



# Osteen Head Start Newsletter

## April, 2017



### Policy Council Report March Policy Council Update

The March Policy Council meeting was held on Thursday, March 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 (9 parents and 4 community partner members) were present.

Two persons were approved for hire.

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

*An overview of the Second Step Curriculum was provided by Damaris Conner, Education Manager. Parents are encouraged to ask their children about the puppets in their classroom.*

Our Quality Assurance Manager - Jeff Heyne, presented the proposed Early Head Start program selection criteria. He explained the additional points available for foster care, homelessness and sibling in Head Start.

Heidi Rand announced that the program has been notified of its selection as an Early Head Start Grant Recipient. The grant will allow us to provide quality child care services to 112 children between birth and 3 years old. This funding will allow for new positions. The first phase of the program expansion will include open-



### Family Advocates News

By. Annette Gregory

We are now taking new applications for the 2017 -2018 school year! Please help spread the word to any families with children ages 3 and 4. If your child will be attending VPK here in the fall, please go on line and get your VPK certificate at [www.elcfv.org](http://www.elcfv.org). If you need assistance with how to apply for the certificate please see me. I will be glad to help.

### Notes from Mrs. Jennifer Fowler Child Development Specialist

Dear Parents,

On Wednesday March 29, many of our Head Start parents were able to attend a special program on nutrition and a Farmers' Market at the Volusia County Fairgrounds. The program was a joint project between our Head Start health team and the Family Nutrition Program UF/IFAS Extension. The morning consisted of four presentations: Nutrition Basics, Understanding How Much Sugar Is In Soft Drinks, Decorating Pots and Planting Herbs, and a Healthy Cooking Demonstration.

Did you know that a can of Coca Cola has 16 teaspoons of sugar? Other soft drinks like fruit drinks or punches, Gatorade, and chocolate milk have almost as much. Better choices are white milk, water, 100% fruit juice diluted to 50/50 with water. Water can be flavored with lemons or cucumbers, fresh mint, or blueberries. Just a few slices make it tasty and pretty without adding calories and unwanted sugar.

The cooking demo was amazing and so easy. They made a spinach and potato frittata and an herb-filled green salad. You could make this with your child at home. We will post the recipes on our Face Book page.

### Special Events

**04/07/2017- Field Trip; Freedom Park in Deland**

**04/11/2017 - Parent meeting @ 2:15pm**

**04/27/2017 -Family Engagement Activities**

## Inside Story Classroom 1

By. Mrs. Adela and Mrs. Linnette

We seem to finally be enjoying some warmer weather. "April Showers bring May Flowers!" In honor of springtime, and fueled by our "growing" food segment from March we are going to be learning all about GROWING in April. This is a topic that has all the children buzzing! They are increasingly aware that they are growing bigger and bigger each day, so we will embrace this in our classroom through art, science, and reading this month. We are going to focus on the life cycle of plants in our science area, including activities of: sprouting seeds in the windows, planting plant sprouts for each child to care for, measuring our friends, and re-growing some common vegetables! We will also create collages with various seeds, practice math concepts with sorting and counting seeds, and we plan to take a few "nature walks" to seek out signs of spring.

## Inside Story Classroom 2

By. Ms. Lorraine and Ms. Lee Ann

Hello Parent/Guardian,  
In the month of April the children will be learning all about movement. How our bodies move and how animals move. We will have many activities that involve movement. We will be reviewing all the letters we have introduced along with the numbers. They will also learn that we change and are growing every day and changing. We will be measuring ourselves and others.

Thank you,  
Ms. Lorraine and  
Ms. Lee Ann



## Inside Story Classroom 3

By. Mrs. Amanda & Mrs. Delly

This month we will be talking about: Nutrition, Transportation and Exercise. Through Second Step we continue to work on Unit 3: Emotion Management. Our goals for this unit are to help children prepare for next school year, including cafeteria style lunch and breakfast and no rest time. We continue to work on number and letter recognition as well as all the letter in their names. **We want to encourage our parents to keep working at with your child. thank all the ents for your and support**



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## Parent Meeting Minutes

### March 2017

- Called meeting to order at 2:21pm
- Quorum was present at 7 parents
- Andrea Avery read February min.
- No activity for the policy council report - Ryan Barros
- New business reminders: Field Trip March 8<sup>th</sup>, Spring Break March 10<sup>th</sup> - March 29<sup>th</sup>, Spring into Nutrition March 29<sup>th</sup>, Next meeting April 11<sup>th</sup> with Steven Parris (Car seat Safety)
- Parent activity was voted on and settled. Painting with a Snack May 11<sup>th</sup>, 5pm -7pm.
- CDS: not present
- Teachers announced they received the photos and will be handing them out soon.
- Family advocates: Annett reminded parents applications will start being accepted next month.
- Raffle: everyone got a prize for showing up.