

February 2017

Program of Excellence
Mid Florida Community Services, Inc.

Volume 1—Number-6

How to raise a compassionate child

Source: CNN.com/
Parenting.com

Promote sweetness

Teaching your child ways to treat things with care helps him develop the understanding that actions have consequences. **Show them how to be gentle. Speak softly. Reject rudeness.** Compassion requires that your child respect others, including you. Gently but firmly, say "No, you may not spit!" In the same loving but no-nonsense manner, remove his little feet from the table and unlock his fist from your hair. **Say "I'm sorry."**

Enforce rules

Consistent limits help your toddler see that her behavior (and misbehavior!) affects others. **Provide structure. Expect your child to help. Use manners to connect.** Good manners, which keep us coexisting harmoniously, are

one way to show compassion. As much as you can with a squirmy toddler, make good manners part of his/her daily routine.

Guide friendship

Stay tuned in during playtime so you can help your child figure out how to be a friend. **Outlaw name-calling. Give consequences. Label kindness.** When you catch your child offering a shovel to a friend in the sandbox, label her actions by saying "What a good friend you are," or "You're very thoughtful." Over time, she'll understand that being a helpful friend, sister, neighbor, and human being is something you value. **Be considerate yourself. Don't trash talk.**

Encourage helping

With their increasing awareness and independence, preschoolers are ready to participate, if you show them how. **Assign chores. Use stories.** Reading books together can be a natural way to



Classrooms celebrate literacy week

help your child start to understand that children aren't all the same. **Point out heroes.**

To read the article in full, please visit <http://www.cnn.com/2007/HEALTH/parenting/01/02/>

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Important Dates to Remember

- ⇒ February is Black History Month
- ⇒ February 2—Transition to Kindergarten Meeting at 8:30 a.m.
- ⇒ February 6—Volunteer & Chap-erone Training at 8:30 a.m.
- ⇒ February 10—Parent Activity at 9 a.m.
- ⇒ February 13—Parent Meeting at 2 p.m.
- ⇒ February 14—Valentine's Day
- ⇒ February 20—No School
- ⇒ February 22—Early Release

From Your CDS

By Ronjaneen Harris,
Child Development Specialist

Hey mom and dad!!! Raising a smart child is easy!! According to the University of Melbourne Department of Early Childhood Development online article, one of the biggest things you can do to help your preschooler is to read to them.

The frequency of reading to children at a young age has a direct causal effect on their schooling outcomes regardless of their family background and home environment.

Reading to children at age 4-5 every day has a significant positive effect on their reading skills and cognitive skills (i.e., language and literacy, numeracy and cognition) later in life. Reading to children 3-5 days per week (compared to 2 or less) has the same effect on the child's reading skills at age 4-5 as being six months older. Reading to them 6-7 days per week has the same effect as being almost 12 months older.

Children read to more frequently at age 4-5 achieve higher scores on the National Assessment Program - Literacy and Numeracy (NAPLAN) tests for both Reading and Numeracy in Year 3 (age 8 to 9). These differences in reading and cognitive skills are not related to the child's family background or home environment but are the direct result of how frequently they have been read to prior to starting school.

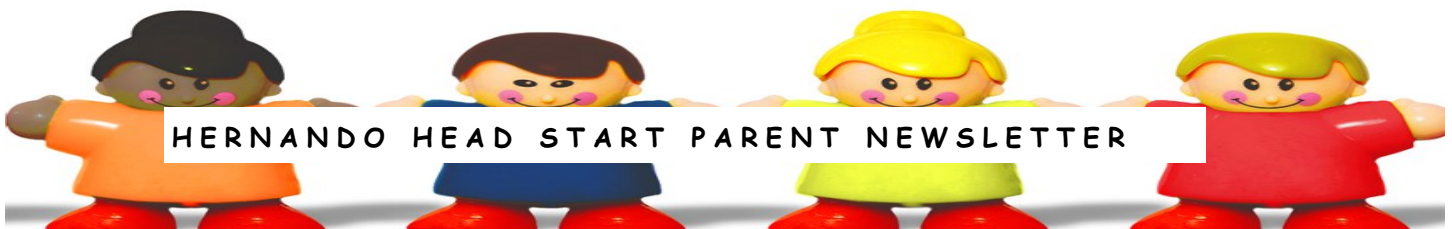
You can read the online article at <http://www.education.vic.gov.au/Documents/about/research/readtoyoungchild.pdf>

Help Your Child Become A Reader

Source: Readingrockets.com

Parents who limit television, choose child care that is literacy-rich, and read and talk to their children often can help their children become readers. Learn about steps parents can take to promote reading in their children's lives.

1. Talk to your child
2. Read Aloud
3. Test your child's eyes and ears
4. Choose child care carefully
5. Ask the teacher about your child's reading
6. Limit TV watching
7. Create a reading corner
8. Visit the library
9. Show that you read
10. Join a family literacy program
11. Give books
12. Tap relatives
13. Attend book activities





Classroom News

 **Ms. Doyle & Mrs. Revennaugh**

Lots of exciting adventures coming our way this month. We have our first field trip on February 15 to the Tarpon Spring Aquarium. We are also having a Valentines Bingo on February 15 for all parents and children in our classroom. Please see us if you have any questions. We also will continue working on our letters, numbers and shapes this month. In Second Step, we will continue to work on Fair Ways to Play and learning how to take turns. We are starting to talk about going to Kindergarten. Please make sure that you come to the transition meetings to help prepare your child for an awesome Kindergarten year!

 **Mrs. Wood & Mrs. Gonzalez**

For the month of February we will be learning about sweet potato, shapes and sizes, and clothes for my body. For Second Step, we will be working on inviting friends to play, how to join friends in play and saying what the problem is. Our let-

ters for the month are Mm, Nn, Vv and Xx and numbers 21,22,23, and 24. We want to wish Happy Birthday to Tiaja B. February 3, Ta'Rohn W. February 12 and Nevaeh U. February 23. Please remember our Rocking into Kindergarten meeting will begin February 2 at 8:30am in the cafeteria.

 **Mrs. Longsworth & Ms. Miller**

Hello everyone! This month, we will be discussing shapes and sizes, clothes we wear, and different hats we wear. Also, this month we need to do home visits, so please make sure to see us to make an appointment and make sure the phone numbers and addresses are up to date. Ms. Miller and I appreciate seeing all the parents come in to participate for our Make Involvement last month. The next one will be February 13th so we hope to see you all there!

 **Mrs. Martinez & Mrs. Acevedo**

This month, we celebrate Friendship". We will have a Valentine's card exchange day on February the 14. Our next themes for the month of February will be; "I Can Build", "Build with Me" and "Everybody

Builds". The children will be learning about how we can build, and about the different tools we can use to build. We will be reading different story books like "Raise the Roof", "Three Little Pigs", "The Elves and the Shoemaker" and "My House Night Song". On Second Step Curriculum, we will be working on "Fair Ways to Play". We are going to reinforce to the children how to calm down and use of fair ways to play together. Also the children will be able to ask to play, take turns... Also during this month we will be taking care of our garden and watching it grow!

 **Mrs. Padro & Mrs. Haines**

February is the shortest month of the year, we have much going on! It is the international month of friendship which we will honor with discussions, stories, and encouragement on how to show love to friends, based on our curriculum Second Step (social, emotional relations). We have a celebration planned for Valentine's Day on February 13th (Valentine's Dance) and we encourage you to bring Valentines Day cards for your child share with their classmates. We will also have our nutrition activity with different fruits like cantaloupe, peaches and strawberries. The children will learn about looking, feeling, tasting, and smelling. During this month, we will also be talking about the construction zone, everything about how we can build. We will learn about the different tools we can use to build. Also during this month, we will talk about fruits and vegetables growing during this season like sweet potatoes. We will encourage the children to discover how it looks, feels, smells, and tastes.

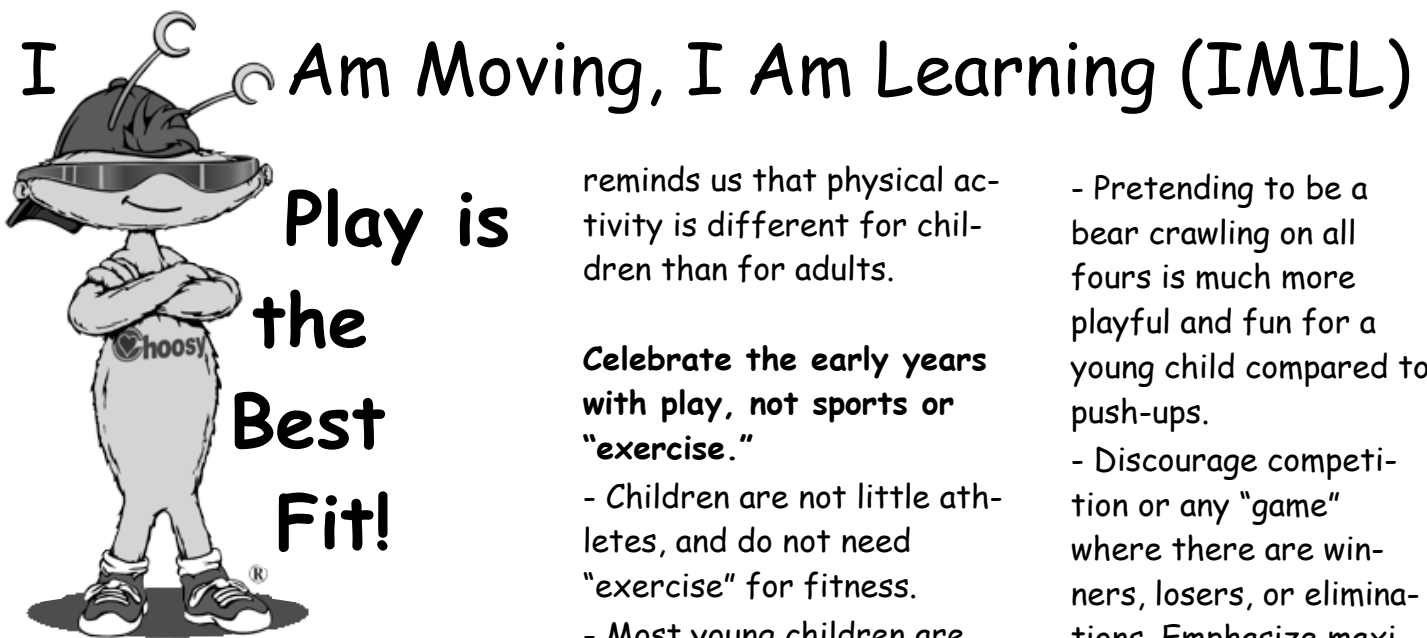
Home Activity

When Mother Nature gives us her worst, create fun activities for your family using things you already have. See what you can do for FREE with your kids this winter without even leaving your home.

► **Old sheets:** Younger children will enjoy building a fort. Pull out old sheets and blankets and help kids cover tables or chairs. Let the kids decide what the fort is—a preschool, library, campsite, restaurant and so on. Help them add appropriate props, such as writing tablets and crayons for school or books for the library.

► **Your computer:** Download FREE BOOKS at gutenberg.org or questia.com.

► **Castoff t-shirts:** Teens and older children will love to help you transform their old t-shirts into cute wardrobe essentials. All you need is a needle and thread, ribbon and our creative ideas.



Research supports that physical activity can have a positive impact on behavior, suggesting that children who are physically active may behave better. Physical activity can also have a "not so great" impact on behavior if the activity is inappropriate. Choosy

reminds us that physical activity is different for children than for adults.

Celebrate the early years with play, not sports or "exercise."

- Children are not little athletes, and do not need "exercise" for fitness.

- Most young children are not physically mature enough to perform "adult exercises" or skills, and they have difficulty understanding the concept of a "team."

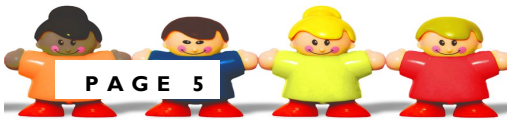
Make activity time playful, fun, creative, and successful.

- Pretending to be a bear crawling on all fours is much more playful and fun for a young child compared to push-ups.

- Discourage competition or any "game" where there are winners, losers, or eliminations. Emphasize maximum participation and fun.

- Exercise should never be used as punishment.

Taken from Choosy Kids newsletter



Policy Council Update

The January Policy Council meeting was held on Thursday, January 26th at 10:00 am. It was a face to face meeting that was held in Leesburg. Thirteen policy council members (11 parents and 2 community partner members) were present.

The following persons were approved for hire:
 Ivy Sebastian, Family Advocate (Volusia County)
 Tony Broxton, Family Advocate (Volusia County)
 Amanda Phillips, Teacher (Volusia County)
 Ja'kera Peterson, Program Substitute (Volusia County)
 Elizabeth Witt, Child Development Specialist (Volusia County)
 Kaitlin Burton, Teacher's Assistant (Volusia County)
 Lillie Shells, Program Substitute (Sumter County)
 Carlie Nelson, Teacher's Assistant (Sumter County)

The following reports were approved: Budget and Credit Cards, Enrollment/Attendance, Meals and Snacks, Service Area and Center. Parent activity requests for the following sites were approved: Bushnell, Brooksville, Horizon, Westside, Pathways Port Orange and Malloy.

Policy council members were advised of the update to the program's Selection Criteria which included an increase in the points for the following risk factors: homelessness, foster care and having a family member in the household with a current IFSP or IEP. An updated Head Start Public Relations Plan was reviewed and approved. Materials for an age appropriate home safety program titled "Eddie the Eagle" were distributed following introduction and discussion of the program at a previous policy council meeting.

Our Disability Services Coordinator, Denise Thompson, led a training for policy council attendees. She explained the developmental screening process and how the program works with parents to make referrals to support children.

The next Policy Council meeting is scheduled for Thursday, February 23rd at 10 am. It will be a video conference meeting.



Parent Engagement

Parents, LOVE is in the air!!!

February brings to mind many things.

As we continue forward with our school year
 I want to remind you how important parent involvement is to
 your child's academic success! So look for ways to
 get plugged in:

Read in the classroom.

Ask your child's teacher how you can help.

Come to the parent meetings monthly.

Check on upcoming school events.

Whatever you can do will make a difference with
 your child.

Most importantly remember that children spell

LOVE: TIME!

You are all awesome!!!

Luis Leon, Head Start 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>



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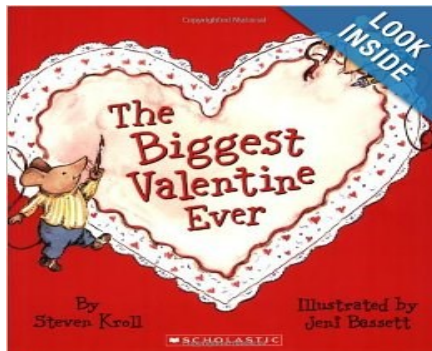
Head Start

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=4Yo_oRGS1QQ

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 cheese quesadillas.

Ingredients

- 2 large tortillas, any variety; 1 cup shredded cheese -- traditionally cheddar is used, but any kind is fine; butter or margarine;
- **Prep Time:** 5 minutes **Cook Time:** 5 minutes **Total Time:** 10 minutes

Preparation

Heat a non-stick skillet over medium heat. Lightly spread the butter or margarine on one side of each tortilla. Sprinkle the cheese and any other ingredients on top of the non-buttered side of the tortilla. Cover with the second tortilla so both buttered sides are facing out. Carefully put the quesadilla into the pan. Cook until the tortilla is lightly brown and then flip. Cook until the cheese is melted. Serve immediately on a plate and cut into four wedges. Serve with sour cream, salsa and/or guacamole.



Note: Any proteins you add to the quesadilla should be fully cooked before you add it in.



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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.

From The Family Advocates

Luis Leon and the Hernando staff would like to thank each parent for their participation in the Super Bowl for Men. It was a great success!

February is Oral Health Month, The celebration of Valentine Day and Black History Month.

Oral Health Month:

Leading by example, especially when it comes to establishing health habits like brushing, flossing and seeing your dentist-can make a big difference in the health and happiness of your entire family.

That's why we are celebrating Oral Health Month: Share More Time, Share more Smiles with Family and Friends

Black History:

What we now call Black History Month was originated in 1926 by Carter Godwin Woodson as Negro History Week. The month of February was selected in deference to Fredrick Douglas and Abraham Lincoln who were both born in that month.

Things to Remember

Arrive 8:00-8:30 a.m. Don't 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 807 Ext.1807 Ms. Amy

Room 809 Ext.1809 Ms. Suzanne

Room 811 Ext.1811 Ms. Niki

Room 901 Ext.1901 Ms. Maria

Room 903 Ext.1903 Ms. Norma

The extension for your advocate:

Ms. Lawson ext. 210 - 900 Wing

Ms. Lynda ext. 209 - 800 Wing

Child Development Specialist:

Ronjaneen Harris: ext. 256



UPCOMING EVENTS

February 6, Parent Committee Meeting @ 1:pm- 2:00 pm

February10, Parent Activity 9:30am /11:30am-12pm-2pm.

February 13, 2017 Parent Advisory Meeting @ 2:00 p.m.-3:00 pm

Extended Care Services

***Please note extended care children *MUST* be picked up by 5:30 PM!!**

Please be ready to show photo I.D. upon pick up.

Ged.com - Sign up for classes



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HERNANDO JANUARY PARENT MEETING MINUTES

Welcome

The Meeting was open by Amanda Edwards, Chair Person. Ms. Edwards welcome everyone to the meeting and encouraged the parents to attend meetings monthly.

Ice Breaker - Mr. León

Reading of the Last Minutes: The Minutes were read by Roxaly Pizarro and approved by the committee.

Training Child Growth and Development - Rita Watson spoke on communication skills, and gave examples for home activities.

Transition to Kindergarten - Ronjaneen Harris, the CDS spoke about the different activities that would take place during the Transition to Kindergarten and explained about Galileo system. Mrs. Harris spoke about the important role the parent has in the child's life.

Policy Council Update: Amanda Edwards explained what the expectations of the Policy Council are.

Presentation - Amanda Edwards spoke about the upcoming Parent Activity to be held in February.

Education/Classroom Information: Ms. Norma explained different class activities, Super Bowl and Literacy Week.

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

Skills Demonstration: The children performed a song about Martin Luther King and a Choosy song.

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.

