

March 2017

Program of Excellence  
Mid Florida Community Services, Inc.

Volume 1—Number-7

## What Are Children Learning When They Play?

Source: <http://users.stargate.net/~cokids/Borden.html>

### Circle Time

**What's Learned** - These "chats" are an opportunity for the youngsters to learn how to organize their thoughts. As they talk about their experiences, children learn how to tell a story with a beginning, middle, and end. When a child learns the words to "The Itsy Bitsy Spider" or "I Know an Old Lady Who Swallowed a Fly," this is an important part of a child's informal education. This is "shared knowledge"--that is information that society assumes you know. For example, other children assume you know the words to familiar folk songs.

### Music Appreciation/Creative Movement

**What's Learned** - Music helps children connect the outer world of movement and sound with the inner world of feelings and observations. Playing games or moving to music is a powerful first experience in the artistic process. Children learn music the same way they learn language--by listening and imitating.

Finger play promotes language development, fine-motor skills, and coordination, as well as self-esteem. Young children are proud when they sing a song and can do the accompanying finger movements.

**Art Projects—What's Learned** A good art project teaches a child that his creativity is limited only by his own



Children plays with a parachute

imagination. By transforming everyday objects, such as  
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## Important Dates to Remember



- ⇒ March 12—Daylight Saving Time begins
- ⇒ March 6—Parent Meeting at 2:00 p.m. in the cafeteria
- ⇒ March 13-19 - Spring Break
- ⇒ March 30—Transition to Kindergarten 8:30—9:30 a.m.

# From Your CDS

By Ronjaneen Harris,  
Child Development Specialist for Hernando and Bushnell  
Centers

Parents, family members, and friends, thanks for all your involvement in the program. Last month was Black History Month and I constantly was reminded of a quote I heard so much as a child. It is "A Mind is a Terrible Thing to Waste". This quote made me think about the minds of our children we serve daily. This is the time of their lives that their brain absorbs information like a sponge.

First, we must understand that child development refers to the changes that occur as a child grows and develops in relation to being physically healthy, mentally alert, emotionally sound, socially competent and ready to learn. According to research, the first five years of a child's life are fundamentally important. They are the foundation that shapes children's future health, happiness, growth, development and learning achievement at school, in the family and community, and in life in general.

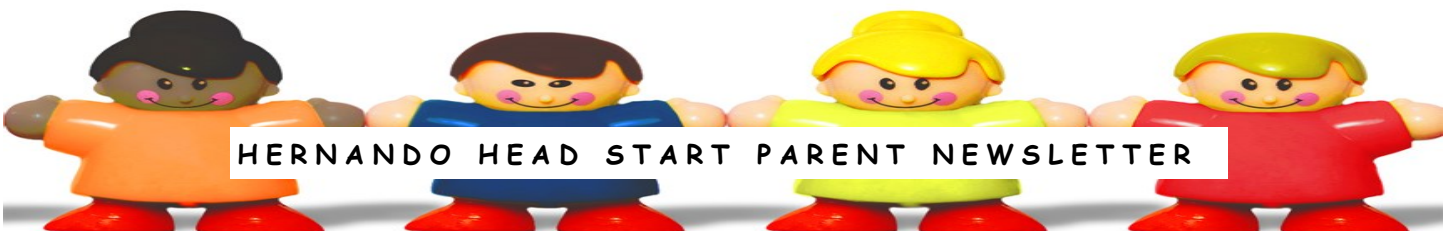
So, it is vital that we provide our children these early experiences. These experiences will then provide the base for their brain's organizational development and functioning throughout life. Research proves this has a direct impact on how children develop learning skills as well as social and emotional abilities.

So, read with your child daily. Talk with him/her daily. Use the Galileo On-line Parent Center to see your child's progress. Ask your child's teacher for suggestions. Call me, Ronjaneen Harris, or come see me in the education office for suggestions. Whatever you decide, make sure you give your child the gift of learning that keeps on giving. Visit your local library and ask their reference clerk what resources are available for your child. Also, make sure you check out the preschool reading programs they offer.

Please visit <http://www.factsforlifeglobal.org/03/development.html> to help you better understand how children develops.



Classroom 807  
gathered sweet  
potatoes from the  
center garden to  
make February's  
yummy sweet potato  
oatmeal chocolate  
chip bars.







# Classroom News

## **Ms. Doyle & Mrs. Revenaugh 807**

We have survived the winter months and are heading towards spring!! We are having our male involvement activity on March 8 at 10 A.M. We will be flying kites. Please come and join us.

This month, we will be learning about spring, weather changes and how our gardens grow. The children will continue to work on their letter names and sounds, shapes, and writing their names. We have just started working on simple addition problems during our math time and the children are having a lot of fun with it.

We also want to remind our parents that we will no longer be having nap time when we return to school after spring break. If you have any questions, please let us know.

## **Mrs. Wood & Mrs. Gonzalez 809**

I want to thank all my parents for letting us come out for your second home visit. We loved talking to you and sharing the progress your children are making. We appreciate you and your families everyday! Have a great March.

Parent activity will be on March 6 at 1:00pm. We will plant flowers in our garden. We will be working on spring, weather changes, safety during storms, how a plant grows while continuing preparing for Kindergarten. Our March birthdays are: Alice on March 7. Second Step is building our confidence and ability to solve problems without an adult needing to intervene. We use strong respectful voices to let others know how we feel.

## **Mrs. Longsworth & Ms. Miller 811**

Hello families! This month, we will be learning about spring, shades of blue and green and our growing garden. Then, we will be discussing the different fruits and vegetables that grow in the garden. We will also be practicing our counting skills by counting down to spring break that is coming up March 13-17th.

## **Mrs. Martinez & Ms. Acevedo 901**

Our next themes for the month of March will be; "Country Life", "Busy, Busy City" and "To Market to Market". We will learn about the difference between city and country. We will be reading different story books like; "The Billy Goat and the Garden", "City Mouse and Country Mouse", and "Apple

Farmer Annie".

Second Step Curriculum, we will be working on "Saying the Problem" and "Thinking of Solutions". We are going to learn why several solutions are an important part of problem solving. We will also be learning on how to solve problems and conflicts without aggression and speaking assertively.

In addition, we will be taking care of our garden and watching it grow!

Our Male involvement activity will be held on March 6. We will have a field day.

## **Mrs. Padro & Mrs. Haines 903**

March brings us wonderful projects. We enjoy the changing of the weather. This all ties right into the coming of spring. It also ties into our continued celebration of growing inside and out, gardening, sprouting seeds, and eating healthy. 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.

Our unit of study this month is City and Country. We will continue with our curriculum Second Step "learn to solve problems by using these steps: Calm down strong feelings before trying to solve problems by using these steps, Use two problem-solving steps, make and keep friends.

During this month, we are learning about Dr. Seuss. Not only are Dr. Seuss' books loved by children around the world, but they help to introduce the fundamentals of reading. With Dr. Seuss' simple word repetition and rhyming words, a child can easily begin to hear it, learn it, and read it. They will be able to identify rhyming words.

Please be sure to check your child's cubbies for extra clothes. Please don't forget to check each lessons on Second Step on Friday and practice at home.

# Home Activity

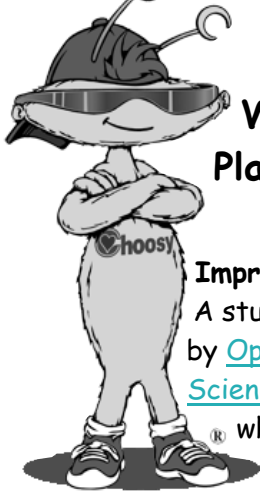
## Let's talk about MONEY!

Our children are interested in learning how we pay for things. These are a few ways you can help them better understand money.

- Count pennies to 25
- Count by 5's using nickels
- Count by 10's using dimes
- Learn to identify each coin



# I Am Moving, I Am Learning (IMIL)



## Why is Outside Play Important?

### **Improves Vision**

A study reported by [Optometry and Vision Science](#) found that children who spend time outside have better distance vision than those who primarily play indoors.

### **Promotes Social Skills**

Ross believes getting kids outside and having unstructured play promotes a wide range of skills. "On a playground not everyone gets to go down the slide first. Going to a playground with your kids is not just about running around and being active, but it's also about learning social skills, executive functions and behavioral skills as well

through play."

### **Increases Attention Span**

Huang notices the benefits of playing outside in her own kids: "The difference I see is both of my children have a high attention span comparatively speaking, and much more self-directed (they want to investigate things), where other kids might just sit back." [Studies](#) have also shown that green outdoor settings appear to reduce ADHD symptoms in children. Exposure to natural settings through after-school and weekend activities may be widely effective in reducing attention deficit symptoms in children.

### **Reduces Stress**

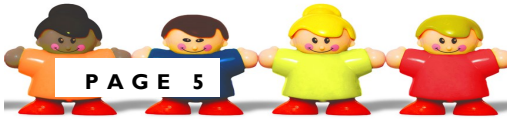
When it comes to stress, Legendre tends to rely on natural rem-

edies. "Spending time outside playing is such a huge outlet for stress. It's relaxing; it is healing." There is even [research](#) showing that seeing green spaces can help decrease kids' stress levels."

### **Provides Vitamin D**

According to the [American Academy of Pediatrics](#), lots of kids are suffering from vitamin D deficiencies. This vitamin has several health benefits, including preventing kids from future bone problems, diabetes and even heart disease.

<https://www.care.com/c/stories/4178/5-health-benefits-of-playing-outside/>



# Policy Council Update

## Parent Engagement

### March is HERE!!!

Wow, time flew because we are almost done for this school year. Let's finish STRONG!! OK. What are we doing to help our children learn? Reading daily helps children develop a passion for books. Discussions at home about colors, letters, and numbers is also a great way to review! Learning games like identifying colors and letters while driving down the road or when you're out shopping. Look for games and tools you can use to help get our children ready for school. Keep going Dad and Mom, you ARE AWE-SOME!!!

Luis Leon, Family Engagement Coordinator

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 23<sup>rd</sup> at 10 am. It will be a video conference meeting.

## Community Events

**Storybook Forest is Saturday, March 25, at 11 am-2 pm, Park At Crews Lake Middle School For Shuttle, Family Fun.**

**Craft and Vendor Fair is Saturday, March 18. Hernando County/Fair. St. Joan Of Arc Parrish Hall, 9A-3P**

**The Wizard of Oz. Friday, March 31 - Saturday, April 8, Hernando County/Show. Faith Evangelical Presbyterian Church, Call for day/times. Faith Evangelical Presbyterian Church. Brooksville 352-593-0027, 200; Mt. Fair Avenue, Brooksville**



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



#### 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 strawberry shortcake recipe with you.

**Ingredients for Strawberry Shortcake:** 1 prepared angel food cake, 2 8-ounce cream cheese softened, 1 cup white sugar, 8-ounce container Cool Whip, 1 quart fresh strawberries sliced, 1 package strawberry glaze (from the Produce Section of your local grocery store)

**Directions for Strawberry Shortcake:** Tear the cake into pieces (about 1-inch chunks) and either press  $\frac{1}{2}$  of the cake into the bottom of a glass serving bowl or press all of the pieces into the bottom of a 9x13 baking dish. In a mixing bowl, whip the cream cheese with the sugar. Mix in the Cool Whip. Spread  $\frac{1}{2}$  of the cream cheese over the cake pieces if using a glass bowl (or all of it if using the 9x13 dish). Mix the strawberry glaze with the strawberries and layer  $\frac{1}{2}$  over the cream cheese in the serving dish (or all if using the 9x13 dish). If using a glass bowl, repeat with another layer of cake, cream cheese, and strawberries. Garnish with Cool Whip. (from allrecipes.com)



# From The Family Advocates

**Getting Preschoolers to Cooperate:** You worry that your pre-school child does not hear well? In the book The Top 10 Preschool Parenting Problems, Rosalyn Duffy lists non-compliance as the # 2 parenting problems for parents of preschoolers. Does this sound familiar? How many times do I have to tell you to Pick up toys, Put on your shoes? Put your books on the shelf? If you keep telling your child repeatedly to do something, what message are you sending? Come up with a plan to help your child to remember.

**Read! Read! Read!** Reading to your child is one of the best ways to encourage reading and help to develop many early literacy skills. We celebrate Read Across America on Dr. Seuss' birthday. There are many activities related to his children's books. His character, the Cat in the Hat is the "face" of the event. Make a habit of reading to your child every day. Take your child to the library to get the library card and let the child pick out books to read. (Information from Early Learning Newsletter)

**Things to Remember:** Arrive 8:15-8:30 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



## UPCOMING EVENTS

Read Across America Day---March 2, 2017

Parent meeting-----March 6, in the cafeteria

Spring break-----March 13, - March 17, 2017

Story Book Forrest---March 25, @ 10AM-2PM

Transition to Kindergarten -March 30, @ 8:30 AM/Head Start Training Room

**We are asking for volunteers to assist with the garden**

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.***

Sign up for GED classes at G.E.D.com

**(Please call your Family Advocate to review goals)**

## ***Galileo + Head Start parents = a good match!!***

The Galileo computer program is one of the tools that teachers use to record and measure your child's progress in school.

Parents can log on to Galileo anytime from any computer with internet access.

Using Galileo, parents and teachers work together  
to help children achieve success.

How to log on to Galileo and see your child's progress:

<http://www.ati-online.com>  
click **"parent"** on left side bar

Your child's User ID is: \_\_\_\_\_

Your child's Passcode is: \_\_\_\_\_

Tell your child's teacher if you can't log in or contact your CDS, Ronjaneen Harris, at 352-754-2474, ext. 456.. We will help you.





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**

Meeting was open by Ms. Martha Lawson, Family Advocate. Ms. Lawson welcomed the parents attending the meeting and being a part of the Male Involvement.

**Ice Breaker:** Ms. Lawson shared childhood Jump Rope songs and outdoor activities.

**Reading of the last Minutes:** Minutes were read by Roxally Pizarro and approved by the committee

**Training:** Ms. Amy Doyle presented the Dental Training:  
Promoting Good Oral Health  
Good Food and Bad Food  
The Importance of Healthy Foods

**Policy Council update:** given by Ms. Lawson.

**Education/Classroom Information:** Ms. Amy Doyle gave a summary of the classrooms activities in February.

**Parent Activity:** The parents were congratulated on receiving their CPR Cards. In the second half of the Parent Activity parents were given February 27, 2017 the date of the planning meeting.

**African Dance:** Was performed by one of the parents and enjoyed by all.

**Perfect Attendance:** Perfect Attendance Awards were handed out by Ms. Kersey. Ms. Lawson thanked the parents for their dedication and commitment to the Head Start program.

**Skills Demonstration:** The children sang a Valentine song and recited a poem  
Title: The President.

**Reminders:** Chaperone Training and Volunteer Training TBA. Drop off time 8:30A.M.- Pick up time 2:30P.M. Family Advocates will remind the parents of Physicals, Immunizations, lead, Hemoglobin and Dental Exams.

**Surveys:** It was also mentioned to parents to complete the Blue Survey Cards from Mid Florida

**Male Involvement:** Ms. Kersey said that Male Involvement is held every second Monday of the month.

**Meeting Adjourn** at 3:15. Next month's Meeting March 6, 2017 @ 2PM.





Play continued from front page  
as empty paper towel rolls and egg cartons into sculptures, imaginary bugs, or spyglasses, a child discovers that he can create a world of play.

**Outdoor Play—What's Learned** - Outdoor play refines a child's gross-motor (large-muscle) skills. The cross-lateral movement (right arm/left leg and vice versa) involved is critical to a child's later success in reading and writing. Play-ground time is also an opportunity to explore and manipulate a different environment.

**Cooking—What's Learned** - Since cooking is a basic life skill, it fosters a child's sense of competence and independence when he can do it. Math skills are also an important part of the process as the cook needs to count and measure the ingredients. Cooking also refines small-motor skills as a child stirs, dices, and adds ingredients. It also teaches about nutrition-foods that are good for you and help you grow.

**Meal/Snack Time- What's Learned** - Meal/snack time is an opportunity for a child to learn social skills as she chats with her friend in the seat next to her. Passing out the snack and distributing a napkin and cup to each child teaches one-to-one correspondence and counting skills. Pouring the juice from a small pitcher to an individual cup requires small-motor control. Cleanup time after snack is another educational opportunity. Again, a child's sense of competence and independence are reinforced. Snack time is also an opportunity for a child to associate mealtime with pleasant feelings.

**Building with Blocks- What's Learned** - Blocks help children learn scientific, mathematical, art, social studies, and language concepts; use small-motor skills; and foster competence and self-esteem. Building with blocks also teaches life skills. Just putting away your groceries in the cupboard is using the same concepts of spatial relations, stability, and balance that you learned in the block corner.

**Dramatic Play—What's Learned** - Playing make-believe lets a child bring the complicated grown-up world down to size. Research demonstrates that children who are active in pretend play are usually more joyful and cooperative, more willing to share and take turns, and have larger vocabularies than children who are less imaginative.

**Manipulative Toys -What's Learned** -Manipulative toys help develop a child's fine-motor skills, which is a precursor to being able to write. Often these toys are also used in fantasy play. The beads that are strung become the necklace for the "queen" to wear. The Play-Doh creations include cookies for the impromptu "tea party."

**Cooperative Play—What's Learned** - Working together, whether it's on a block building or planning a tea party, helps children to learn to respect the ideas of others. They develop their social skills, and social competence is an underlying goal of early childhood education. Children in cooperative play learn to contribute to joint efforts. They also learn how to problem solve by working together to find a solution.

**Sand/Water Table—What's Learned** - A child has a practical math lesson in fractions when she pours a cup full of sand into a two-cup container. It explains the concept faster and more clearly than a detailed discussion or drawing. Her fine-motor skills are also being developed as she washes a tea set or maneuvers a cup full of sand into a sifter. Her eye-hand coordination is helped.

**Puzzles—What's Learned** - Puzzles require abstract thinking; the ability to see a space and envision what belongs there. Puzzles also require fine-motor control in order to place the pieces into place. Having puzzles for varied skill levels permits children at all stages of development to experience success.

**Books—What's Learned**— Children learn language skills from books. Whether they are looking at a book individually, or being read to as part of a group, when you make books a part of a young child's day you set the stage for a lifelong interest in reading.

**Cleanup—What's Learned** - Preschoolers learn to sort, classify, match, and organize when they put the toys back on the shelf. A good preschool classroom will have low shelves and individual bins for small toys, so that the young child can easily see where objects belong. The bins will be labeled (which helps develop language skills).

Excerpt from *SMART START The Parents' Guide To Preschool Education* by Marian Edelman Borden, Published by Facts On File, Inc. 0-8160-3677-2; \$14.95US; Oct. 97



**Classroom 807 field trip to Tarpon Springs Aquarium**