

**Happy  
New Year!**



## **Holly Hill Head Start January Newsletter**

From the Desk of: Jennifer Tinstman CDS

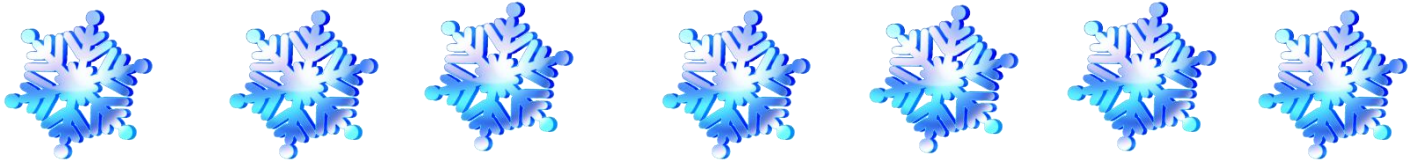


### **Welcome Back**

It is amazing how quickly we have reached the New Year! I hope you had a wonderful break!! We are happy to see all your smiling faces back at school. We wish you all a Happy 2017 and look forward to all the exciting events to come throughout the rest of the school year. As studies show it is important for children to stick to a routine so it is important that we all get back to our daily schedule so that the children continue to move forward in their learning. They have made so much progress since the school year began. Thank you in advance for continuing to make school attendance a priority.

As January begins, I wish all of you a happy & healthy year ahead! When thinking about New Year's resolutions, please make school participation one of your priorities. Your school family and your child(ren) will be very happy for your involvement and support.





## From FA's desk

We want to say welcome back to a new year of school with new expectative. I hope that all of you had a great holidays.

### 10 Tips to Help You Achieve Your New Year's Health Goals

With the new year comes the opportunity for a fresh start. For many people, this means leading a healthier lifestyle and losing weight. If this is your goal, follow these tips to stay on track.

#### 1. Find Your Motivation

What is motivating you to lose weight? Do you want to look better in your clothes, feel more energetic, or simply improve your health? Get clear about what you want, and then use that to inspire you throughout your journey.

#### 2. Have a Plan

If you were to go on a long road trip, you wouldn't just jump in the car and go. If you did, you'd arrive hungry, tired, and fatigued. That's the same way you'd feel if you jumped into a whole new lifestyle with no planning. Before January 1st arrives, outline the changes you want to implement and decide how you'll fit them into your schedule. Keep in mind that it may be best to take steps rather than tackle everything at once.

#### 3. Make Goals

Goals help measure progress. If you don't know where you want to end up, you won't really know how to get there. When making your goals, you need to make SMART goals:

- Specific
- Measurable
- Attainable
- Realistic
- Timely

#### 4. Track What You Eat

Looking closely at what you eat is often an eye-opening experience. Use FitDay's free online Calorie Counter and Fitness Log to keep track of everything you put into your body. You don't have to do it for the rest of your life, but it is a great habit to start. Tracking will help you tweak your diet so that you can still enjoy foods you love without sabotaging your weight loss or healthy eating efforts.

#### 5. Use Reliable Resources

It may be tempting to try a fad diet, but these are usually unrealistic, difficult to maintain, and sometimes even dangerous. Instead, find a reliable source of information to help you understand nutrition. The USDA offers a number of tools and resources, or you can consult a registered dietitian in your area. An RD is specially trained and can give you tips and tricks to help you achieve your specific goals.

#### 6. Eat Breakfast Every Day

Surely you've heard that breakfast is the most important meal of the day. It is! Eat a big healthy breakfast as early as possible. It will give you more energy, lead you to make healthier choices during the day, and keep you feeling full so you eat less later on.

#### 7. Fill Up on Vegetables

Vegetables are filled with nutrients, water, fiber, and very few calories. If you fill half of your plate with vegetables, you'll get fuller faster and cut down your calories without feeling deprived. Use herbs and spices to jazz up vegetables instead of using butter and/or salt to flavor them.

#### 8. Exercise

In order to burn calories at a faster rate and build a healthy body, you'll need to incorporate exercise into your life. Take it slow at first, and then increase your time and/or intensity once you feel comfortable. If you haven't exercised in a while, talk to your doctor to make sure that you are healthy enough to begin an exercise plan.

### 9. Take It Slow

A major mistake many people make when trying to tackle a health resolution is trying to do everything at once. This is almost always a recipe for disaster. Spend a few weeks just trying to achieve 1-2 goals at a time. When you have established new good habits, put a couple more goals on your plate. Remember: You want to make permanent changes, and these will take time to implement.

### 10. Be Prepared for Lapses

A lapse is when you temporarily "fall off the wagon." This is a normal part of the process; no one is perfect. It is important for you to take a moment to recognize that you got sidetracked, but don't use it as an excuse to throw in the towel. Every day is a new chance to start over, so return to your healthy lifestyle immediately

Enjoy your 2017



- January 4<sup>th</sup>, 2017, Resumes Early Release!!
- No class on Monday, January 16, 2017.  
**Martin Luther King**
- Parents meeting January 10, 2017 at 2:15



Classroom 1

HAPPY NEW YEAR!!! Hard to believe another year has gone by and we are now going to be saying "2017." Wow! I hope everyone had a great holiday and wish you all the best for the New Year. Hopefully we have had a little time to relax and slow down a bit as we are coming out of the very busy month of December. We will have some fun themes to talk about in the month of January which will include "Homes We Build," "Down on Farm," "Building in our City," and "Let's Go for a ride." We will continue to work on our letters and beginning and ending sounds, practice our writing skills; identifying numbers and enhancing our cognitive skills through our many readings, we will continue to ask open ended questions to enhance their communication skills, continue to develop social skills through the use of our Second Step Curriculum and enjoy learning through play as we enjoy getting physical fit through our choosey songs.

We would like to thank our parent Shannon Rinehart that continues to provide us with nice clean T-shirts for our trips. Also, the entire staff would like to thank our grandparent Ms. Ofelia Bahoque for cleaning our outside area for all of our children.



Happy Birthday:

Roselyn Bustillo-Sevilla

Ms. Stephanie / Ms. Laura



### Classroom 2

Happy New Year!!! In December we worked on letter **F** and reinforced the letters **S, T, U, O, X, Y, P, and W**. We worked on Holidays around the World and how other cultures celebrate holidays. The children are working on Math, uses one to one correspondence when counting objects. We working on “we feel feelings in our bodies” identified worry as an uncomfortable feeling. We will be reinforcing the shapes, colors, and patterns. The children learn about leafy vegetable, discussing the same and/or differences, and sorting them. The children will be making spinach dip and tasting it. In the month of January, are themes will be Animals Everywhere. Happy Holidays to you and your Family!

Ms. Ada and Ms. Wimberly



### Classroom 3

Happy New Years!!! Welcome back. Hope all of you had a wonderful winter break. For the month of January we will be learning about Animals Everywhere. They will have a lot of opportunities to discuss animals they see. Children will be classifying animals by where they live. In literacy, we will be focusing on the letters & sounds for Ff, Aa, and Zz. In math we will be working on number identification, counting objects, as well as sorting objects by one or more attributes. In our second step curriculum we will be discussing managing anger, managing waiting, and fair ways to play.

We would like to take this opportunity to remind you to please check your child's cubby and make sure there is at least one change of clothes available. Folders will continue to go home on Friday and be returned back to school on Monday. We are missing several folders, please look around your home to see if you have one to return.

Happy Birthday Azaleaha

Ms. Sheila /Ms. Brooke



#### Classroom 4

We hope you all had a wonderful Christmas Holiday and a Happy New Year!! As we enter 2017 we hope all of our students are ready to get busy moving and learning. The first couple of weeks, we will be reviewing our classroom rules and discussing what behaviors are appropriate for the classroom. We will be reviewing letters and letter sounds that the students learned before the New Year, as well as other basic concepts we have learned. We will be working on number recognition and counting 20 or more objects. Our themes for the month of January will be Winter Carnival, Building in Our City and Let's Go for a ride. We will be learning about Dr. Martin Luther King Jr. and the impact he had on our community. Please remember to review all basic concepts (Ex. Numbers, shapes, colors and letters) at home with your child. We would like to wish Tristyn Whetherell, Sara Sanchez, Mauricia Bustillos a Happy Birthday!!!!

Ms. Keyanna / Ms. Katherine



#### Classroom #5

Happy New Year! We have completed 2016 and we are moving forward to this New Year with more fun and exciting adventures as we prepare our students for the next grade. We would like to thank all of our parents who came out for our last parent activity and those who helped with wrapping the gifts for the children. Thanks for your support and assistance in making 2016 a successful year. We look forward in working with you to make 2017 a great year also. This month we will be working on Building in the City, Let's go for a walk, Homes we build, down on the farm and More Nutrition lessons. Special greetings go out to Arnold who is celebrating a birthday on 1/26. Our next parent meeting will be on 1/10/17. Please come and join us and be informed on what is going on in your child's school. We look forward to seeing you and working with you to make this school year a success also. We would like to remind you to bring a change of clothing appropriate for the weather. The weather is changing and we do not want our children getting sick. Please check your child's box for papers or any important information we need your attention on. Thanks again for your support and assistance in making 2016 a successful school year.

Mrs. Gaynell & Ms. Deborah



# POLICY COUNCIL REPORT



## Policy Council update for December 2016

The December Policy Council meeting was held on Tuesday, December 13<sup>th</sup> at 10:00 am via video conference. Fourteen policy council members ( 12 parents and 2 community partner members) were present.

The following persons were approved for hire:

**Dawnelle Noles**, Program Substitute – Volusia (east side)

**Yeymary Gordian**, Center Aide – Coleman Center, Volusia

The following reports were approved: Budget and Credit Cards, Enrollment/Attendance, Meals and Snacks, Service Area and Center. Three parent activity requests were approved.

The Galileo Outcomes Analysis Report and six new educational procedures were reviewed.

The next Policy Council meeting is scheduled for Thursday, January 26, 2017 at 10 am. It will be a face to face meeting in Leesburg.







Holly Hill Head Start

Parent's Meeting Minutes

Day: 13 Month: 12 Year: 2016

- Parent Meeting started at: 2:15pm
- Parents were greeted by: Ms. Tiwanda and Ms. Betsy
- The Pledge of Allegiance was lead by: Mr. Juan Echezabal
- Minutes for the parent meeting taken by: Betsabe Glenn
- Parents were notified of coming Important Dates:
  - Christmas break on December 21<sup>st</sup> – January 3<sup>th</sup>
  - Classes resume on January 4<sup>th</sup> 2017
  - Early release dates on January 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> at 1:00pm.
  - Holly Hill Head Start Boutique on December 20<sup>th</sup> at 11:00am, free clothes, shoes for children and Adults
  - Next parent meeting on January 10<sup>th</sup> at 2:15pm
  - No school on November 23<sup>th</sup>, 24<sup>th</sup> and 25<sup>th</sup> Thanksgiving weekend. Classes resume on Monday the 28<sup>th</sup>.

**Notes:**

-CDS : spoke about Galileo to the parents. -FA 's spoke that the next month will be having a Money training, that the parent will be choosing



what subject do they want us to talked.

-Ms. Stephanie Bell spoke about that the children will be focus on communicating with the world  
As we embark on various cultures from around the world. They will continue to review lesson  
from our second step curriculum, like letters, numbers, sounds, colors and shapes as we continue  
to use our five senses as things change around us.

-Ms. Ada Rios spoke about that classroom 2 and 3 are working reviewing letters and sounds.  
In math counting objects to 5, and work on number recognition.

Meeting adjourned at: 2:45pm Presents: 15 Parent Committee: 1 Staff: 8

Minutes taken by: Betsabe Glenn

