

Brooksville Head Start Parent Newsletter

March 2018



March 2018

Program of Excellence

Volume 1—Number-7

TAMING TEMPER TANTRUMS

"She was completely out of control." "His shrieking was giving me a pounding headache."

The statements above are just a few ways to describe temper tantrums, a concern for many care givers of young children. Many care givers and parents report temper tantrums as a behavior that they have difficulty coping with in a patient and positive way.

Although associated with toddlers, temper tantrums are a frequent occurrence in young children, only beginning to diminish around ages five or six. And although it is a common behavior, many care givers lack strategies for preventing and taming temper tantrums.

As with talking gestures and crying, temper tantrums are a mode of communication for the young child. Their lack of language skills may lead to a more direct way of expression; such as throwing puzzle pieces across the room. It then becomes the care giver's task to decipher the message and address the issue. What follows is a list of possible causes of temper tantrums and the messages they convey.

Even young toddlers and infants are prone to experience intense frustration. The child who is struggling to obtain a toy that is out of reach only needs to fail a few times before feelings of anger and frustration become overwhelming. The care giver who recognizes that providing for success in young children's activities and environment, by supplying age appropriate toys and materials, can prevent much frustration and is well on the way to taming temper tantrums.

Caregivers will often see what can be referred to as mid-afternoon slump. During the late afternoon, young children can become over tired; resulting in crankiness, irritability and a decrease in their skills to handle strong emotions and conflict. Of course, it is wise to note, children can also become over tired from a lack of balance in the daily schedule, or a schedule that does not consider the needs of the child. Also children may react in a similar manner when they are over stimulated. Field trips and holidays, when the excitement level is high, there is a change in routine, and many things are vying for a child's attention are particular problems. Adhering to the routine, preparing young children in advance, keeping things simple, providing a balance between active and inactive activities, and ensuring a time for rest; these are just some ways a care giver can prevent child from becoming over tired and over stimulated.

Independence and autonomy have long been recognized as crucial issues for young children. They can now see how their actions impact and influence events and people around them. Such is the need for independence and control, that a child who is denied may be compelled to assert their independence in dramatic or inappropriate ways. Many of us have witnessed a young child losing control because they don't want help. Toddlers have even been known to reject snack or trips to the zoo, just to assert the power to say no! It is helpful to avoid conflict by providing opportunities for a child to feel independent. Care givers need to allow children to make some choices, encourage independent action, and allow them to try new skills.

INSIDE THIS ISSUE:

From Your CDS	2
Classroom News	2-3
Meet your Staff	3
Home Activity	4
IMIL	4
Policy Council Report	5
Parent Engagement	5
Book of the Month	6
Nutrition Activity	7
Social & Emotional	8

Dates to Remember

March 7th: Parent Meeting

March 12-16: Spring Break

Parent Planning Meeting/Spring Festival

March 27th: Policy Council Meeting

March 30th: Good Friday Holiday

April 20th: Spring Festival

From Your CDS

From the Desk of Chantal A. Duncan, M.Ed.

Child Development Specialist

Dear Family and Friends,

Can you believe that is already March? It has been a great winter so far and we are looking forward to a beautiful Spring in full bloom. A lot happens in February, early March here at the center. Teachers and children have been busy in the classroom, but we are never too busy to remember how **SPECIAL** you are to us! Thank you for all you do for your children, other people's children, for the staff and the school.

As we begin this transition into Spring, we want to remind and encourage you to volunteer in your child's classroom. Be an intricate part of your child's day and see how our classrooms transform and enrich the lives of all our children. Inquire with Jaclyn Citarella, if you are interested in being part of an amazing team of people!

Finally, some words of inspiration, to give us all a spring "boost"- words from George Bernard Shaw, an Irish playwright: "Man does not cease to play because he grows old; man grows old because he ceases to play." As adults, we sometimes forget how important it is just to have fun a few minutes a day. Maybe your kind of fun is singing to a song at full volume, running in the morning to get exercise, or hearing an exciting story from your child's day in school. Whatever "IT" may be, remember to have fun doing it!

Happy Spring!

As always, I am available to chat if you should have questions or concerns. I [can be reach at 352-754-2464, extension 245](tel:352-754-2464). Thank you for trusting us to share your children and provide them with love.



Mark Your Calendars for December

- 12/6 - Planning Meeting 9am
- 12/9 - Brooksville Christmas Parade
- 12/12- Celebrations: EHS 8:30am-10am
Classroom 812 @10am
- 12/13 - Parent Meeting @ 9am
Celebration: Classroom 903 @
- 12/14 Celebration: Classroom 806 11am
- 12/15 - Celebration: 901 @10:45am;
902 @10:45am;
904 @11:15am-11:45am

Early Head Start

No School: 12/25-12/26-1/1-1/2

Head Start No School: 12/25/17 - 1/8/18

A Few Friendly Reminders!!!

Hours of operation: 8:30 AM ~ 2:30 PM. Don't forget to empty your child's backpack nightly for important information!

Classroom

News

Class 806

Can you believe it? It's already March! We are very excited for what is to come. We will be doing a nutrition activity with peaches. We are super excited about getting the kids to try something new or experience something that they already love. This month we will also be discussing three important goals:

Learning about life and animals on a farm

Find out about the bustle of city life

Discover how products get to market.

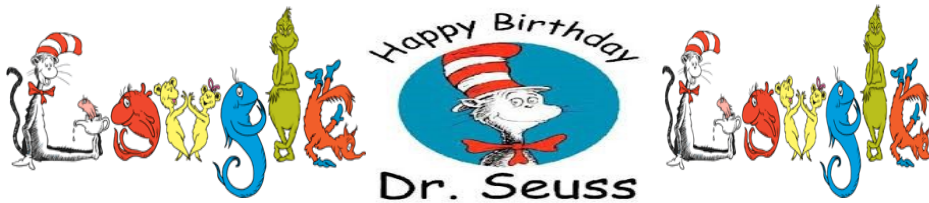
Over this month we will also be working hard with second step. They will be discovering how to think of solutions, how to speak assertively as well as review what we discussed over the first unit. We plan on doing a male involvement with an egg hunt during the week of March 26-29th. More details later to come!

Ms. Megan & MS. Jackie

Room 812

In classroom 812 for the upcoming month of March, we will be venturing into the Theme "In the City, In the Country. We will learn about the country. Using the topic "Country Life," we will read stories about rural areas and farms, and what it is like to live there. As for our Second Step curriculum this month, we will learn about saying the problem, thinking of solutions, and speaking assertively. Additionally, our Nutrition activity this month will involve the children in learning about peaches. In closing, we will be moving to a brand new classroom named 1402, and welcoming two new friends to our classroom family!

Ms. Kathie & Ms. Shelby



Room 901

Our process of learning and growing is expanding as we prepare for Kindergarten. We continue to work on recognizing the ABC's, the numbers 1-30 with counting, colors, shapes and transitions within our school day. We will continue to learn how to manage our feelings and actions during Second Step. During our nutrition activity we will learn about peaches and in our curriculum we will be learning about "Spring Is Here!", "Shades of Blue and Green and "Watch My Garden Grow". We will continue to introduce the letters of the alphabet and review the letters we have already learned.

Ms. Kathie & Ms. Yulonda

Room 902

Hello families! This month we will be learning about Spring, shades of blue and green and the 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 12-16th.

Ms. Nicky and Ms. Jessyal

Room 903

We have a lot going on in March! We will be discussing St. Patrick's day this month. We are learning about peaches, shades of blue and green and about gardening. We will also be working on adding, identifying our letters and sounds. We will be experimenting to see what plants need to live. The

children will be making predictions on what will happen to each plant and then they will collect data on it. We will be introducing the children to our class pet and naming him. Spring break is from March 9-16. Remember after Spring break we will be serving the children cafeteria style and there is no more nap time.

Mrs. Norma & Mrs. Margorie

Room 904

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.

**March Birthdays Devent March 15 Jayceon March 30
!Ms. Amy & Ms. Shirley**



HS Classroom Staff

- 806 Megan Berube / Jacqueline Clark
- 812 Jacqueline Lorenzo / Shelby Deramus
- 901 Yulonda Miller / Kathie Isaacson
- 902 Nicki Longworth / Jessyal Acevedo
- 903 -Norma Pedro / Margorie Haimes
- 904 Amy Doyle / Shirley

Medical Oral/Heath

Coordinator

De'Lilliam

Richardson Ext. 214

Family Advocates

Martha Lawson Ext. 210

Lynda Kersey Ext. 209

Elizabeth Velazquez

Ext. 249

Celina Degollado Ext.

213

School Daily Time

HS—8AM-2:30PM

EHS—8:30Am - 4:30PM

Extended Care

7:30AM to 5:30PM

Home Activity

KIDS CAN HELP:

DIRECTIONS:

- Crack egg into a small bowl.
- Add milk and blue food coloring.
- Whisk together.
- Add diced ham.
- Pour into preheated and greased skillet.
- Stir a couple times while cooking until water begins to separate from eggs (this is moisture from the milk).
- Serve immediately with hot toast and jelly and juice.



The Positive Side of Things



ROUTINES: Children will transition more smoothly with routines to help them to know what to expect. Regular bedtime schedules and morning routines are especially beneficial. If your child has extra difficulty transitioning, consider creating a simple chart to hang on the refrigerator with expectations.

CHOICES: When your child has the opportunity to choose, he/she may be more cooperative. For example, you might give the child the choice between brushing his/her teeth first, or getting dressed first, or a choice between two pieces of clothing (blue shirt or red shirt). By allowing your child to choose, you empower him/her to be a willing participant.

EXPECTATIONS: When working toward getting the routine down, remember to take time to hug or express love. We get so busy getting the day started, that we can easily overlook the most important things. Take a few minutes to reassure your child that he/she is valuable to you.

RECOGNITION: Catch your child doing “good” and tell them you noticed. We all enjoy being recognized for what we do well or right and by doing so for your children, you will help to build a healthy sense of self esteem. It can be a very small thing with a very large reward. For example: “Suzy, I noticed that you were ready to walk out the door before I was, great job getting ready for the day.”

I Am Moving, I Am Learning (IMIL)

Getting prechoolers moving can be especially helpful on a rainy day when they cannot go outside to play. Additionally they allow students to work on their gross motor and fine motor skills. These games also often involve music and allow students to think creatively.

Read more: [Indoor Preschool Movement Games | eHow.com http://www.ehow.com/list_6607282_indoor-preschool-movement-games.html#ixzz1Irts8E9H](http://www.ehow.com/list_6607282_indoor-preschool-movement-games.html#ixzz1Irts8E9H)

Provide [scarves](#) and a clear space for the students to move around. Play several different types of music, and allow the students to get up and dance or move to the music. As you do this, discuss with the children how the music makes them feel and how they can use their movements to reflect the music.

Have the children form a large circle. Choose one child to stand in the middle of the circle. Put on some music. The child in the middle must perform an action to the music such as clapping, marching or toe-tapping. The rest of the group imitates the action. After about 30 seconds, the child in the middle points to a classmate and switches places with him. The game continues with the new person in the middle choosing an action. Make the game more interesting by introducing the children to a variety of dance moves throughout the year.

Put a twist on the traditional game of musical chairs. Place [carpet squares](#) around the room. Make sure there is one square for each child. Play music and ask the chil-

dren to dance around the room. When the music stops, each child must find a carpet square to sit on. Remove one square and play the music again. As the carpet squares are removed, the children must begin sharing them. See how many children are able to sit down when only a few squares are left. Use hula hoops if carpet squares are not available.



March News

FROM YOUR FAMILY ADVOCATE

835 School Street Brooksville, FL 34601
352-754-2464 Fax: 352- 544-8041

EDUCATION CENTER INFORMATION

Pasco Hernando State
College: [\(352\) 796-6726](tel:3527966726)

Student Development:
Financial Aid Information

Early Learning Coalition
Phone: (352) 754-5068
School Readiness, a financial assistance program for working families and the State of Florida's Voluntary Pre-Kindergarten (VPK) program for all 4 and 5-year old children.

ATTENDANCE IS VERY IMPORTANT.

Don't forget to call if your child is going to be late or absent.

TALENT SHOW WANTED:

**Performers: Singers,
Dancers, Poets, Actors,
Comedians**

**We need your Talent for
our upcoming Talent Show**

National Professional Social Worker Month

Every March, the valuable services provided with empathy and dedication by social workers across the country are recognized.

Social workers across the country work as advocates, advisors, counselors and facilitators in schools, clinics, businesses and government offices.

In their roles, they provide support to people of all backgrounds, to communities and to employers in both crisis and just everyday life situations.

**This month's theme is "Bite into a Healthy Lifestyle,"
focusing on exercising regularly and making the best
food choices.**

National Nutrition Month is an educational campaign focusing on the significance of physical fitness as well as eating nourishing meals. Taking charge of your health contributes to overall wellbeing; as well as losing weight or staying at your ideal weight, which reduces risks of chronic illness such as heart disease and diabetes.

Dates to Remember

Parent Meeting/Talent Show: March 7, 2018 Wed

Parent Planning Meeting/Spring Festival:

March 21, 2018

Policy Council Meeting: March 27, 2018

SAVE THE DATE: Spring Break:

March 12-16, 2018

Holiday: March 30, 2018

Spring Festival: April 20, 2018



Parent to Parent News

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.

~Head Start Staff~

Book of the Month



The story tells of a fish with shiny, multi-colored scales named Rainbow Fish. He has blue, green, and purple scales; and among them, he has shiny silver scales. He is always fond of his scales. One day, a small fish asks him if he could have one. Rainbow Fish refuses in a very rude way. The other fish are very upset about his behavior and don't want to play with him anymore. Feeling upset, his only remaining friend, the starfish, tells him to go visit the mysterious octopus for advice. Rainbow Fish finds the octopus and asks what he should do. The octopus tells him that he must share the beauty of his scales with his friends. She tells him to share his scales with each of the other fish. And she continues to him that he may no longer be the most beautiful fish in the ocean, but he will discover how to be

School Readiness Goals

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

Goals

CGK 2. Develop life skills and independence through everyday

PMD 1. Demonstrate control of large and small muscles

PMD 2. Develop and practice healthy and safe habits

SED 2. Develop and maintain positive relationships

Community Events



THINGS YOU CAN DO WITH YOUR CHILD DURING THE HOLIDAYS

- ◆ Put on a Puppet Show
- ◆ Make Photo Crafts and Scrapbooks
- ◆ Have Some Science Fun
- ◆ Make a Dessert
- ◆ Play Games





*Check out our
Product and Safety News*



Top Food Recalls

Safe Kids is committed to keeping you informed about recalls of products that can put kids at risk. This recall report includes more than 17.3 million IKEA Malm dressers (reissued recall) and protein bars which might contain plastic foreign matter. The Safe Kids' recall center is a unique place where parents and caregivers can go to stay up-to-date on recalls of all child-related products.

Meijer Greek and Low-Fat Yogurt Products
Possible presence of glass pieces

Southern Grove Unsalted Almonds
Undeclared wheat and soy

Saker ShopRites Empanadas
Undeclared egg

Top 7 Recalls



Fire Extinguishers
Kidde: 40.5 million

"Step-It" Activity Wristbands
McDonald's: 33 million

Chests and dressers
IKEA: 17.3 million

Storage Furniture
Lane Home Furniture: 12 million

Coffee Makers
Keurig: 7.2 million

Macaroni & Cheese
Kraft: 6.5 million

Notebook Power Cord
HP: 6 million



March International Women's Day



In the Kitchen with your Child

Ingredients

- 4 large strawberries
- 2 Bananas
- 100g natural yogurt
- 200g dark chocolate
- 1 tbsp hundreds and thousands
- 4 wooden lolly sticks

Directions

- ◆ Peel the bananas and trim off the very ends if you'd like them neater. Then chop them each into 4 equal-sized chunks. Thread a strawberry onto each lolly stick first, then push on the pieces of banana.
- ◆ When all your banana pops are made lay them on a baking tray and put in the freezer, uncovered, for 1 hr.
- ◆ Put the yogurt into a tall glass or jug then dip each banana pop into the yogurt to coat (avoiding the strawberries), then place back onto the tray to refreeze until set.
- ◆ Melt the chocolate in the microwave in 30 second bursts (stirring after each blast) then pour into a mug. Dip the end piece of each banana pop in the chocolate then sprinkle over the hundreds and thousands.
- ◆ The chocolate should set pretty much instantaneously, but you can keep them in the freezer until you want to serve them for up to 1 week.





From the Disability Services Specialist

Spring break is quickly approaching. Are you wondering what to do with your child.... what are the both of you going to do together? Here are some suggestions....

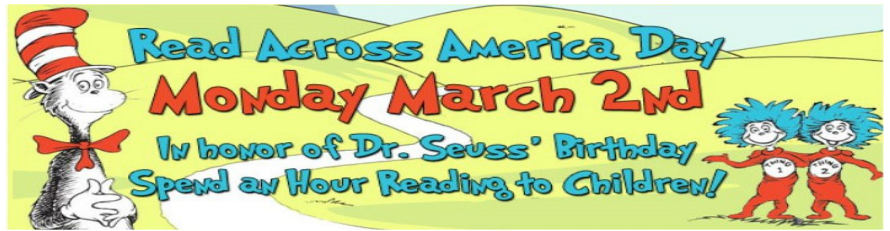
Concept development: provide appropriate games that require thinking. For example, puzzles, blocks and sorting toys. Let them help around the house and count objects while their helping to set the table for dinner or counting how much snack everyone gets.

Health and Physical development: go outside, play, get exercise and don't forget to go to the library. Allow your child time to dress him/herself, allow them to use scissors to cut pictures out of magazines.

Language: talk with your child, use questions that require more than one word answers. "What do you think?" "How did you do that?"

Literacy: read, sing, and write. Point out print everywhere; cereal boxes, signs, restaurants, books. Sing familiar songs like nursery rhymes. Give your child materials for writing, accept their trials and errors and focus on what they can do.

HAVE FUN!



NEA's Read Across America is an annual reading motivation and awareness program that calls for every child in every community to celebrate reading on March 2, the birthday of beloved children's author **Dr. Seuss**.

Dr. Seuss

American author

Theodor Seuss Geisel was an American author, political cartoonist, poet, animator, book publisher, and artist, best known for authoring more than 60 children's books under the pen name Doctor Seuss.

[Wikipedia](#)

Born: March 2, 1904, [Springfield, MA](#)

Died: September 24, 1991, [La Jolla, CA](#)

Movies and TV shows: [The Lorax](#), [MORE](#) Did you know: Dr. Seuss is the ninth-best-selling fiction author of all time (estimated 500 million copies sold).



Hey Parents! Simple Reminders!

Your Little Ones have adjusted well to their new teachers, friends, and routine during the months. You have done a terrific job of reassuring your children that you will return to reunite with them as soon as class is over. The children appear to feel secure and free to explore their new classroom, make new friends and develop new skills. Thank-you so much for all your help and support. You are the best!



Encourage your child to wash his/her hands before and after school, especially during the upcoming cold and flu season. We will continue to encourage hand washing here at school.

We are thankful for you and your Family!



Policy Council Notes

February 2018

The February Policy Council Meeting was held on Thursday, Feb. 22nd at Mid Florida Head Start/Early Head Start Administrative Offices in Hernando and Volusia Counties via video conference. Fourteen policy council members were present. Twelve staff members were present.

The attendance rate of several classrooms fell below 85% last month. The primary reason for absences was illness.

The following reports were approved: *Budget, Credit Cards, Enrollment/Attendance, Meals and Snacks, Service Areas and Centers*. Parent Activity requests for EVEC and Jo Sheppard were approved. New hires for the following positions were approved: One substitute teacher - Hernando ; Three substitute teachers - Volusia; One Early Head Start Teacher at Malloy - Volusia; One Early Head Start Teacher at Oakridge-Volusia. The submission of an Early Head Start grant application in the amount of \$154,612 was approved.

Denise Thompson, Disabilities Services Coordinator, made a presentation about Disabilities Services provided by the Head Start/Early Head Start program. She explained how the program helps children prepare for school by conducting developmental screenings (if consented by parents), providing referrals for additional evaluations and individualization.

The program is set to expand soon with the opening of one more Early Head Start classroom at the Malloy center and one more at the Hernando center. The program's recent proposal to provide child care services at Hope Place, a transitional housing community in Volusia, has been accepted and negotiations to initiate the services are in process. The program will open classrooms at this location in the near future.

The annual audit for the agency has been completed. The audit resulted in no findings. The federal review visit was conducted during the week of Feb. 12th. We are awaiting information as to the outcome of the visit.

The next meeting is scheduled for Thursday, March 22nd at 10am and will be conducted via video conference. Members will meet in the conference room at the administrative office in their county.