

Hernando Head Start Parent Newsletter

April 2017

Program of Excellence
Mid Florida Community Services, Inc.

Volume 1—Number-8

April is Child Abuse Prevention Month

**NATIONAL CHILD ABUSE
HOTLINE:**
1-800-4-A-CHILD (1-800-
422-4453). Crisis Counselors
are available 24/7

What is child abuse?

Child abuse includes:

- physical abuse,
- sexual abuse,
- emotional abuse,
- and neglect (which is the failure to provide a minimum standard of care for a child's physical and emotional needs.)

Child abuse is seldom a single event. Rather, it occurs with regularity, often increasing in

violence. It crosses all boundaries of income, race, ethnicity, and religious faith. A child abuser is usually closely related to the child, such as a parent, step-parent or other caregiver.

In homes where child abuse occurs, fear, instability and confusion replace the love, comfort and nurturing that children need.

Abused children live in constant fear of physical harm from a person who is supposed to care for and protect them. They may feel guilt at loving the abuser or blame themselves for causing the violence.

Source: Kidsmatterinc.org



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Important Dates to Remember

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|--|------------------------|
| ⇒ April—Parent Conference—Please schedule a date with your child's teacher | at 2:35 p.m. |
| ⇒ April 10 -Parent Meeting | ⇒ Palm Sunday |
| | ⇒ April 14—Good Friday |
| | ⇒ April 16—Easter |
| | ⇒ April 22—Earth Day |

From Your CDS

By Ronjaneen Harris,
Child Development Specialist

When you visit your child's classroom, you probably observe the teachers encouraging the children to look at books, retell stories, and to scribble and write throughout the day. Children enjoy dictating stories.

Reading stories to children introduces new ideas, help them learn how to handle problems that come up in life, and encourages them to develop a love for books. Here are some of the things we do as we read:

We look at pictures and ask: "What do you see?"

We encourage children to predict what will happen next.

We encourage children to repeat words and phrases they've memorized.

Research shows the important role families play in helping children learn to read and write. Read to your child every day. When your child sits next to you as you read, he/she begins to connect books with good feelings.

Encourage your child to talk about the stories you read.

Ask questions like "I wonder what will happen next?" or "I wonder why..."

Relate the story to something in your child's life (That dog looks just like Grandpa's dog).

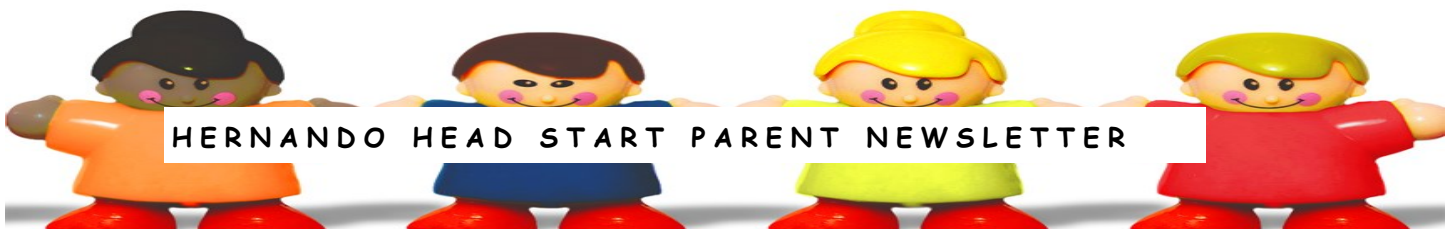
Visit the library and check out books that interest your child. Give your child paper and pencils, pens, or markers to experiment with writing.

For more suggestions, please contact your child's teacher or contact me at 352-754-2464, 256.

Look at how we celebrated March Parent/Male Involvement Activities



Classrooms 901 and 903 have fun at field day. Classroom 809 decorated and planted flowers





Classroom News

Room 807

Easter is hopping our way and we will celebrate by having an egg hunt. Please mark your calendars for this parent activity. You will not want to miss it!

VPK is coming to a close as well and we will be conducting our final assessment. We will be setting up your final parent teacher conference this month as well.

So enjoy the weeks to come and happy spring!!

Room 809

We have been growing our own plants from seeds. We have cantaloupe seeds that now are ready to transplant in our garden. We used the cantaloupe seeds from our nutrition activity last month. We have three April birthdays, they are: Aubrey will be 5 on April 18. Jamarion will be 5 on April 19. L'Tevin will be 5 on April 26. We are reviewing the alphabet, introducing the children to simple math, number recognition and counting using one on one correspondence. We also have begun to work addition and subtraction pre-skills, using objects to "take away" or "add to".

In Second Step, we are reviewing the beginning of our year

and talking about feelings and how we felt when we came to school the very first day. The children gave emotionally charged words to describe how they felt on that day.

Room 811

IWe are hopping into spring with new growth from our children and plant life. Our classroom lessons will focus on: the plant and animal life cycle. We will also be focusing on water cycle, counting to 40 and community helpers. We will continue working on our names, numbers and sounding out short words. Also, please check your child's folder for important information as we will be moving classrooms on April 6th.

Room 901

We will be reading different story books like; "The Gingerbread Man", "Rabbit's Rope Tug" and "The Dancing Turtle".

We will be making peach muffins with oatmeal topping for this month's nutrition activity.

We will continue working on social skills development using our Second Step Curriculum. Our themes for April will be: "Move with Me/ Here We Go", "Follow the Leader", and "I Know My ABC".

We still taking care of our garden and it is still growing. So, stop by and look at it.

On April 10, we will have the Male

Involvement Activity. We are going on an egg hunt!

Thanks to all our parents for all your support and cooperation.

Room 903

We seem to finally be enjoying some warmer weather. "April showers bring May flowers!" We have spent so much time indoors and will be excited to spend time outside. Our children strengthen growing muscles when they are climbing, running, playing ball and jumping. This month, we will also be taking time to discuss all the changes around us. In the month of April, children will be learning about plants growing, ways to move our body, and how we can play and move together. One thing parents can do is take the time to talk and discuss how everything changes, you will be helping them expand their language, communication skills and help them to be eager learners. Earth day is April 17; you can take your child out and show them how to fly a kite. Keep in mind, your child is always learning. Also, we want to remind you that on every Friday please check the Second Step lesson we send home. We continue talking about how calm down and how to say the problem. Finally, our children will reach new height experiences with our cooking activity because they will learn how a peach looks, feels, tastes, smell and how peaches grow from pits into trees.



Home Activity

You Need: Cardboard (reuse the front of an old cereal or cracker box), clear drying, non-toxic glue, construction paper, natural items such as twigs, grass, and fall leaves; acetate or clear plastic wrap, scissors, and a pencil

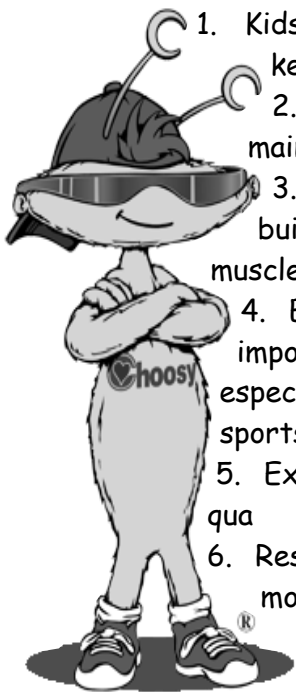


What You Do: Ask your child to draw a rough pencil sketch of a summer landscape onto the cardboard. Include things that you would see in the summer such as flowers, budding plants, full trees, or a person dressed in shorts and a t-shirt.

1. Your child can now collage the summer landscape by gluing cut or torn paper and natural items onto the cardboard drawing. Cut and glue blue paper to make a summer sky or add blades of real grass to the ground.
2. Cut a piece of clear acetate to fit the cardboard. Acetate can be bought at most office and craft supply stores. If you cannot find it or are looking for a low-cost alternative, try using clear plastic wrap.
3. Glue the top of the acetate or plastic wrap to the top of the cardboard summer collage. Keep the remaining sides free to create a flap.
4. Help your child to create a fall landscape on the acetate over top of the existing summer collage. Cut and glue fall leaves, twigs, or construction paper onto the acetate for an autumn collage.
5. Set aside to dry.
6. Lift the flap to compare the summer and fall scenes.

Source: <https://www.education.com/activity/article/changing-seasons-collage/>

Top 10 Reasons Children Should Exercise(IMIL)



1. Kids who exercise are more likely to keep exercising as an adult.
2. Exercise helps kids achieve and maintain a healthy body weight.
3. Regular physical activity helps build and maintain strong, healthy muscles, bones and joints.
4. Exercise aids in the development of important interpersonal skills—this is especially true for participation in team sports.
5. Exercise improves the quantity and quality of sleep.
6. Research shows that exercise promotes improved school attendance and enhances academic performance.
7. Kids who exercise have greater self-esteem and better self-images.
8. Participating in regular physical activity prevents or delays the development of many chronic diseases (e.g., heart disease, diabetes, obesity, hypertension) and promotes health.
9. Children who are active report fewer symptoms of anxiety and depression and a better overall mood.
10. Exercise helps improve motor coordination and enhances the development of various motor performance skills.

Source: https://www.acefitness.org/updateable/update_display.aspx?pageID=638

Policy Council Update



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. Andrea Budesheim - Teacher at Malloy 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. 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.

Parent Engagement

April is already here! Can you believe the year has gone by so fast.

Let me encourage you to help your child finish the school year strong.

Ask your teachers for ways to help at home. Reading books to your children always helps them

build their vocabulary and shows them an interest in reading.

Play math games by counting items together. Whatever you do just make school FUN!

We will be looking for Super Dad this month so be on the lookout!

Have a Great month!

Luis Leon, Family Engagement Coordinator



Check out our
Product and Safety News



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->



Mid Florida Community Services, Inc.

Head Start

School Readiness Goals

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.

Book of the Month by Jan Brett



The Easter Egg

A classic Easter tale has hatched!

<http://www.youtube.com/watch?>

Approaches Towards Learning

ATL 1. Show curiosity, creativity and an eagerness to learn and experience new things

Language and Literacy Development

LLD 1. Increase English language communication skills

Social and Emotional Development

SED 1. Express and manage feelings appropriately
SED 2. Develop and maintain positive relationships

Cognition and General Knowledge

CGK 1. Demonstrate an increased knowledge of pre-academic skills
CGK 2. Develop life skills and independence through everyday routines and interactions

Physical Well-Being and Motor Development

PMD 1. Demonstrate control of large and small muscles
PMD 2. Develop and practice healthy and safe habits

Kids love helping out in the kitchen, and they will enjoy making rocket pops layered popsicles with you.

Ingredients: 1(3 ounce) box gelatin, assorted flavors and colors
 $\frac{1}{2}$ cup sugar, 1cup boiling water, 1cup ice

Directions: Combine 1 flavor of gelatin with $\frac{1}{2}$ cup sugar.

Pour 1 cup boiling water over mixture and stir until gelatin is dissolved.

Stir in ice.

Pour first layer into molds or paper cups to desired height.

Freeze for 30 minutes or until firm.

Repeat for all desired layers.

Once the last layer is poured insert popsicle sticks and freeze for several hours or until completely set.

Store leftover gelatin in refrigerator.



Community News



April 22 and 23 2017

From Your Family Advocates

Martha Lawson and Lynda Kersey

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

KNOW YOUR CHOLESTEROL NUMBERS: IN RECOGNITION OF WORLD HEALTH DAY

In recognition of World Health Day, have your blood cholesterol checked. Cholesterol is a soft, waxy substance found in every cell in your body, including blood cells. Too much cholesterol may accumulate on your blood vessel walls, where it can harden and turn into plaque. This may narrow your blood vessels, reducing blood flow and putting you at risk for heart disease. There are different types of cholesterol. You've probably heard of "good" cholesterol (HDL, or high-density lipoproteins), "bad" cholesterol (LDL, or low-density lipoproteins) and triglycerides (a form of fat that can raise your cholesterol levels). All three, plus your total cholesterol are important. For more information visit: <https://www.cdc.gov/cholesterol/about.htm>

Things to Remember

Arrive 8:15-8:30 a.m. Do Not be late!!! Pick up at 2:30 p.m.
Do not forget to **call** if you are going to be absent or late within the hour

Hernando Center: 352-754-2464
Room 904 Ext.1904 Ms. Amy
Room 902 Ext.1902 Ms. Suzanne
Room 812 Ext.1811 Ms. Niki
Room 901 Ext.1901 Ms. Maria
Room 903 Ext.1903 Ms. Norma
Advocates: Mrs. Lawson ext.210 Ms. Lynda ext. 209
CDS: Ronjaneen Harris, ext. 256

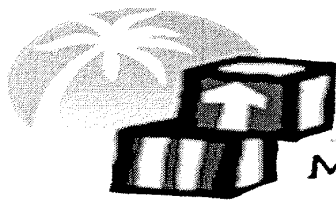


UPCOMING EVENTS

Parent Meeting - April 10, 2017
Recognition of Child Abuse - April 13, 2017 (wear blue)
School closed - April 14, 2017
Parent Activity—April 28, 2017 Captains Corner 9:30am-12pm

Extended Care Service

*Please note extended care children **MUST** be picked up by 5:30 PM!!
Please be ready to show photo I.D. upon pick up.



Head Start

Mid Florida Community Services

BROOKSVILLE MARCH PARENT MEETING MINUTES

Welcome

The Meeting was open by Terry Johnson, Chair Person. Ms. Johnson welcomes everyone to the meeting and encouraged the parents to attend meetings monthly.

Ice Breaker – Everyone introduced themselves and reason for attending school every day.

Reading of the Last Minutes: The Minutes were read by Terri Johnson and approved by the committee.

Training Child Growth and Development – Jason Meehan spoke on Nutrition, stretching your dollars in the hard economic times.

Transition to Kindergarten – Terry Johnson 3/30/2017

Presentation – Terry Johnson spoke about the upcoming Parent Activity to be held in April 28, 2017. Menu for success (café) Attendance (having perfect attendance helps the child succeed through graduating high school)

Ms. Lawson read a letter from Katrina Stidham the parent that is going to do a presentation for the parents on gun control. The program is called Eddie Eagle Gun Safety Control for Parents.

Perfect Attendance: The children with perfect attendance were recognized. Ms. Terri thanked the parents for their dedication and commitment to the Head Start program.

Skills Demonstration: The children performed a song about Spring is Here!

Reminders: Chaperone Training and Volunteer Training TBA. Drop off time 8:30 a.m. Pick up time 2:30p.m. Family Advocates will remind the parents of Physicals, Immunizations, Lead, Hemoglobin and Dental Exams.