

December 2016

Program of Excellence
Mid Florida Community Services, Inc.

Volume 1—Number-4

Positive Parenting Tips that Promote Good Behavior

Keep a Schedule

Young children need a regular schedule. They behave better when they know what to expect. Try to have them eat, nap and play at the same times each day. When planning their daily schedule, include active time and quiet time, time playing together and time for children to play by themselves.

Offer Encouragement

Encouraging words help your child build confidence. The key to encouraging your child is to be a coach more than a

cheerleader. A cheerleader says: "What a great job?" or "What a beautiful picture!" A coach uses specific praise. For example, when your child sets the table, you might say, "You did such a good job setting the table! You put the spoons and forks in the right place and remembered the napkins!" When you look at a child's painting, you might say, "This painting just glows with color. You used blue, green, red, yellow, and orange. Tell me how you did this!" Specific praise means a lot to a child than a brief, "You are great."



The children in classroom 903 received their driver license

Important Dates to Remember

- ⇒ December 21—Winter Break Begins "No School"
- ⇒ December 25—Christmas
- ⇒ December 31—New Year's Eve
- ⇒ January 1, 2017—New Year's Day
- ⇒ January 3—In-Service Day for Staff
- ⇒ January 4—Classes Resume

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From Your CDS

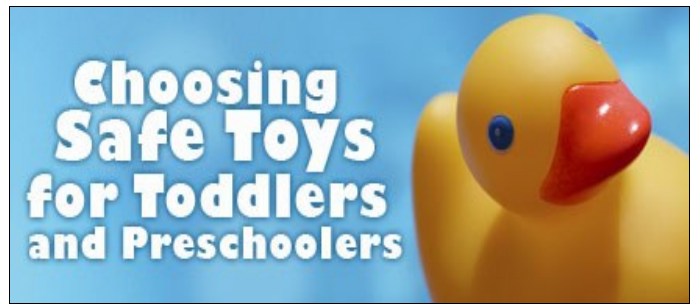
By Ronjaneen Harris,
Child Development Specialist for Hernando Head
Start and Bushnell Center

The holidays are a time for giving and receiving. However, it is so nice when a child learns to give at an early age. Unfortunately, we are not able to buy everything our children desire to have all the time, and helping young children to understand the value of money can be tricky. Not only do they need to learn to recognize the various forms and denominations of a currency and the value of each individual unit but also how to count it (and eventually to add, subtract, multiply and divide it), why money is important and how it is used in everyday life. The complex and abstract nature of these concepts means children need plenty of time and lots of opportunities to talk about, to play with and to meaningfully use money with the help of an adult.

Learning to save and learning to give are also important money lessons that are much easier for children to take into adulthood when the foundations are laid in childhood. However, they are also not easy lessons for a young child to learn or understand.

For the holidays, have children make gifts and/or cards. These are everlasting memories they will treasure forever.

For ways on helping your child learn to give visit <http://hildhood101.com/2012/10/helping-children-learn-to-give/>



The U.S. Consumer Product Safety Commission (CPSC) closely monitors and regulates toys. Any toys made in — or imported into — the United States after 1995 must comply with CPSC standards.

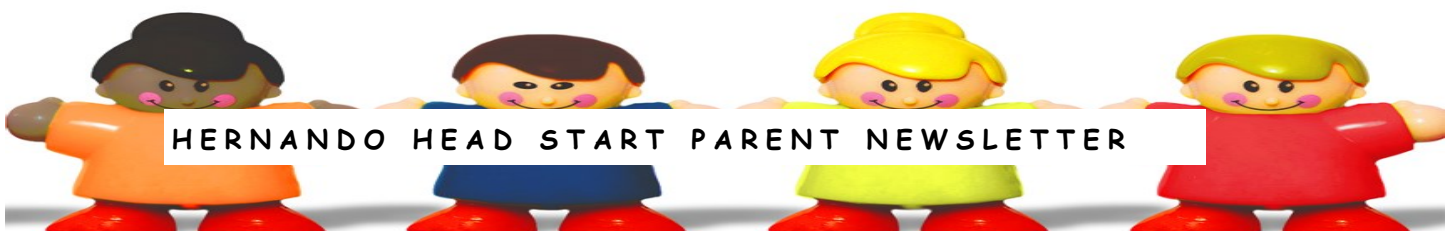
Here are some general guidelines to keep in mind when shopping for toys:

- ◆ Toys made of fabric should be labeled as flame resistant or flame retardant.
- ◆ Stuffed toys should be washable.
- ◆ Painted toys should be covered with lead-free paint.
- ◆ Art materials should say nontoxic.
- ◆ Crayons and paints should say ASTM D-4236 on the package, which means that they've been evaluated by the American Society for Testing and Materials.

Steer clear of older toys, even hand-me-downs from friends and family. Those toys might have sentimental value and are certainly cost-effective, but they may not meet current safety standards and may be so worn from play that they can break and become hazardous.

And make sure a toy isn't too loud for your child. The noise of some rattles, squeak toys, and musical or electronic toys can be as loud as a car horn — even louder if a child holds it directly to the ears — and can contribute to hearing loss.

Source: [KidsHealth](#) > [For Parents](#) > Choosing Safe Toys for Toddlers and Preschoolers





Classroom News

Classroom 807

During this wonderful month, we will continue learning our letters and numbers. We will be learning about cultures around the world and how they celebrate the holidays. We will be having our parent activity on Monday, November 12, at 1 pm to be followed by the parent meeting. We hope all will come and join us make a special Christmas keepsake. We would like to thank all our families for such a wonderful year so far, and we hope that all of you have a safe and wonderful holiday! ~Mrs. Amy and Mrs. Revenaugh

Classroom 809

We are working on celebrations around the world this month. We will be reading books and creating beautiful examples of different cultures around us. We have learned 16 sight words thus far and will continue to add as we become stronger with our literacy. We have been discussing how our bodies feel when we have different emotions and how we can help our friends or our self when we have strong feel-

ings. We will have our parent activity on December 12 and we will create a wreath together. ~Mrs. Suzanne and Mrs. Yomaira

Classroom 811

This month, we will be discussing the holiday's around the world, the season, winter, nutrition and healthy foods for our bodies and our holiday break coming up. We will still review the letters of our names and recognizing the numbers 0-40. Parents, please remember if you have a change with your phone number or address, please let us or the family advocate know. We hope all our families have a wonderful and enjoyable holiday break. ~Ms. Nicky and Ms. Yulonda

Classroom 901

This month, we are going to talk about spinach (seeds, planting, growing, harvest) and we are going to make a delicious spinach dip for taste in the classroom. We will be discussing: Traditional holiday stories, and how different countries celebrate holiday season. Our theme for Second Step curriculum will be: "We feel feelings in our bodies". We will be learning how our bodies react physically to our emotions. The children will be able to

name their feeling in response to different scenarios.

Our male involvement activity will be on December 7 during our field trip to Rainbow Roller Land skating ring.

I hope everyone have a happy holiday vacations. Thanks to all the parents for your support. ~Ms. María and Ms. Lynn

Classroom 903

December is a month that the little ones happily look forward to. In this busy month, we enjoy talking about all of the holidays that our little ones celebrate. It is so wonderful for us to be able to share our holiday traditions and to learn and appreciate our similarities and differences.

The children will be practicing for our holiday program. We will be celebrating our male involvement. (We will send information about the date and time). On December 7, we are going on a field trip to "Rainbow Roller Land".

Please don't forget to check the folder for homework assignments, important notes, and reviews for our lesson of Second Step each Friday (social skills). Thank you parents for your involvement.

~Mrs. Norma and Mrs. Margorie



Home Activity



Help your child write a letter to Santa. You can take it to him on a visit or mail the letter.

If you have online access, try typing it in and you will get an instant reply to your child's letter for free that you can print out.

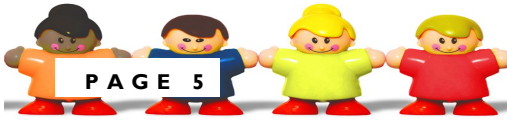
<http://www.letter4santa.com/>

I Am Moving, I Am Learning (IMIL)



For little kids, toys are essential to growth, learning, and development. When you choose toys for children this age, make sure you select some active toys along with ABC books and cuddly buddies for pretend play.

Active toys help build motor skills and encourage kids to get their daily dose of physical activity. Many of these top toy picks can be used indoors or out and are appealing to both boys and girls.



Policy Council Update

The November Policy Council meeting was held on Thursday, November 17th at 10:00 am via video conference. Fifteen policy council members were present. A special welcome was extended to a new community policy council member, Carolyn Casler. Ms. Casler is employed by the Early Learning Coalition of Pasco/Hernando counties.

The following persons were approved for hire:

Jessyal Acevedo, Teacher's Assistant - Hernando Head Start

Megan Golembieski, Program Substitute - Hernando/Sumter counties

Jeamary Garcia, Teacher - Horizon Head Start - Volusia County

Brittany Jackson, Extended Day Teacher - EVEC - Volusia County

Juliette Santiago, Family Advocate - Chisholm Head Start - Volusia County

Budget report training was conducted by Kris Bates, Chief Financial Officer of Mid Florida Community Services, Inc.

The following reports were approved: Budget and Credit Cards, Enrollment/

Attendance, Meals and Snacks, Service Area and Center. Staff will be asked to decrease the number of pictures included in center reports and increase the size of any pictures that are included in these reports.

An Information Memorandum recently issued by the Office of Head Start was reviewed. The memorandum highlighted new requirements in the Head Start Performance Standards. As a result of the memorandum, programs are prohibited from expelling or suspending a child due to the child's behavior.

A presentation on the Galileo curriculum was provided Child Development Specialist, Karen Bourbonnais. The twelve learning domains were reviewed. Additionally, information related to how the Galileo data can be easily accessed by parents and utilized by teachers and administrators to support the development of children in the program.

A series of changes to the Policy Council By laws were reviewed and approved during the meeting. The specific areas affected by these changes included:

Family and Community Partnership Eligibility, Recruitment, Selection, Enrollment & Attendance - ERSEA Health

Oral health

The following **announcements** were made:

Mid Florida Community Services, Inc. has purchased a new location at 233 Oakridge Street in Holly Hill, Florida. The goal is to open the location at the beginning of the 2017-18 school year. However, if we are awarded the Early Head Start grant, efforts will be made to open the new location in April 2017.

A large room at the Hernando Head Start building is currently being renovated to become a Training Room for use by Head Start staff and possibly community partners.

Parent Engagement

From Me to You:

As we prepare for the holiday season, I am reminded that we also go through changes. Our children grow and develop along with us. So take time out to train them at home with numbers and colors, simply just have fun learning! They can identify the colors on display as you shop or they can count the number of houses that are decorated as you drive along. Before you know it, they will be asking for the keys to your car! Happy Holidays!

BE THE DIFFERENCE!

Luis Leon,
Head Start Family Engagement Coordinator



Check out our
Product and Safety News



1 7-Eleven Fresh to Go Cookies Undeclared Peanuts

2 CVS Spiced Herbal Tea Potential Salmonella Poisoning

3 Peach Slices and Mixed Fruit potential glass

⇒ See more at: <http://www.safekids.org/childrens-product>



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



<https://www.youtube.com/watch?v=eFmprZKxqVE>

Parent News

In the final analysis, it is not what you do for your children but what you have taught them to do for themselves that will make them successful human beings.

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 this No-Bake Chocolate, Peanut Butter, and Oatmeal Cookies with you.

Ingredients: 8 tablespoons (1 stick) butter, $1\frac{1}{2}$ cups packed light brown sugar, $\frac{1}{2}$ cup heavy cream, $\frac{1}{3}$ cup unsweetened cocoa powder, $\frac{1}{2}$ cup creamy peanut butter, 1 teaspoon pure vanilla extract, 3 cups old-fashioned rolled oats (not quick-cooking), 1 cup dry roasted peanuts



1. **Directions:** In a large saucepan, melt the butter over medium-high heat. Stir in the brown sugar, cream, and cocoa, then boil for 1 minute.

2. Remove the saucepan from heat, add the peanut butter and vanilla, and stir until smooth. Stir in the oats and peanuts.

Drop heaping tablespoonfuls of the batter onto wax paper-lined baking sheets, spacing them 1 inch apart, and let cool until set, about 20 minutes.

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Ideas and Tips:

A physically active Preschooler usually maintains a healthy weight, develops strong bones and muscles, and will reduce their risk of developing chronic diseases, such as type 2 diabetes. Encourage your child to run, hop, jump, climb and get lots of active play every day. You can help your child develop healthy habits that will last a lifetime. By preparing healthy meals and snacks, you encourage your child to eat healthy and enjoy a variety of fresh fruits and vegetables and non- sugary treats. Parents encourage your children to make healthy choices.

Things to Remember

Don't forget to call if you are going to be absent or late.

The phone number for the center is 352-754-2464

Room 807...Ext. 1807

Room 809...Ext. 1809

Room 811 ...Ext.1811

Room 901...Ext. 1901

Room 903...Ext. 1903

The extension for your advocate is:

Ms. Lawson: ext. 210 - 900 Wing

Ms. Lynda: ext. 209 – 800 Wing

Child Development Specialist:

Ronjaneen Harris: ext. 256

BE THE DIFFERENCE

Dates to Remember

12/12/16 Parent Meeting @ 2:00PM & Gifts

12/15/16 Planning Meeting @ 1:00 p.m.-2:00 p.m.

Next Meeting Held: January 9, 2017

Resource: Career Source 7361 Forest Oaks Blvd, Spring Hill, FL 34606

Phone: (352) 200-3020

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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.

HERNANDO PARENT MEETING MINUTES

Welcome

The meeting was opened by Amanda Edwards, Chairperson. Ms. Edwards welcomed everyone to the meeting and encouraged parents to attend monthly meetings.

Mr. Luis asked parents to sing "If You're Happy and You Know It".

Reading of the Last Minutes. The Minutes was read by Roxally Pizarro and approved by the committee

Training: The NAIMI Representative canceled the training .

Policy Council Up-Date:

The Policy Council update was given by Ms. Edwards. The following items were done: The Policy Council election was held, The officers were elected, Chairperson, Amanda Edwards-Hernando Center, Vice Chairperson, Treevene Christian-Westside Center and Secretary, James Norton- Malloy Center. The following reports were approved : Budget and credit cards, meals, and attendance.

Education/Classroom Information: Nicki Longworth gave the summary for the classrooms information for November.

The Fall Festival will be held on 11/16/16. Ms. Lawson discussed the activities that will be included in the Fall Festival: Limbo, complete the Owl, Paper Hats, Ring Toss, D/J, Scare Crows, Face painting. The following Vendors will be included at the festival: The Cemas Company, Benes, Pasco Hernando State College ,Hernando County Sheriff Department, Karaoke and Prizes. Parents were to feel free to give suggestions and ask questions.

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

Skills Demonstration: The children sang, Oh the Leaves are Falling Down and I am a Little Scarecrow. The parents gave a hand clap to the children.

Reminders: Chaperone Training and Volunteer Training TBA. Drop off time 8:30AM and Pick up time 2:30PM. Family Advocate will remind the parents of physicals, immunizations, lead, hemoglobin and dental exams.

Male Involvement: Mr. Luis announced, The Hi Five Male Involvement Activity will be Tuesday, November 22, 2016 at 8:30 AM.

Meeting Adjourn: The meeting was adjourned at 3:15 PM. The next meeting is December 12, 2016 @ 2PM.

