



February 2017

Program of Excellence
Mid Florida Community Services, Inc.

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National Children's Dental Health Month

In recognition of February as National Children's Oral Health Month, Head Start would like to urge parents to pass on good oral habits to their children. This is one of the most important health habits parents can teach their children. For parents, this means helping your children brush twice a day, showing them the proper way to floss, limiting between-meal snacks and seeing your dentist regularly. Most dentists recommend that children start their dental visits by the age of two.

It's important for parents to give the dentist a chance to monitor their child's dental growth and development. Talking with the dentist allows parents to learn about: tooth development, the need for fluoride, how to help their child maintain proper oral hygiene and good nutrition, how to deal with their child's oral habits (such as pacifier use) and how to prevent oral injuries,

It is important to teach children from an early age that dental visits are a positive experience. Visiting the dentist helps maintain good oral health. Teaching preschoolers to brush their teeth:

-Use a pea-sized amount of an ADA-accepted fluoride toothpaste. Make sure that your child doesn't swallow the paste.

Use a toothbrush with soft bristles, and brush inside surfaces of all teeth first, where plaque accumulates most. Angle bristles toward the gum line.

Brush gently back and forth.

Clean all outside surfaces of teeth. Angle bristles toward the gum line. Brush gently back and forth.

Place brush so bristles are on the chewing surface of the teeth. Brush gently

back and forth.

Adapted from an article by
Beatriz Treland

Happy Birthday



Joseph Z. - Feb 13

Elizabeth D. - Feb 15

Zate D. - Feb. 21

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Important Dates to Remember

- ⇒ Feb. 3- Picture Day
- ⇒ Feb. 7- Parent Meeting at 6pm
- ⇒ Feb 8- Class 01 Recruitment Filming
- ⇒ Feb. 16- Transition to Kin-

- dergarten meeting at 2pm
- ⇒ Feb. 20- Holiday
- ⇒ Feb 21- Parent Activity
- ⇒ Feb. 28- Parent/Male Activity

From Your CDS

By Ronjaneen Harris,
Child Development Specialist

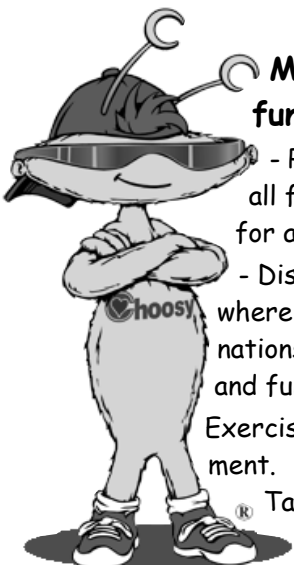
Hey mom and dad!!! Raising a smart child is easy!! According to the University of Melbourne Department of Early Childhood Development on-line article, one of the biggest things you can do to help your preschooler is to read to them.

The frequency of reading to children at a young age has a direct causal effect on their schooling outcomes regardless of their family background and home environment.

Reading to children at age 4-5 every day has a significant positive effect on their reading skills and cognitive skills (i.e., language and literacy, numeracy and cognition) later in life. Reading to children 3-5 days per week (compared to 2 or less) has the same effect on the child's reading skills at age 4-5 as being six months older. Reading to them 6-7 days per week has the same effect as being almost 12 months older.

Children read to more frequently at age 4-5 achieve higher scores on the National Assessment Program - Literacy and Numeracy (NAPLAN) tests for both Reading and Numeracy in Year 3 (age 8 to 9). These differences in reading and cognitive skills are not related to the child's family background or home environment but are the direct result of how frequently they have been read to prior to starting school.

You can read the online article at <http://www.education.vic.gov.au/Documents/about/research/readtoyoungchild.pdf>



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

- Pretending to be a bear crawling on all fours is much more playful and fun for a young child compared to push-ups.
- Discourage competition or any "game" where there are winners, losers, or eliminations. Emphasize maximum participation and fun.

Exercise should never be used as punishment.

Taken from Choosy Kids newsletter

Carlina Lindo, Bushnell FA

This month, we celebrate Black History and Dental Health Month.

Events and Holidays:

Parent Meeting on Tuesday, February 7, 2017
@6pm

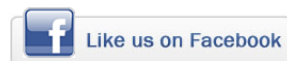
Thursday- February 2, 2017 - Groundhog Day

Tuesday- February 14, 2017 - Valentine's Day

Thursday-February 16- Transition to Kindergarten Meeting

Monday- February 20, 2017 - Presidents' Day -
HEAD START CLOSED

Tuesday, February 21, 2017 - Parent Activity



MFCSTHeadStart & mfcs.us.com head start

Things to remember: CLASSES BEGIN AT 8:00AM, Please be on time. Sign your child In/Out Daily, No Outside Food or Toys, and Check Back Packs Daily.

Defensora de Familias Carlina Lindo

Durante el mes de febrero del 2017, celebramos La Historia Afro-Americana, la salud dental y algunas actividades toman lugar:

Reunión de padres de familias el martes, 7 de febrero del 2017 @ 6pm.

OTRAS FECHAS DE RECORDAR:

Jueves, 2 de febrero, 2017 - Groundhog Day "Día de la Marmota"

Martes, 14 de febrero, 2017 - Día de San Valentín

Lunes, 20 de febrero, 2017 - Día del Presidente - HEAD START está cerrado

Martes, 21 de febrero, 2017 - Actividad para los padres



MFCSTHeadStart & mfcs.us.com head start

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.



Our parents are cropping and cooking the pictured collard greens from our center garden for this month's parent meeting.

Classroom News

During the month of January in classroom 1, we were learning about buildings within our community and around our homes. Math concepts covered were measuring length, learning about volume, solving word problems, and simple written addition problems. Please work with your children on these skills at home.

In classroom 2, we learned about animals: homes, habitats, actions, care, and nutrition. Math and language skills were included within this theme.

Second Step lessons are focusing on identifying feelings, learning to use kind words, and being able to solve problems without assistance from others.

Our second VPK assessments are completed for children in classroom 1 who will be going to Kindergarten. Parents will be receiving a copy of their child's results. I encourage you to compare your child's first score with the second score. If you have any questions please schedule a time to speak with Mrs. Tammy and Mrs. Michelle.

Please continue to complete and return home activities in a timely manner each month. Our program monitors how many home activities are returned each month per classroom. Please help us to show that you are participating in your child's education at home.

Thank you for your continued support.

Home Activity

This home activity involves ice cubes. Let your child explore two bowls of ice cubes. Ask them how it feels. Have them hold one ice cube in their hand and tell you what is happening. Then, add salt to one of the bowls and observe the change. Talk with your child about what has happened. This is a simple investigation that will benefit children's communication skills and sensory motor development.



Policy Council update for January 2017

The January Policy Council meeting was held on Thursday, January 26th at 10:00 am. It was a face to face meeting that was held in Leesburg. Thirteen policy council members (11 parents and 2 community partner members) were present.

The following persons were approved for hire:

Ivy Sebastian, Family Advocate (Volusia County)
Tony Broxton, Family Advocate (Volusia County)
Amanda Phillips, Teacher (Volusia County)
Ja'kera Peterson, Program Substitute (Volusia County)
Elizabeth Witt, Child Development Specialist (Volusia County)
Kaitlin Burton, Teacher's Assistant (Volusia County)
Lillie Shells, Program Substitute (Sumter County)
Carlie Nelson, Teacher's Assistant (Sumter County)

The following reports were approved: Budget and Credit Cards, Enrollment/Attendance, Meals and Snacks, Service Area and Center. Parent activity requests for the following sites were approved: Bushnell, Brooksville, Horizon, Westside, Pathways Port Orange and Malloy.

Policy council members were advised of the update to the program's Selection Criteria which included an increase in the points for the following risk factors: homelessness, foster care and having a family member in the household with a current IFSP or IEP. An updated Head Start Public Relations Plan was reviewed and approved. Materials for an age appropriate home safety program titled "Eddie the Eagle" were distributed following introduction and discussion of the program at a previous policy council meeting.

Our Disability Services Coordinator, Denise Thompson, led a training for policy council attendees. She explained the developmental screening process and how the program works with parents to make referrals to support children.

The next Policy Council meeting is scheduled for Thursday, February 23rd at 10 am. It will be a video conference meeting.

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 mis-branding and undeclared allergens
- 3 Wayne Farms Ready-To-Eat Chicken Breast Products
Potentially undercooked

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

Parents, LOVE is in the air!!!

February brings to mind many things.

As we continue forward with our school year

I want to remind you how important parent involvement is to your child's academic success! So look for ways to get plugged in:

Read in the classroom.

Ask your child's teacher how you can help.

Come to the parent meetings monthly.

Check on upcoming school events.

Whatever you can do will make a difference with your child.

Most importantly remember that children spell

LOVE: TIME!

You are all awesome!!!

BE THE DIFFERENCE!

School Readiness/Parent Advocate

Luis Leon

Head Start Family Engagement Coordinator

835 School St. Brooksville, FL

352-754-2464

Parent Meeting Minutes

Meeting called to order on January 12, 2017 @ 6p by Chairperson Audrey Moyer. January is National Eye Care Month and National Blood Donor Month. Parents received handouts.

I'm Moving, I'm Learning (IMIL) Skills Demonstration done by teaching each classroom. Ten children were recognized for Perfect Attendance and 11 for Good Attendance for the month of December 2016.

December 2016 Minutes were read and approved by parents.

Policy Council Representative gave update.

Mrs. Tammy Herring gave Education update and overview of what's going on in classroom: Galileo, Second Step, Home Activities. Pictures will be on February 3rd, and Transition to Kindergarten Meeting that is scheduled for 2/16/17 from 2pm to 3pm.

Announcements were given to parents: Ms. Lindo will do follow up with parents whose children returning to Head Start for 2nd year. Head Start still taking applications for this year and will announce for the new school year for children ages 3 or 4 by September 1, 2017. Survey cards for anyone that want to complete.

Parents were reminded of the following: Physical, immunizations and dental exam and/or dental treatment are due immediately. Update of Address/Telephone Information need to be done.

Center activities, upcoming events and further discussions on: Story Time on 1/12 and 1/19/17 @9:30am. Head Start is closed on 1/16/17 in observance of Martin Luther King, Jr. Chinese New Year is celebrated on 1/28/17. Transition to Kindergarten Meeting schedule for 1/30/17, Story Time on 2/2/17 @ 9:30pm. Parent activity Tuesday, 2/21/16 @ Mo's Family Restaurant from 6-8pm. This activity is only for Adults. Spring Fling Thursday 4/13/17 @12:30 - 2pm. Planning Meeting for activities TBA.

Meeting Adjourned. next Parent Meeting is Tuesday, February 7, 2017 @6pm. Bushnell Staff thanks all for attending Parent Meeting. Food and fun Quote of the day: The time is always right to do what is right – Dr. Martin Luther King, Jr