

Brooksville Head Start Parent Newsletter

October 2017

Program of Excellence
Mid Florida Community Services, Inc.

Volume 1—Number-2

Fall Prevention: Playground Injuries

Overview

Each year in the United States, emergency departments treat more than 200,000 children ages 14 and younger for playground-related injuries (Tinsworth 2001).

Occurrence and Consequences

About 45% of playground-related injuries are severe—fractures, internal injuries, concussions, dislocations, and amputations (Tinsworth 2001).
About 75% of nonfatal injuries related to playground equipment occur on public playgrounds (Tinsworth 2001). Most occur at schools and daycare centers (Phelan 2001).
Between 1990 and 2000, 147 children ages 14 and younger died from playground-related injuries. Of them, 82 (56%) died from strangulation and 31 (20%) died from falls to the playground surface. Most of these deaths (70%) occurred on home playgrounds (Tinsworth 2001).

Cost

In 1995, playground-related injuries among children ages 14 and younger cost an estimated \$1.2 billion (Office of Technology Assessment 1995).

Groups at Risk

While all children who use playgrounds are at risk for injury, girls sustain injuries (55%) slightly more often than boys (45%) (Tinsworth 2001).
Children ages 5 to 9 have higher rates of emergency department visits for playground injuries than any other age group. Most of these injuries occur at school (Phelan 2001).

Risk Factors

On public playgrounds, more injuries occur on climbers than on any other equipment (Tinsworth 2001).
On home playgrounds, swings are responsible for most injuries (Tinsworth 2001).
A study in New York City found that playgrounds in low-income areas had

more maintenance-related hazards than playgrounds in high-income areas. For example, programs in low-income areas had



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Welcome Back!!! Important Dates to Remember

October 3, 2017 EHS
Ribbon Cutting
October 12, 2017 @9:00am Par-
ent Meeting

October 13, 2017 In-Service Train-
ing
October 16-20th, 2017 Head Start
Awareness Week
October 26th. Fall Parade

From Your CDS

By Chantal A. Duncan, M.Ed.

Child Development Specialist

Hello Families,

Fall is here again! This is the time of the year where in certain parts of the country, the leaves change and the weather gets cooler. It is time to celebrate the seasons changing. As the seasons change so will our focus in the classroom. We have nutrition activities planned, male involvement planned and our Fall parade.

The teachers are working so hard to get your child ready for kindergarten. Remember since you are your child's primary teacher, we are asking you to take part in your child's education and ask questions, volunteer in your child's classroom, complete and return your child's educational home activities which are sent home twice a month, attend monthly parent meetings, activities, support the teachers, and bring your child to school daily. Please remember to dress your child in closed toe shoes and bring a set of changing clothes since the weather is now cooler and in the event of an accident.

I am always available to chat if you should have questions or concerns. I **can be reach at 352-754-2464, extension 245.** I am looking forward to Fall and all of the exciting and fun events we have planned for your children.

Bulletin Board Contest

Mark your October Calendar

October 3, 2017	EHS Ribbon Cutting
October 12, 2017 @9:00am	Parent Meeting
October 13, 2017	In-Service Trainig
October 16-20th, 2017	Head Start Awareness Week
October 26th.	Fall Parade
October 26, 2017	Policy Council

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!

Upcoming Events

Parent Activity - Date & Time TBA

Be The Difference

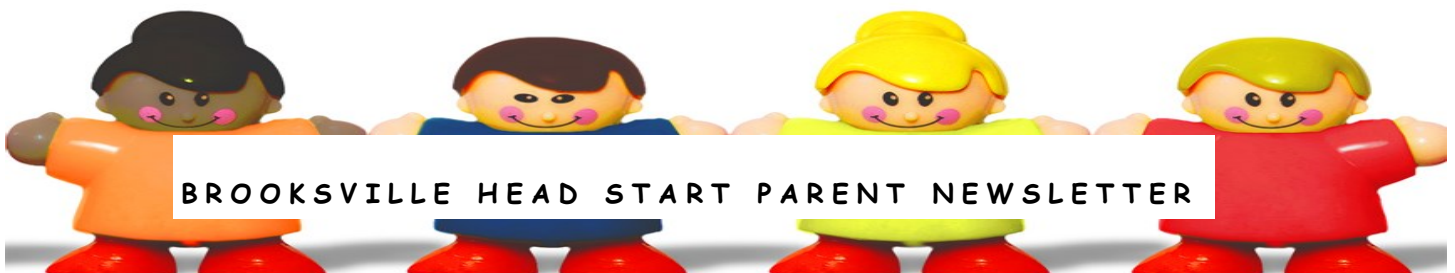
Classroom **News**

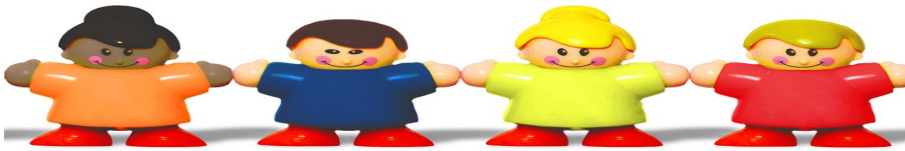
Class 806

We are happy to see how our children are enjoying the activities and new experiences in our classroom.

During the month of October we are continue working on social skills, practicing different scenarios with our Second Step curriculum. "Self-esteem", "How to be friends", and "Who is my family" are some of the themes that we will be covering. We will be working on: Identifying feelings and Identifying Anger and how we can manage appropriately those feelings.

We will continue doing different activities to develop fine





attend the Open House October 19th
from 3-5pm.
Ms. Nicky and Ms. Jessyal

motor skills, gross motor skills, and coordination in order to get the children ready, developing writing skills.

Our next themes are: "Using My Senses", "Outside Our Doors", and "We are Detectives". Also we will listen to fun stories and working with new vocabulary.

For our *Male Involvement Activity* we are planning to carve a pumpkin. The date and time will be announced soon so you can come and join us.

Thank you for your help and support in our classroom.

Thank you,

Ms. María & Mrs. Jackie
Classroom 806

Room 812

We are learning a lot about each other and having wonderful experiences in our classroom. We will learn about our five senses and talk about the colors we see around us and patterns we can find in animals and objects. We will introduce the letter t, Oo, and Xx.

Ms. Kathie & MS. Shelby

Room 901

During the month of September, we have been focusing on learning the daily routine, making good behavioral choices, being attentive, and keeping ourselves and others safe. We are exploring letters, numbers, shapes and colors while learning to identify similarities and differences. Our students are

making steady progress toward their learning goals.



A big "shout out" and Thank You goes out to the wonderful people who provide our breakfast and lunch each day. Our healthy bodies appreciate all the time and positive effort that goes into supplying hot food every day!! Thank you!

Please make every effort to have your child here and ready to learn by 8:20. We begin our Morning Meeting promptly at 8:30. Because this is such an important time of learning, your student must be in place and prepared to participate! Thank you for your attention to this concern! We appreciate our parents!!

Miller/Wright Hernando 901

Room 902

Hello Parents! This month we are continuing to go over our classroom expectations. All the children are excited to tell us all about the homework they have been doing especially our All About Me posters. We learn so many new things about each other. Our classroom lessons will focus on: Healthy eating, Moving the Mail, The Dentist Office, and Visiting the Doctor. We encourage all our families to

School Daily Time

HS—8AM-2:30PM
EHS—8:30Am - 4:30PM
Extended Care

Medical Oral/Heath Coordiantor

De'Lilliam Richardson Ext. 214

Child Development Specialist

Chantal Duncan, M.Ed.

EHS Classroom Staff

- 807 Linda Brown / Cathleen Chapman
- 809 Dionne Williams / Michelle Maldonado

HS Classroom Staff

- 806 Maria Martinez / Jacqueline Clark
- 812 Rita Watson / Shelby Deramus
- 901 Jeananne Wright / Yulanda Miller
- 902 Nicki Longworth / Jassiel Acevedo
- 903 -Norma Pedro / Margorie Haimes
- 904 Amy Doyle / Shirley

Family Advocates

Martha Lawson Ext. 210

Lynda Kersey Ext. 209

Elizabeth Velazquez
Ext. 249

Home Activity

2 min Cook Time 2 hr
Serves 2

Warm Cinnamon Apple
Chips

Ingredients

- 5 apples
- 2 teaspoons cinnamon
- 3 teaspoons brown sugar

Instructions

1. Preheat oven to 200 degrees .
 2. Thinly slice apples. On a greased baking sheet, arrange apple slices so they aren't overlapping.
 3. In small bowl, combine sugar and cinnamon. Sprinkle on top of apple chips.
 4. Bake on the top rack of your oven for 2 hours until chips are dry and crisp.
- Remove from oven and let them cool com-



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 reinsure your child that he/she is valuable to you.

RECOGNITION: Catch your child doing "good" and tell them you



I Am Moving, I Am Learning (IMIL)

Getting precoolers 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



FROM YOUR FAMILY ADVOCATES

Mark your Calendar October

Parent Advisory Meeting
10/05/17 @ 9 a.m.

Monthly Parent Meeting
10/11/17 @ 9 a.m.

Policy Council Meeting

School Daily Time

HS—8:30AM-
2:30PM

EHS—8:30Am -
4:30PM

Extended Care
7:30AM to 5:30PM



People you need to know

Family Advocates 352-754-2464

Martha Lawson Ext. 210

Lynda Kersey Ext. 209

Elizabeth Velazquez Ext. 249

Celina Degollado Ext. 213

Do you Know :

Breast cancer is the second most commonly diagnosed cancer among women (second to skin cancer.)

Women ages 40 to 44 should have a choice to start annual breast cancer screening with mammogram.

Women 45 to 54 should get mammograms every year.

Women 55 and older every 2 years

Why Parent Engagement Is Important

According to research, the most accurate predictor of a Child's achievement in school is not income or social status, but the extent to which that child's family is able to do for them .Create a home environment that

Bullying
STOPS
HERE!

IF YOU NEED HELP,
PLEASE DON'T
BE AFRAID TO
TELL SOMEONE!



Bullying Prevention

Bullying prevention month is a time when schools and organizations across the country are encouraged to come together in an effort to educate the public on the impact of bullying and raise awareness about bullying prevention. As a parent of young children you want to help your child develop empathy and react with kindness and understanding when interacting with other children and adults, The most important thing is to remember is to be a role model for your child. Teach-

Mid Florida Community Services, Inc. Head Start
School Readiness Goals



**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 news-

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

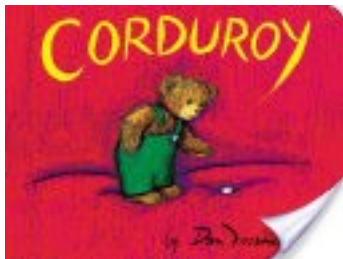
Cognition and General Knowledge

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

Book of the Month



A toy bear who is anxious to have a home is befriended by a little girl who is willing to spend her own money to buy him.

At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents.

Jane D. Hull

Read more at: <https://www.brainyquote.com/quotes/>

Community Events

Kid Movies at East Hernando Branch Library

Come to the library and enjoy a family friendly film. Check calendar for dates and times.

Learn more!

Free: Yes
Area: Hernando County
6457
mere Road,
ville, FL,
(352) 754-



Wind-
Brooks-
34602
4043

**THINGS YOU CAN
DO WITH YOUR
CHILD**

*Return your home activities to your child's teacher. You will receive two home activities each month.

*Read a book together with your child daily.

*Have your child retell a favorite story to you.





Check out our
Product and Safety News



Sabret Hot Dog Products

Possible foreign matter contamination

Woodstock Organic Matcha Vanilla Oats

Possible Listeria contamination

Silver Star Chipotle Queso Dip

Undeclared allergens

[http://www.safekids.org/
product-
recalls#sthash.6JbMbUKu.dpuf](http://www.safekids.org/product-recalls#sthash.6JbMbUKu.dpuf)



"Step-It" Activity Wristbands

McDonald's: 33 million

Chest and Dressers

IKEA: 27 million

Storage Furniture

Lane Home Furniture: 12 million

Coffee Makers

Keurig: 7.2 million

Macaroni & Cheese

Kraft: 6.5 million

Notebook Power Cords

HP: 6 million

[http://www.safekids.org/product-
recalls#sthash.6JbMbUKu.dpuf](http://www.safekids.org/product-recalls#sthash.6JbMbUKu.dpuf)

Kids Science Experiment: Apples

Have your child experiment with two plates of sliced apples. On one plate have them pour lemon juice on top and on the other use no lemon juice. Leave it to sit for 30 minutes and go back to see the results of their experiment.

Easy Apple Recipes for Younger Children

Apple Recipe for Waldorf Salad

4 Cups shredded iceberg lettuce, optional

2 red apples, diced

1 Tablespoon lemon juice

$\frac{1}{4}$ Cup grapes, halved

$\frac{1}{2}$ Cup walnuts, chopped

2 stalks celery, sliced

$\frac{1}{2}$ Cup Plain yogurt, optional

If using lettuce shred and place in bowl. Set aside. Have adult dice apples. Pour lemon juice over apples so they won't turn brown. Add grapes, walnuts and celery to apples and stir together. Stir yogurt over top and mix together. Serve as is or mixed with lettuce.



What You Do and Don't Want to See in a Preschool Classroom

A Good Preschool for Your Child



What you want to see

Teachers provide a curriculum and meaningful classroom activities that challenge children to explore their interests, acquire knowledge, and build new skills. At the same time, children can practice skills, achieve goals, and experience success so that they gain self-confidence, feel proud of their accomplishments, and learn to love learning.

Teachers arrange the classroom to give children easy access to toys and other materials. Children have the space to interact with their peers and adults—one-on-one and in small and large groups.

Teachers maintain a safe, healthy environment and carefully supervise the children at all times.

Teachers take adequate safety precautions so that children can take age-appropriate risks. For instance, 3- and 4-year-olds can help bake cookies and, with a grownup's assistance, use pot holders to take the baking sheets out of the oven.

Teachers plan a balanced schedule in which children don't feel rushed or fatigued.

Teachers nurture children's developing language and communication skills in English and in the children's home languages. They talk to the children, listen to their responses, and provide opportunities for children to share information, ideas, feelings, and so on with each other.

Teachers help children get the most out of every learning situation. They make comments, ask the children questions about what they are doing, suggest other things to do, and add new challenges as the children are ready for them.

Teachers set clear limits about acceptable social behavior. At the same time, they know that many preschoolers can get easily frustrated and are not always able to express their feelings verbally.

Adults read to the children every day—individually, in small groups, and sometimes as a whole class. Teachers help the children talk about what they have heard and help them relate the stories to activities in the classroom or at home.

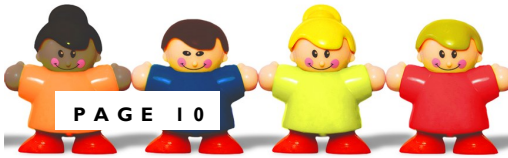
What you don't want to see

Teachers give children tasks that they find boring or too easy—such as gluing precut shapes onto pieces of paper. -OR- Teachers have expectations that are out of line with the children's developmental capabilities—such as expecting a 3-year-old to write his name legibly.

The classroom is disorderly; children wander around, not really becoming involved in activities. -OR- The environment is so rigidly structured that children are not free to explore materials or interact with others. For instance, all the markers and crayons are put away on a high shelf, and the children must ask to use them.

Teachers are inattentive and careless about monitoring children's safety indoors and outdoors. -OR- Teachers are so nervous about safety that children feel constrained. For instance, children are not allowed to ride tricycles around the playground although the track is free of obstacles.

Teachers say they are teaching the children to be independent, when in fact they put them in dangerous situations. (For instance, they allow a 3-year-old to chop vegetables with a sharp knife.) -OR- Teachers do things for children that they could do for themselves, such as pour juice or prepare bread dough, because it is faster and less messy.



From the Disability Services Specialist

Ms. Rita Wilson is our Disability Services Specialist for the Brooksville area. She is located in room 808 if you should have questions about your child/ children regarding referral of services.

Policy Council Update

The **September Policy Council meeting** was held on Thursday, September 28th at 10:00am at Lake Sumter State College in Leesburg. Eight 2016-17 policy council members were present. Two community members were present. The Mid Florida Community Services Board of Directors liaison was also present. Numerous members of the Mid Florida Head Start/Early Head Start Administrative Team were present. Several newly elected 2017-18 Policy Council representatives attended. The new representatives could not vote during this meeting because they have not received the Policy Council training yet.

The following reports were *discussed*: Budget, Credit Cards, Enrollment/ Attendance, Meals and Snacks, Service Areas and Centers.

The following items were *reviewed*:

Family Engagement Plan - Several parenting curriculums have been reviewed. One will be selected for our program.

PIR (Program Information Report) - Highlights of 2016 -17 Head Start services included a high percentage of well credentialed staff, positive health outcomes and an increased focus on capturing male involvement). Policy council members were asked about their training needs. Any future training interests or needs should be sent to Family Advocates.

Awards were presented to parents who completed 1 year of service and 3 years of service on the Head Start Policy Council. Kim Ferwin (Spring Hill Center), Adelani Adekunle (Horizon Elem.), James Norton in absentia (Center), Juan Echezebal (Holly Hill Elem.). Community members Chuck Moreau and Jackie Davis also received service awards. A plaque was given to Trevene Christian-(Westside Elem.) for committed service as Head Start Policy Council Chairman. Each recipient gave a short speech highlighting how Policy Council has benefitted them and encouraging new representatives to expect good things from their involvement with Policy

Hey Team, It's Fall! Simple Reminders!

There is so much to think about. Getting to know your children's teachers, getting them to school on time.

Wondering what their school work look like, yes even in PreK, they get school work and **YOU** can help them learn.

Sleep Safety and Suffocation

There is nothing more beautiful than a sleeping baby, especially for parents who are often overtired themselves. By following a few simple tips, you can create a safer sleeping environment for your baby.

The Hard Facts

Unintentional suffocation is the leading cause of injury-related death among children under 1 year of age. Nearly three-quarters of suffocation deaths among infants are from accidental suffocation or strangulation in bed.

Top Safety Tips

Because most infant suffocation occurs in the sleeping environment, babies should always sleep in a safe crib, bassinet or pack-n-play.

Lay your baby on his or her back for every sleep.

We know that stuffed animals, bumpers and all those cute accessories make a baby's crib seem warm and cozy. Unfortunately, they can often do more harm than good. Soft bedding can block a baby's airway during sleep. A firm mattress covered with a tight-fitting crib sheet is all you need to make your baby sleep like a baby.

Room-sharing is a safer option than having your baby sleep in bed with you. Place your baby's crib, play yard or bassinet in your room for more convenient feeding and close contact.

Remember to always return your baby to his or her own crib when you're ready to go back to sleep. This is tough sometimes because parents are often more tired than the babies, but it is much safer.

https://www.safekids.org/safetytips/field_risks/sleep-safety



Lay your baby
on his or her
back for every
sleep.