celebration of Irish American History. Next meeting is scheduled for Tuesday, April 4, 2017.