

May 2017

Program of Excellence  
Mid Florida Community Services, Inc.

Volume 1—Number-9

## Transitioning to Kindergarten

Children go through many transitions throughout their lives, but one of the most important transitions is the one from a preschool program to kindergarten. "During this period behavior is shaped and attitudes are formed that will influence children throughout their education" (PTA and Head Start, 1999). Children's transitions are most strongly influenced by their home environment, the preschool program they attend, and the continuity between preschool and kindergarten (Riedinger, 1997).

The transition from preschool

to kindergarten can be a stressful time for both children and parents. However, if preschool teachers can facilitate collaboration between parents and kindergarten and familiarize children with the workings of kindergarten, it will be a smoother process. Parents need to try to find a developmentally appropriate class for their child by observing different classrooms and talking to teachers about educational philosophies. Preschool teachers, with their knowledge of different learning styles and the temperaments of their students, can help everyone with this important



transition.

[http://](http://www.earlychildhoodnews.com/earlychildhood/article_view.aspx?)

[www.earlychildhoodnews.com/earlychildhood/article\\_view.aspx?](http://www.earlychildhoodnews.com/earlychildhood/article_view.aspx?)

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## Important Dates to Remember

- ⇒ May 1 is May Day
- ⇒ May 14, Mother's Day
- ⇒ May 15, Parent Meeting @ 2:35 p.m.
- ⇒ May 25, Last Day of School

# From Your CDS

Ronjaneen Harris,  
Child Development Specialist

As this school year comes to an end, we would like to thank you for all your participation and dedication to your children and our program. You are very much appreciated.

Although research shows that many children often lose many skills they acquired prior to the summer months, this does not have to happen. There are many things that you can do with your children to maintain many of these skills. You can start by reading with your children.

There are a lot of great websites with a variety of activities, such as space, arcades, book clubs, club hubs, promotions, e-newsletters, parent files, fun reading, web books, comics, color, movies, fun blogs, playgrounds, and lots of games that make learning fun you can use with your children over the summer months. Some of the websites are the following: [pbskids.org/games.com/](http://pbskids.org/games.com/), [www.funbrain.com/](http://www.funbrain.com/), <http://sites.target.com/site/en/readysitread/home.jsp>, [http://dawn.jpl.nasa.gov/about\\_us/index.asp](http://dawn.jpl.nasa.gov/about_us/index.asp), and <http://www.maisyfunclub.coms>.

You can contact Brooksville Main Library at

## Main Library/Brooksville

238 Howell Avenue

Brooksville, FL 34601

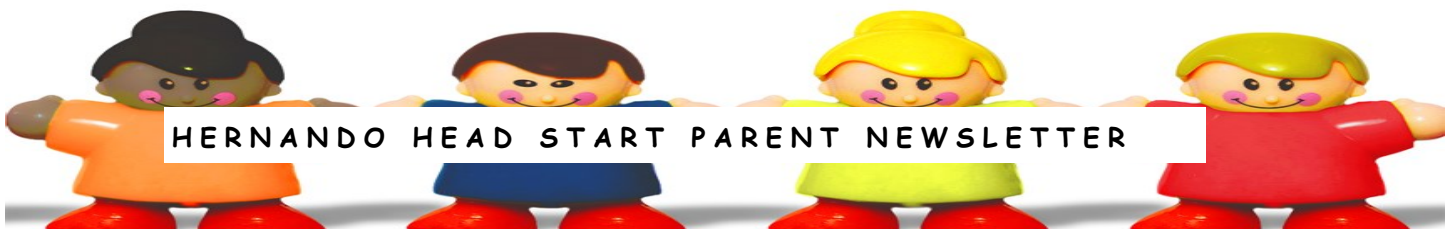
(downtown Brooksville near the Courthouse)

Monday through Thursday - 10:00 am to 7:00 pm

Friday - 10:00 am to 5:00 pm

Saturday and Sunday - CLOSED

Have a wonderful summer and make learning fun.







# Classroom News

## Room 807/ 904

How time has flown by. It is now the hardest part of the year. We have given everything we have to your children and we have watched them grow over this last year. We are ready with a heavy heart to send them on their way to Kindergarten. We know they will make us proud. We have many fun activities planned for the remaining few weeks, so please check cubbies often. We love you and will miss you!! Kindergarten, here they come!!! Ms. Amy and Mrs. Revennaugh

## Room 809 /902

We are busy getting ready for Kindergarten; practicing our listening rules (Second Step Curriculum), reading books about what Kindergarten might be like, what might be the same? We are going to Safety Town this month in Pasco County and we will also visit a Kindergarten class. We will have our final parent activity on May 8. We will give our Mother's Day gifts and make a shirt with our fathers or father figures in our life. We will do our final nutrition activity using fresh strawberries! We have had a wonderful, exciting year filled with many learning opportunities and experiences. Mrs. Suzanne and Mrs. Yomaira

## Room 811/812

As the school year comes to an end, please continue working with the children on their names, numbers and letter sounds. Our last parent involvement will be on May 18. We will be decorating t-shirts for the children. On May 23, we are having our end of the year celebration. Parents, please make sure you check back packs for flyers regarding all the exciting things happening in our class. Ms. Miller and I have had a great year with all our wonderful children!! Ms. Nicholie and Ms. Yulonda

## Room 901

Our first theme for the month of May is: "We Can Count". We will be working with numbers (recognizing and counting). Also, we are going to be talking about "Making new friends in the upcoming school year". For our last nutrition activity, we will be making and demonstrating with the kids how to make strawberry smoothies. Our last field trip is to Whispering Pines (in Inverness). It will be on May 15. The last Male Involvement activity will be held on May 8, and every child along with the help of their parents will be tie-dyeing their own T-shirt to wear to go on the field trip to Whispering Pines.

Our end of year activity will be on Tuesday, May 23, at 9:45am. Thank you to all the parents for your support in this school year. Ms. Maria and Ms. Jessyal

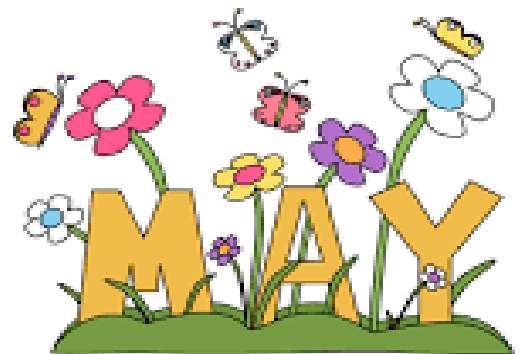
## Room 903

During the month of May, our class will be focusing on, "Growing and Changing". Also, we have some great celebrations this month, Mother's Day, Father's Day, Spring Fling, Field Trip "Whispering Pines" and Cinco de Mayo. We will have our event to close the school year on May 24, 2017.

Our children at home and at school are learning to express feelings and to solve conflicts. We are helping our children to understand the social world and learn ways to meet their social/emotional with the curriculum in **Second Step**.

Our role as parents and teachers is to help students learn tools to treat others with respect. First, when we hear children say something unkind, we can use this opportunity to teach more positive interaction skills. For example, "You can tell your brother that you don't want to play right now, but you cannot say 'Go away' because that hurts his feelings." Second, we can model prosocial behavior. Being sorry, using manners and making thoughtful cards for people are ways to encourage social skills. Third, we can acknowledge children when they use kind words.

During our exploration of fruits, we will learn about how strawberries look, feel, taste and smell. We will make our very own strawberry smoothie. We will also learn how the strawberry grows, when they are ripen enough to be picked and shipped to the farmers' markets and stores.



# Home Activity

## Ready for Kindergarten

This month, children will be sharing what they learned about letters and words. They will learn more about numbers and shapes and the things they will do in Kindergarten.

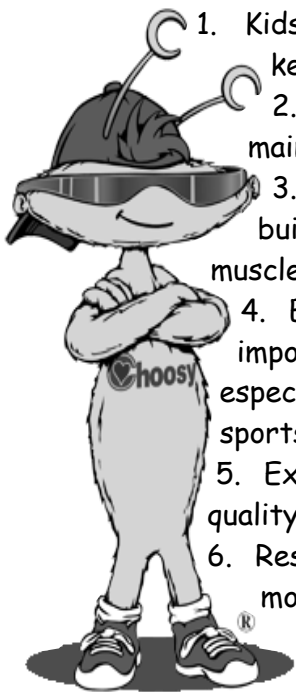
One of the most important things you can do with your child is **READ**. Make it a routine everyday to read to your child and with your child...you both will enjoy it.



Don't forget to visit [ati-online.com](http://ati-online.com) to check on your child's progress!

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

## 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](https://www.acefitness.org/updateable/update_display.aspx?pageID=638)

# Policy Council Update



The April Policy Council meeting was held on Thursday, April 27<sup>th</sup> at 9:30 am. It was a face to face meeting at the Holiday Inn Express in Leesburg, Florida. Eleven policy council members (9 parents and 2 community partner members) were present. Fourteen persons were approved for hire.

The following reports were approved/accepted: February 2017 Budget, January - February 2017 Credit Cards, Enrollment/Attendance, Meals and Snacks, Service Area and Center.

The MFCS Annual Audit was reviewed by Program Director, Heidi Rand. There were no findings. Policy council members were encouraged to review the document and advised that additional copies could be made available upon request.

A review of the Community Wide Strategic Planning and Needs Assessment was led by Carol Coffie, Assistant Director of Early Learning Programs. The review included the process for data collection and a summary of the 828

survey responses. The top five needs identified by parents include Child Care, Transportation, Employment, Dental Care and Housing.

Policy Council members approved the following revisions to the By Laws:  
*EHS will have representation on Policy Council*  
*Centers with more than 5 classrooms can have an additional representative on Policy Council*  
*Policy council to meet at least 10 times per year*

Policy council members were asked about their training needs. Any future training interests or needs should be sent to Heidi Rand.

Heidi Rand provided the following update about the Early Head Start (EHS) Expansion:

*Classrooms at the Jo Sheppard site and the Hernando Head Start site are being renovated and are expected to be completed by mid-June*

*Additional EHS Classrooms will be renovated and opened later in the program year*  
*EHS training for managers has been scheduled for early May*

*Training for teachers, family service and health service members is being coordinated for early June.*

*Attempts are being made to coordinate a CDA credential training for anyone interested in being an Early Head Start teacher*  
*All classrooms at Pathways Port Orange location will become Head Start/ Early Head Start classrooms as of 2017-18 program year.*

The following announcements were made:

*Applications for Early Head Start and Head Start for 2017-18 program year are being accepted*

*Week of May 1<sup>st</sup> is Teacher Appreciation Week*

*Note of thanks was given to Juan Echezebal, Rocio Renteria and Adelani Adekunle for being a part of interview teams for Early Head Start/Head Start positions*

The next Policy Council meeting date will be announced.

## Parent Engagement

**May is HERE!!!**

**As we wind down this school year, we think of many great moments.**

**Seeing your child succeed in school is our greatest memory!**

**Remember the School Readiness Goal:**

***They are on page 6 of the newsletter. Please review them often.***

**This summer, take your kids to the park! Have family races! Go swimming! Simply, have active FUN!**

**Always remember "Choosy"! Help your children eat more fruits and vegetables!**

**And of course: It's Mother's Day! Let's celebrate!**

**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.

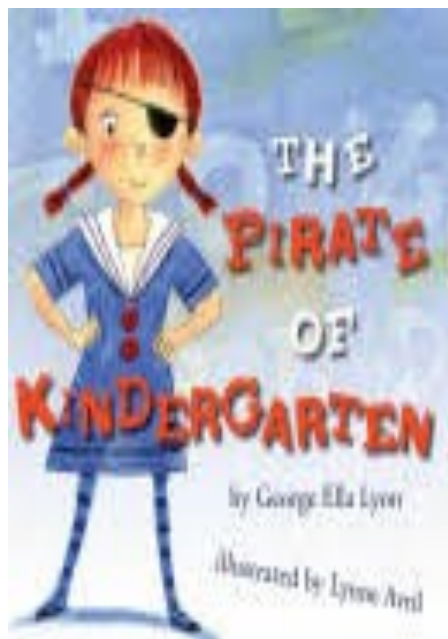
### Head Start

### 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 George Ella Lyon



#### 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 fruit and cheese kabobs.

You will need: cheese cubes, fruit cubes such as strawberries, pineapple, bananas, grapes, melon cubes, and ham, if desired

On toothpicks or kabob sticks, alternate cheese cubes with fruit and serve on a platter.



# 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.

## Happy Mother's Day To All

### Be the Difference.

We hope everyone will have a fun filled summer. Take this time to laugh and play with your child.

The family advocates congratulate you and your family for choosing the Head Start Program as one of your child's first classroom experiences. Parents, you are your child's first primary teacher. It simply means that you should do the things that parents have done for centuries that feels so right, such as, singing to your child, talking to your child, reading books, looking at pictures, and spending quality time with your child. Remember, when you are thinking about family activities, include the child.

### Friendly Reminders:

Call your family advocate to complete the Roll-Over File.

\*Talk to your child's teacher. The teacher is your partner.

\*Don't forget to update Medical Records during the summer.

\*Don't forget the VPK Vouchers if your child is returning.

Hernando Center: 352-754-2464

Room 904 Ext.1904 Ms. Amy

Room 902 Ext.1902 Ms. Suzanne

Room 812 Ext.1812 Ms. Niki

Room 901 Ext.1901 Ms. Maria

Room 903 Ext.1903 Ms. Norma

The extension for your advocate:

Ms. Lawson ext. 210 - 901 and 902

Ms. Lynda ext. 209 - 812, 902, and 903

Child Development Specialist:

Ronjaneen Harris: ext. 256



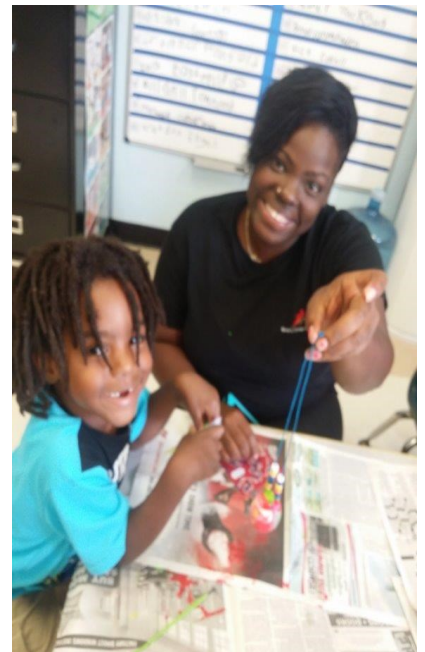
### Dates To Remember

**Parent Meeting May 8, 2017 @  
2:35PM**

**(We will have resource information on ca-  
reers)**

**Transition to Kindergarten Meeting is May 10,  
2017 @ 2:30PM**

**Last Day of School---May 25, 2017**





# Head Start

## Mid Florida Community Services

### HERNANDO APRIL PARENT MEETING MINUTES

**Welcome:** The Meeting was open by Luis Leon, and he also welcome everyone to the meeting and encouraged the parents to attend meetings monthly.

**Reading of the Last Minutes:** The Minutes were read by Coyatita Henry and approved by the committee.

**Policy Counsel Update:** was read by Martha Lawson

**Spring Fling (Cinco de Mayo) & Bar b-Que** was selected by the parents and will be held on May 5, 2017.

**Transition to Kindergarten** - Ronjaneen Harris stated the last training is schedule for May 10<sup>th</sup> 8:30- 9:30.

**Parent Planning Meeting Date--** was schedule for April 26<sup>th</sup> @ 1:30pm.

**2<sup>nd</sup> Half of Parent Activity Bowling Captain** - April 28, 2017 @ 11-1:30pm.

**Perfect Attendance:** The children with perfect attendance were recognized by Mrs. Kersey. The parents were given thanks for their dedication and commitment to the Head Start program.

**Reminders:** Parents were reminded to get VPK Vouchers, Medicaid Cards and Wic cards. It was announced, Head Start will take applications for Early Head Start on April 4<sup>th</sup> 2017, for children 6 weeks - 36 months. The new applicants will also need a physical and immunizations.

Parents were also reminded, if they had a three year old child, they needed to complete the paperwork.

Handouts ----Pin Wheel, Round up, and Child abuse information.

Meeting was adjourned, The next parent meeting is scheduled for May 8, 2017.



## Community News

May 6th and 7th – Saturday and Sunday 10 am- 4 pm (last admission at 3 pm)

May 13th and 14th – Saturday and Sunday 10 am- 4 pm (last admission at 3 pm)

May 20th and 21st – Saturday and Sunday 10 am- 4 pm (last admission at 3 pm)

May 27th and 28th – Saturday and Sunday 10 am - 4 pm (last admission at 3 pm)