



Mid Florida Community Services, Inc.

HEAD START

A National Head Start Association Program of Excellence

Welcome

Deltona Lakes/Head Start

*The days of Spring are here,
Warm, sunny days are near,
Flowers and bees,
and birds in trees.
The days of Spring are here.*

Newsletter

March, 2017





Deltona Lakes

In the month of February children learned about country life and city life. We also learned about the farm and the thing we can see there. We learn about how these two settings are alike and different, and how food is processed on the farm and shipped to local supermarkets. We review shapes and sizes concepts. Our Friendship celebration was a hit with the children. Each child was given the opportunity to deliver a friendship card to their friends.

In the coming month of March we will:

- * Celebrate Dr. Seuss' Birthday by reading and partaking in silly activities
- * Talk about our body and clothing as weather changes
- * We will learn about the different ways we move.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2017						
			1	2	3	4
5	6	7 Parent Meeting 7:55am	8	9	10 No School	11
12	13 	14	15	16	17 	18
19	20 Classes Resume	21	22	23	24	25
26	27	28 Family engagement	29	30	31	Notes:

March 2017 Calendar Template available from www.quickcalendartemplate.com





From the Desk of Dr. Marcy Guddemi

We are very happy so many children are having perfect attendance! Thank you for doing your part to get your child ready and to school on time. The daily schedule starts at 8:00am and if your child is not here by 8:10am, then he/she is tardy! When a child is tardy or absent, he/she misses important learning. The brain is developing so fast at this age and it needs the stimulation school provides.

Thank you, also, to those parents who have volunteered in the classroom! Remember, everyone should try to volunteer at least one day per month. Having you in the classroom is so meaningful for your child! Plus, you get to see how preschool children learn and how the brain is stimulated.

This month, I would like to remind parents that too much screen time (computers, cell phones, TV, I-Pads, tablets) is NOT a good thing for preschoolers. And it is NEVER a good thing for infants and toddlers to play with parents' cell phone or I-Pad, etc..

Research has found two disturbing trends among preschoolers who use screens too frequently and for too long. One is that their fine motor skills (hand and finger movements) are not developing properly. Lack of fine motor skills means that using a pencil, crayon, or markers is hard. It means the lines that the child draws may be wispy or wobbly and that it is hard to write his/her name. It is also hard to button, zip, or tie shoes. Lack of fine motor control is so severe with some that therapy must be performed to strengthen the muscles of the hands and fingers to get the child ready for school.

The second trend is that the muscles that control the eye to see far distances are not developing properly. Using screens is near vision. Therefore, too much screen time prevents far vision from developing. More and more preschoolers are wearing glasses today. Besides limiting screen time, children also need to go outside where they can practice seeing even farther than the four walls of a room.

Please, limit the amount of screen time for your child. One hour total a day is enough! If he/she begs to watch one more program, go for a walk outside or send him/her outside to play instead. You could also get a book and read to your child. If you do a little art project you would also be strengthening his/her fine motor muscles. You are your child's role model, so try not to overuse your screens either! Your child is watching you and looking for your lead.





Perfect Attendance— February



A'Jani Amos
Sara Catalano
Hunter Craft
Tristan Enright



Policy Council update for February 2017

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 23rd at 10 am. It will be a video conference meeting.





Family Advocate news

Dear parents,

Thanks for all the parents that returned the Summer VPK voucher. Those how still in the process please let me know if need help.

SPRING INTO NUTRITION!



Come and learn about healthy eating and gardening with other Head Start parents at our Spring Nutrition Event! Head Start will provide transportation for you to the Farmer's Market at the Volusia County Fairgrounds on Wednesday March 29th.

There will be cooking demos, education stations, taste testing, a make and take herb garden, goodie bags, and all attendees will receive a **FREE \$5 voucher** to spend at the Farmer's Market.

Please contact me, Nelly Pagan your Family Advocate. to reserve your spot as soon as possible. Seating is limited.

The Four Cs of Loan Decision Making

What are the Four Cs?

Lenders generally review the Four Cs to decide whether to make a loan to you. The Fours Cs are: capacity, capital, character, and collateral.

- Capacity refers to your present and future ability to meet your payment obligations. This includes whether you have enough income to pay your bills and other debts.

Capital refers to the value of your assets and your net worth.

- Character refers to how you have paid bills or debts in the past. Your credit report is one tool lenders use to consider your willingness to repay your debts.

Collateral refers to property or assets offered to secure the loan.