



March 2017

Program of Excellence  
Mid Florida Community Services, Inc.

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## What Are Children Learning When They Play?

Source: <http://users.stargate.net/~cokids/Borden.html>

### Circle Time

**What's Learned** - These "chats" are an opportunity for the youngsters to learn how to organize their thoughts. As they talk about their experiences, children learn how to tell a story with a beginning, middle, and end. When a child learns the words to "The Itsy Bitsy Spider" or "I Know an Old Lady Who Swallowed a Fly," this is an important part of a child's informal education. This is "shared knowledge"--that is information that society assumes you know. For example, other children assume you know the words to familiar folk songs.

### Music Appreciation/Creative Movement

**What's Learned** - Music helps children connect the outer world of movement and sound with the inner

world of feelings and observations. Playing games or moving to music is a powerful first experience in the artistic process. Children learn music the same way they learn language--by listening and imitating.

Finger play promotes language development, fine-motor skills, and coordination, as well as self-esteem. Young children are proud when they sing a song and can do the accompanying finger movements.

**Art Projects—What's Learned** A good art project teaches a child that his creativity is limited only by his own imagination. By transforming everyday objects, such as empty paper towel rolls and egg cartons into sculptures, imaginary bugs, or spyglasses, a child discovers that he can create a world of play.

**Outdoor Play—What's Learned** - Outdoor play refines a child's gross-motor (large-muscle) skills. The cross-lateral



A book and a blanket. Who could ask for more?

movement (right arm/left leg and vice versa) involved is critical to a child's later success in reading and writing. Playground time is also an opportunity to explore and manipulate a different environment.

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## Important Dates to Remember

REMEMBER?

Set Your  
Clocks  
Ahead!



March 6-10: Spring Break  
March 14- Parent Meeting  
March 23- Transition to Kindergarten Meeting  
March 29- Male Involvement



# From Your CDS

By Ronjaneen Harris,  
Child Development Specialist

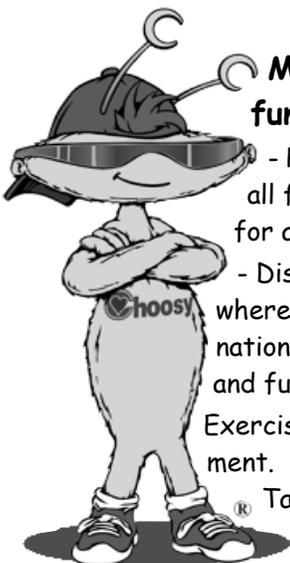
Parents, family members, and friends, thanks for all your involvement in the program. Last month was Black History Month and I constantly was reminded of a quote I heard so much as a child. It is "A Mind is a Terrible Thing to Waste". This quote made me think about the minds of our children we serve daily. This is the time of their lives that their brain absorbs information like a sponge.

First, we must understand that child development refers to the changes that occur as a child grows and develops in relation to being physically healthy, mentally alert, emotionally sound, socially competent and ready to learn. According to research, the first five years of a child's life are fundamentally important. They are the foundation that shapes children's future health, happiness, growth, development and learning achievement at school, in the family and community, and in life in general.

So, it is vital that we provide our children these early experiences. These experiences will then provide the base for their brain's organizational development and functioning throughout life. Research proves this has a direct impact on how children develop learning skills as well as social and emotional abilities.

So, read with your child daily. Talk with him/her daily. Use the Galileo On-line Parent Center to see your child's progress. Ask your child's teacher for suggestions. Call me, Ronjaneen Harris, or come see me in the education office for suggestions. Whatever you decide, make sure you give your child the gift of learning that keeps on giving. Visit your local library and ask their reference clerk what resources are available for your child. Also, make sure you check out the preschool reading programs they offer.

Please visit <http://www.factsforlifeglobal.org/03/development.html> to help you better understand how children develop.



## 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

**"The best inheritance a parent can give their child (ren) is a few minutes of their time each day." - Orlando Battista**

"You can discover more about a person in an hour of play than in a year of conversation"

During the month of March, 2017, we celebrated Nutrition Month - EAT WELL AND LIVE WELL.

## Upcoming Events

Parent Meeting & Skills Demonstration on Tuesday, March 14, 2017 @ 6PM - All children will be performing!!!

## OTHER DATES TO REMEMBER:

**HEAD START CLOSED during Spring Break - Monday 3/6/17 thru Friday 3/10/17**

**Daylight Saving Time begins on Sunday 3/12/17**

**School Resumes - Monday, March 13, 17**

**Saint Patrick's Day - Friday 3/17/17**

**Spring begins - Monday 3/20/17**

Volunteers Are Needed - ASAP - for more information call 352-793-3737

**Remember: Call when your child is going to be late or absent, to update your address and phone numbers, and to Sign in / Out Daily, No Outside Food or Toys, and Check Back Packs Daily.**

## *Del escritorio de las Defensora de Familia Carlina Lindo*

**"La mejor herencia que un padre le puede dar a su hijo(s) es unos minutos de su tiempo diario". - Orlando Battista**

**"Puedes descubrir mas sobre una persona en una hora que en un año de conversación"**

**Durante el mes de Marzo del 2016, celebramos el mes de la Nutrición - Coma Bien y Viva Bien.**

**Algunas actividades tomaran lugar Reunion de padres de familias el Martes, 14 de Marzo del 2017 @ 6:00pm. Todos los niños van a desempeñar una pieza musical**

## Otras fechas de recordar:

**HEAD START ESTA CERRADO -El recreo de La Primavera empieza - Lunes 3/6/17 hasta Viernes, 3/10/17**

**Daylight Saving Time-Los relojes se adelantan el Domingo, 12 de Marzo del 2017**

**Las clases resumen - Lunes, 13 de Marzo del 2017**

**El día de San Patricio - Viernes, 17 de Marzo del 2017**

**La Primavera empieza - Lunes, 20 de Marzo del 2017**

Se necesitan Voluntarios - Lo más pronto posible - Para más información llame 352-793-3737

## Classroom News

Last month, we conducted our second home visit of the school year. Thank you so much for working with us on being able to complete these visits in a timely manner. The first Transition to Kindergarten meeting was held on February 16. Classroom 01 has seven children going to Kindergarten next year and each child was represented by their parent or family member at the meeting. The theme this year is *Racing to Success*. We have a history of having our children more than ready for their next school year adventure and we expect the same for those that will be leaving us this year.

In March, our Book Works Reader, Ms. Simone, will be reading to the children 3 times (3/02, 3/16, 3/30). We invite you to come and listen with us and to thank her for doing this for our children. Each child receives a book after the reading to take home. Please take care of these books and build your child their own personal library collection.

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

**Happy  
Birthday  
Macie  
Barr 3-28**



## Policy Council update for February

The February Policy Council meeting was held on Thursday, February 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 (11 parents and 2 community partner members) were present.

The following person was approved for hire:  
*Kari Thornsbury, Dietary Aide (Hernando County)*

The following reports were approved/accepted: December 2016 Budget and Credit Cards, Enrollment/Attendance, Meals and Snacks, Service Area and Center. Heidi Rand- Director, expressed concern regarding the amount of classrooms (more than 25%) with attendance rates below 85%. Parents are encouraged to be mindful of the attendance policy and remind other parents as well.

An overview of the *High Scope Curriculum, Houghton Mifflin Curriculum and Galileo Assessment/Curriculum* was provided by Heidi Rand. A detailed review of the *Second Step Curriculum* will be presented next month.

Our Quality Assurance Manager - Jeff Heyne, led a training on Head Start program eligibility. He explained the four eligibility categories, provided examples of funds that are considered to be income and described the consequences a staff member would face if it is determined that the staff member did not accurately process income information in an effort to ensure that the family is determined to be eligible.

Policy Council members were advised that our program has been asked to submit a grant proposal for Volusia/Flagler United Way. The grant proposals will request funding to support kindergarten readiness and promote healthy lifestyles in Volusia County.

The next Policy Council meeting is scheduled for Thursday, March 23<sup>rd</sup> at 10 am. It will be a video conference meeting.

## Home Activity

Play music on a CD or Youtube and exercise with your child. Play follow the leader with your child by having them copy what you do then switch the roles and let them lead and you follow. Keep it fun and do a variety of exercises and dances with them.



A basket of fresh greens picked from our center garden by Mrs. Yvonne Benoit. Greens were served at our January Parent 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 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->

## March is HERE!!!

Wow, time flew because we are almost done for this school year. Let's finish STRONG!! OK. What are we doing to help our children learn? Reading daily helps children develop a passion for books. Discussions at home about colors, letters, and numbers is also a great way to review!

Learning games like identifying colors and letters while driving down the road or when you're out shopping. Look for games and tools you can use to help get our children ready for school.

Keep going Dad and Mom, you ARE AWESOME!!!

Luis Leon, Family Engagement Coordinator

## Community News

Sumter County Fair is March 3 -11 at the Sumter County Fairgrounds at 7684 CR 471, Bushnell, FL 33513. Commercial vendors, designated parking, entertainment, food, and handicapped access



## Parent Meeting Minutes

Bushnell Head Start Parent Meeting *February 7, 2017* was called to order at 6pm. **February observations: Healthy Heart, Black History, and National Dental Health Month. Parents received an agenda and African American Celebration flyer with famous quotes.**

**Welcome was done by Vice Chairperson Danielle Ahern. Skills Demonstration by Teaching staff and students, Perfect Attendance Awards given for the month of January 2017(Class #1 had 91% and Class #2 had 84% average attendance).**

**January Minutes were read and approved. Policy Council update given.**

**Classroom Information by Mrs. Herring, bring child to school every day. Home visits must be complete by 2/28/17. Transition to Kindergarten meeting is schedule for 2/16/17 from 2-3pm. Class #1 (8 Students).**

**Forms will follow for students returning to Head Start for the 2<sup>nd</sup> year per Ms. Lindo.**

**Friendly Reminders - Drop off time 8am Pick up time 2pm. Physical, Immunizations & Dental need to be up-to-date. Label All Personal Items/Check Book Bags Daily/Sign In and Out**

Upcoming Events: Head Start taking applications for children ages 3 or 4 by September 1, 2017. Classroom Filming scheduled for Class #1 on 2/8/17, Home visits 2/1/17- 2/28/17, Community Event - Croom Yard Sale on 2/11/17, Story Time scheduled for 2/16/17 @ 9:30am, Transition to Kindergarten meeting 2/16/17 2pm -3pm, No School on Presidents' Day 2/20/17, Parent Activity 6-8pm on 2/21/17, Male Involvement on 2/28/17 @9:30am, Ash Wednesday 3/1/17, Spring Break 3/6/17 - 3/10/17. Community Event - Sumter County Fair 3/3/17- 3/12/17, World's Greatest Baby Shower 4/7/17, and Spring Fling at Bushnell Head Start 12:30pm - 2pm on 4/13/17.

**Quotes for the month:** "One of the greatest gifts you can give to your children is the development of a parent, and being the greatest role model your child has ever witnessed". By Joseph Mercado and "The time is always right to do what is right" by Martin Luther King, Jr.

Meeting adjourned 7 pm. Door prizes, Food, and Refreshment served in celebration of African American history.



What are children learning when they play continued from front page

**Cooking—What's Learned** — Since cooking is a basic life skill, it fosters a child's sense of competence and independence when he can do it. Math skills are also an important part of the process as the cook needs to count and measure the ingredients. Cooking also refines small-motor skills as a child stirs, dices, and adds ingredients. It also teaches about nutrition—foods that are good for you and help you grow.

**Meal/Snack Time- What's Learned** - Meal/snack time is an opportunity for a child to learn social skills as she chats with her friend in the seat next to her. Passing out the snack and distributing a napkin and cup to each child teaches one-to-one correspondence and counting skills. Pouring the juice from a small pitcher to an individual cup requires small-motor control. Cleanup time after snack is another educational opportunity. Again, a child's sense of competence and independence are reinforced. Snack time is also an opportunity for a child to associate mealtime with pleasant feelings.

**Building with Blocks- What's Learned** — Blocks help children learn scientific, mathematical, art, social studies, and language concepts; use small-motor skills; and foster competence and self-esteem. Building with blocks also teaches life skills. Just putting away your groceries in the cupboard is using the same concepts of spatial relations, stability, and balance that you learned in the block corner.

**Dramatic Play—What's Learned** — Playing make-believe lets a child bring the complicated grown-up world down to size. Research demonstrates that children who are active in pretend play are usually more joyful and cooperative, more willing to share and take turns, and have larger vocabularies than children who are less imaginative.

**Manipulative Toys - What's Learned** —Manipulative toys help develop a child's fine-motor skills, which is a precursor to being able to write. Often these toys are also used in fantasy play. The beads that are strung become the necklace for the "queen" to wear. The Play-Doh creations include cookies for the impromptu "tea party."

**Cooperative Play—What's Learned** - Working together, whether it's on a block building or planning a tea party,

helps children to learn to respect the ideas of others. They develop their social skills, and social competence is an underlying goal of early childhood education. Children in cooperative play learn to contribute to joint efforts. They also learn how to problem solve by working together to find a solution.

**Sand/Water Table—What's Learned** - A child has a practical math lesson in fractions when she pours a cup full of sand into a two-cup container. It explains the concept faster and more clearly than a detailed discussion or drawing. Her fine-motor skills are also being developed as she washes a tea set or maneuvers a cup full of sand into a sifter. Her eye-hand coordination is helped.

**Puzzles—What's Learned** - Puzzles require abstract thinking: the ability to see a space and envision what belongs there. Puzzles also require fine-motor control in order to place the pieces into place. Having puzzles for varied skill levels permits children at all stages of development to experience success.

**Books—What's Learned**— Children learn language skills from books. Whether they are looking at a book individually, or being read to as part of a group, when you make books a part of a young child's day you set the stage for a lifelong interest in reading.

**Cleanup—What's Learned** - Preschoolers learn to sort, classify, match, and organize when they put the toys back on the shelf. A good preschool classroom will have low shelves and individual bins for small toys, so that the young child can easily see where objects belong. The bins will be labeled (which helps develop language skills).

Excerpt from *SMART START The Parents' Guide To Preschool Education* by Marian Edelman Borden, Published by Facts On File, Inc. 0-8160-3677-2; \$14.95US; Oct. 97



Classroom #02 welcomes their new pet, "Zeus" the hamster. Please stop in and say hello to our new friend.