



**Mission Statement**  
Mid Florida Community Services, Inc. is a partner  
in which low-income people are supported in  
their efforts to become self-sufficient.

# Welcome

## Deltona Lakes/Head Start



## Newsletter

April, 2017





Mid Florida Community Services, Inc.

**HEAD START**

*A National Head Start Association Program of Excellence*

**Mission Statement**

Mid Florida Community Services, Inc. is a partner in which low-income people are supported in their efforts to become self-sufficient.

## Deltona Lakes

First, we want to thank you for your participation in the parent meetings. It is parents like you that make the Head Start Program what it is! The children had such a fun month! Children learned about our body and the changes in the weather. We learned things that were healthy & not healthy. We also talked about our body parts as well as the importance of physical health and nutrition.

As the saying goes; "April showers bring May flowers". For this reason we will be discussing the planting process and the different parts of the plant. Along with this, we will be busy with the following activities:

- \* Reviewing Letters & Numbers.
- \* Discussing transition to Kindergarten.
- \* Learning about spring and the changes it brings.
- \* Studying the different parts of a plant.
- \* Talking about the growing stages of a caterpillar and its transformation into a butterfly.

| Sunday            | Monday | Tuesday                               | Wednesday                 | Thursday | Friday | Saturday |
|-------------------|--------|---------------------------------------|---------------------------|----------|--------|----------|
| <b>April 2017</b> |        |                                       |                           |          |        | 1        |
| 2                 | 3      | 4                                     | 5                         | 6        | 7      | 8        |
| 9                 | 10     | 11                                    | 12<br>NO Early<br>Release | 13       | 14     | 15       |
| 16                | 17     | 18<br>Parent Meeting<br>7:55am        | 19<br>NO Early<br>Release | 20       | 21     | 22       |
| 23                | 24     | 25<br>Family<br>Engagement<br>7:45 am | 26<br>NO Early<br>Release | 27       | 28     | 29       |
| 30                | Notes: |                                       |                           |          |        |          |

April 2017 Calendar Template available from [www.quickcalendartemplate.com](http://www.quickcalendartemplate.com)



## From the Desk of Dr. Marcy Guddemi,

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.

My favorite session was the one on the basics of nutrition. There is a little ditty that you can use to help you remember four basics rules for good health. It is Five, Two, One, Zero!!! This stands for:

- 5: Eat 5 vegetables and/or fruits a day. Only 1 serving can be 100% fruits juice. It is much better to eat the real fruit. Also, think green and eat lots of green vegetables.
- 2: Limit screen time to 2 hours a day. Screens mean computers, phones, I-pads, tablets, games, TV and movies. Children need to be actively involved with their environment. Send them out to play with lots of toys!
- 1: Children need at least one hour of active physical play where they can run, jump, skip, slide, climb, ride bikes, throw balls, jump rope, and swing. There are so many fun physical activities that children love!
- 0: Zero means no sugary drinks! Many children today are obese. Do not buy sodas for your children. They need healthy drinks to help them grow and protect from tooth decay. If you want something fizzy try mixing 50/50 club soda or sparkling water with 100% fruit juice. Yummy and refreshing!



The cooking demo was amazing and so easy. They made a 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.



## Field Trip Sun Splash Park (Daytona Bch) Tuesday , May 9th



### 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. Teacher Andrea Budesheim 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—two Child Development Specialist and several infant/toddler teacher. The first phase of the program expansion will include opening 3 classrooms in Hernando and two classrooms in Volusia. Parents are encouraged to check the website for more information for enrollment and for job postings.

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



## Family Advocate news

Hello Families!

A lot of the children 6-Month 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. If you need help setting up the appointment, let me know and I can help.

Please, make arrangements to participate in the Parents Meeting. There are a lot of activities coming up and we want you to be part of it!



### 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:

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

