

April 2017 Issue 8

From the Desk of: Jennifer Fowler, CDS

Dear Parents,

On Wednesday March 29, many of our Head Start parents were able to attend a special program on nutrition and a Farmers' Market at the Volusia County Fairgrounds. The program was a joint project between our Head Start health team and the Family Nutrition Program UF/IFAS Extension. The morning consisted of four presentations: Nutrition Basics, Understanding How Much Sugar Is in Soft Drinks, Decorating Pots and Planting Herbs, and a Healthy Cooking Demonstration.

Did you know that a can of Coca Cola has 16 teaspoons of sugar? Other soft drinks like fruit drinks or punches, Gatorade, and chocolate milk have almost as much. Better choices are white milk, water, 100% fruit juice diluted to 50/50 with water. Water can be flavored with lemons or cucumbers, fresh mint, or blueberries. Just a few slices make it tasty and pretty without adding calories and unwanted sugar.

The cooking demo was amazing and so easy. They made spinach and potato frittata and an herb-filled green salad. You could make this with your child at home. We will post the recipes on our Face Book page.

Thank you for all you do to help your child grow physically, intellectually, socially, and emotionally. If you have questions, I am here for you.

P.S. The Farmers' Market is every Wednesday 7am – 2pm at the Volusia County Fairgrounds.



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Dates to Remember:

- **Tuesday, April 11, 2017: Parent Meeting @2:15pm.**
- **Thursday, April 27, 2017: Family Engagement @ 10:00**

Reminders:

- **Please remember to let your teachers know when your child will be late for class.**
- **The weather changes throughout the day please make sure your child is dressed appropriately.**
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Classroom 1:

Dear Parents and Guardians:

Spring is here and time has gone by so fast! Can you believe that we are a month and a half away from the end of the school year? We want to thank all of our parents and guardians for playing such a huge role in your child's education. We know your children will be ready for kindergarten when the time comes.

We will start April off with a very delicious nutrition activity in which each child will participate in the whole process of making peach muffins with a yummy oatmeal topping. Our themes for this month are, "Water and Rain", "Let's Count", "Sports and Exercise", and "Let's Make Music". The children will be learning about the water cycle and where water goes as we do fun hands-on learning activities such as flannel board stories. We will also focus on early math skills as we count out objects greater than 10, identify and compare sets of objects, and practice writing numbers 7 through 10. We will also have fun putting together own musical concert as we pretend to be announcers, musical directors, singers, and of course instrument players. We will continue focusing on the Second Step Curriculum to help manage our strong feelings and we will be working on our Arts on the Grow projects. We will continue transitioning to kindergarten by watching a video about what happens in kindergarten as well as changing our classroom routine to reflect what happens in a typical kindergarten class such as no more naps and eating cafeteria style lunches. Wow, what a busy month we are going to have!

Just a friendly reminder, the weather is getting hotter now, so please remember to dress your child accordingly. Thanks again for all of your support this school year. Ms. Diana Diaz/Ms. Mary Heilborn

Classroom 2

Dear parents and guardians,

In March, our class had a wonderful time exploring the city and the country. We made our own city bridge, made cities out of Legos to go along with our people and cars, and had a silly time making country and city sounds. We also had fun learning about different types of art during our trip to the museum. Our Spring Festival was also a great success. Thank you to all our parents who showed up to make this event a memorable experience for our children.

In April, we will have just as much fun as we plant tomatoes in our school garden and explore different ways to move and exercise our bodies as we focus on our monthly theme "Let's Get Moving". For math, we will continue to focus on counting up to 10 objects and explore different types of patterns using movement. We will also continue to introduce the children to math vocabulary such as more and less and introduce and explore letters through songs, movements, and of course looking at our own name and the names of our friends. For our last field trip of the year, we will be going to the Children's Museum. We are so excited and hope that we have lots of parent involvement for this fun trip. If you are interested in being a volunteer for this trip, please let us know as soon as possible. We are always looking for volunteers! Thanks for your support and we hope that your family has a wonderful month of April.

Susan & Maria 

Room 3

Dear Parents/Guardians:

During March, the children had a great time planting tomatoes and we celebrated our annual spring festival. We want to extend a big "THANK YOU" to all our parents who supported this event. We hope everyone had a wonderful and fun spring break. We love you all!

In April, our class will be going on a field trip to the Children's Museum and making our own book for our home activity. Our monthly theme will be, "Let's Move", "Move with Me", and "Everything Moves". We will continue to review all the second step lessons we have learned throughout the year; such as, using our listening rules, resolving disputes, and speaking assertively. Our group is already recognizing their names and various letters of the alphabet and few children are already writing their names without samples. We hope that you all have a great April.

Mrs. Arias and Mrs. Erika Brenes



Room 4



Dear parents:

With a new month and a new season we will be working, learning and most important, having fun. We will begin the month with our nutrition week learning about peaches. We will also talk about water and rain, sports and exercise, bugs, flowers, picnics and much more.

On April 21st we will have our last field trip to the Children Museum in Daytona Beach. You are more than welcome to join us. As always, please continue working with your child at home and reinforcing the skills learned in school.

Thank You!

Ms. Sandra – Ms. Nichole



Dear parent, for participating at the parents' meeting and at the training,
Finance 101: First Time Home Buyers Program.

A lot of the children 6 months dental checks are now due. Therefore, please make the appointment, let me know the appointment date and make sure to take the Dental Treatment Referral form that I gave you so the dentist can fill it out and bring it back to me.

The pink copy is for you, the yellow copy is for me and I send white copy to Betty Treland, the Oral Health Coordinator.

Congratulations!



To Katia Medina Robles for finding the golden egg and winning the spring gift set. Also, to Migdalia Roman for winning the Disney Toy Story 2 Book.

Your Family Advocate, Migdalia Vega, (386) 774-0423

Padres,

Por participar en la reunión de padres y en el entrenamiento de Finanzas 101: Programa para compradores de casa por primera vez.



Mucho de los niños (as) se le vence los 6 meses de su chequeo dental. Por lo tanto hagan una cita con el dentista, dejen me saber cuándo es la cita y estén seguro (a) de llevarse el Referido Dental que yo le di para que el dentista lo llene y me lo traen de vuelta. La copia rosada es para usted, la amarilla para mí y la blanca yo se la mando a Betty Treland, la Coordinadora de Salud Oral.



A: Katia Medina Robles por encontrar el huevo de oro y ganarse la canasta de primavera. También a Migdalia Román por ganarse el libro de Disney Toy Story 2.

Su Representante de Familias, Migdalia Vega, (386) 774-0423

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.

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.



Financial Tips

Federal Lending Laws

Truth in Lending Act

What is the Truth in Lending Act?

When applying for a loan, there are several laws that you should know. TILA, or the Truth in Lending Act, is one law designed to protect you during the application process. Under this Act, lenders must tell consumers how much it will cost to borrow funds. This allows customers to compare costs.

What does it do?

TILA makes credit shopping easier for consumers. Credit costs vary from lender to lender, so written disclosures can help you shop for the best deal.

Two of the most important terms to compare on disclosures are:

- The finance charge
- Annual percentage rate, or APR

The finance charge is the total dollar amount you pay to use credit.

The annual percentage rate (APR) is the percentage cost of credit on a yearly basis.

What's unique about Truth in Lending Disclosures?

In Truth in Lending disclosures, the APR and the finance charge will stand out. For instance, this statement clearly shows how much it will cost to borrow \$5,000.00:

Annual Percentage Rate <i>The cost of your credit as a yearly rate.</i>	Finance Charge <i>The dollar amount the credit will cost you.</i>	Amount Financed <i>The amount of credit provided to you or on your behalf.</i>	Total of Payments <i>The amount you will have paid when you have made all scheduled payments.</i>
12%	\$675.31	\$5,000.00	\$5,675.31

TILA enables you to compare loan costs by looking at the APRs and will help you to get the best deal possible.

Next Month: Equal Credit Opportunity Act (ECOA)



Coleman
Parent Meeting Minutes

03/07/17 at 2:15pm

1. Parent Committee Vice Chair:

- Ice Breaker Game: Egg Hunt
- Did Pledge of Allegiance: Everyone
- March parent's meeting minutes in April's Newsletter

2. New Business

- (1) Policy Council Report by representative: Katia Medina Robles

3. Important Dates:

- Spring Fling Thursday 03/09/17 @ 10:00am.
- Spring Break from Friday 03/10/17 – Friday 03/17/17. Classes resume 03/20/17.
- It's a Health Thing! Farmers Market Wednesday 03/29/17 in the morning.
- Family Engagement Activity: Theme: Dr. Seuss on Thursday 03/30/17 @ 10:00am.
- Next Parent Meeting: Tuesday, 04/11/17 @ 2:15pm.
- Parent Training: Education 05/04/17 from 7:30am. – 8:30am. by Jennifer Fowler
- Kindergarten Transition Meeting Thursday, 05/04/17 @ 2:30pm.
- Teacher Appreciation Week: from Monday 05/01/17 - Friday 05/05/17.
- Last Day of School for the children is Friday, 05/26/17.

4. Service Area Reports:

(1) CDS (Jennifer Fowler): She's busy at another center.

(2) Teachers: Class 1 & 4 is working on transitioning children to kindergarten, Dr. Seuss activities and gardening. Class 2 & 3 are working on "finding solutions to our problems", gardening and acting out stories.

(3) Family Advocate (Migdalia Vega): Money Smart Tips in Parents' Newsletter. Migdalia reminded parents that a lot of the children's 6 month dental checks are now due, so please make the appointment. Please let her know the appointment date and make sure to take the Dental Treatment Referral form that she gives you so the dentist can fill it out. Please bring it back to her; pink copy is for the parents, yellow copy is for her, and the white copy she sends to Betty Treland, the Oral Health Coordinator.

5. Parent Training: Finance 101: First Time Home Buyers Program by, Christian M. Otero

6. Announcements / Questions / Comments

Migdalia (FA) raffled a spring gift set winner: Katia Medina Robles and a Disney Toy Story 2 Book winner: Migdalia Roman.

- 19 parents attended
- Meeting adjourned at 2:45pm.