



## Pathways Port Orange Newsletter

It is hard to believe it is already December! For young children December is probably the most exciting month of the year. It can be a most happy time at school and at home if we plan ways to include the children in our preparations and celebrations. In December we will focus on Communicating with the world as we embark on various cultures from around the world as they celebrate the month of December. We will be working on improving our cutting with scissors skills and generating as many fun and exciting crafts as we display our various skills of learning. We will continue to review letters, numbers, sounds, colors and shapes as we continue to use our five senses as things change around us.

Now that the days are getting cooler, remember to dress your child appropriately. Please dress your child in easy to put on and comfortable clothes. We do go outside every day unless it is raining or freezing.

It was good to see you all of you during the Parent Teacher Conferences. Thank you for coming and taking time to discuss your child's progress. However, we are always available to share exciting news or any concerns you might have.

We would also like to give a special thanks to all parents who came out to the "It's a Health Thing." It felt very nice to have you represent our center in such positive ways!! Thanks so much for all your participation! Ms. Sue and I appreciate you! You guys Rock!

It has been a great beginning of the year and we look forward to an even better New Year!

### Perfect Attendance for November

◇ Joshua Lamkin      ◇ Aiden Miles  
◇ Levi Tolbert

### ***Important Dates:***

- *In-Service Day: Closed Dec 21<sup>st</sup>*
- *Winter Break: 12/22-1/3 Closed*  
*Return on Wednesday 1/4 this is an Early Release Day*
- *Parent Activity: Come Make Candy Canes 12/7 @ 1:30*
- *Parent Meeting: 12/7 @ 2:00*
- *Book Signing @ EVEC Dec 9<sup>th</sup>*  
*1:00pm: "Monkey Bread Soup"*  
*by: Dorothy Mayhew*



### ***Birthdays:***

*Aslan-12/17*



***From the Desk of: Crystal Hill, CDS***

Holidays can be a time when parents decide that doing things with their children will be a priority and they will use the time to get to know each other and enjoy each other's company. Children love doing things with parents.

Try to arrange some individual time with each child if you can, as well as family time - this helps build good relationships and helps your children's self-esteem.

Just one different activity each day will help keep children interested and looking forward to it.

Remember children do not need to be 'entertained' all the time. Just a change of place or a few suggestions can help them to be very creative on their own.

Sometimes saying "I'm bored" is another way of saying "I want you to play with me", and sometimes the child has not even started to try to think of what to do by themselves.

Happy Holidays to everyone & enjoy this time with your family!!

**Remember to login and check your child's progress in Galileo. If you need the password again, see your child's teacher....**

**HAPPY NEW YEAR: 2017**



## Hand-Foot-And-Mouth Disease on the Rise: Experts Beg Parents to Know the Signs



[Rebecca Endicott](#)

Every parent's worries about the infectious childhood illness that sweep through classrooms and after-school programs this time of year.

Most kids get their inoculations early on to avoid old-fashioned diseases like mumps and rubella that used to effect huge swathes of children every year.

Even better, there's now an annual flu shot for tackling one of the winter's most contagious illnesses — even [Ellen knows how important it is to get your flu shot!](#)

Still, some diseases are proving harder to tackle than others. One of the most resistant is hand-foot-and-mouth disease, which still affects about 200,000 Americans in the USA every year.

This year, experts at the [West Central Health District in Georgia](#) warn that it could be a record-breaking year for the disease, which is already causing outbreaks among school kids and college students. Hand-foot-and-mouth disease — or HFMD for short — is an incredibly common ailment that affects hundreds of thousands of people every single year.

Part of the reason it's so very common? It's highly contagious, and can spread easily from contact with saliva or mucus.

In other words, you can't get it from simply being in the same room as someone with the infection, but you can get it from a sneeze, a kiss, or a handshake.

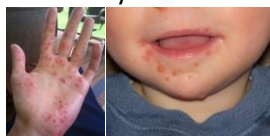
That's part of the reason it runs rampant in kindergartens and preschools, where the kids tend to be grabby with one another, and are usually a little bit covered in spit and snot.

It also spread quickly on college campuses, where food and drinks are shared frequently, and students tend to be overtired and not at peak physical health.

Senior citizens or folks with weakened immune systems are also vulnerable, especially if they live communally, like in a nursing home.

Of course, even a perfectly healthy adult in the prime of life can get this disease; it all depends on what germs you're exposed to.

Fortunately, the symptoms are unpleasant, but usually mild and not life-threatening. They include flu-like symptoms, like fever and sore throat, but HFMD is most characterized by the itchy red spots that appear on — you guessed it — your hands, feet, and mouth. Sores may sometimes also appear on the legs and genitals.



The virus looks alarming, especially if you're sporting spots, but fortunately it usually clears up on its own within a week or two.

Still, if you suspect you or another member of your family has the disease, **go to the doctor straight away.**

Because it's so contagious, this illness usually requires you to stay home until the virus is fully out of your system, to keep it from spreading to other folks in your community.

Though the symptoms of the virus are usually mild, there *can* be serious side effects, especially in people with weakened immune systems from another illness or from age.

In some rare cases, HFMD can lead to serious brain infections like meningitis and encephalitis.

More commonly, kids who don't shake the symptoms for a few weeks may lose some of their fingernails or toenails.

According to the [CDC](https://www.cdc.gov), outbreaks of HFMD are not common in the USA, but that might be changing this year.

A large outbreak has been sweeping through Georgia, and may affect the wider South Eastern US, and could even spread to other regions of the country.

If you happen to live in an area affected by this year's HFMD outbreak, it's important to be extremely vigilant about hygiene practices.

**To keep this illness away from your family, make sure everyone is washing their hands after leaving the bathroom, and before touching any food.**

**If you suspect HFMD, make sure to keep your kiddos home from school until they have been cleared by a doctor.**

If you or someone you know *does* contract the illness, the best treatment is rest and plenty of fluids, even if the sores make swallowing a little painful.

**From the office of: Yvette, Family Advocate.**

Happy December to all. I would like to thank everyone for their continued participation within our Head Start Program. You all have worked very hard to participate in your child's future. I would like to wish you all a Happy Winter Break. We look forward to seeing you when you return from break. Please remember to update phone numbers and addresses if anything has changed. Have a safe and restful Winter Break and Happy New Year to all.







## Parent Meeting



Parent Meeting Minutes: November 2, 2016. Jennifer opened the meeting at 1:00 PM. Items discussed were the reading of the last parent meeting. She spoke about updating addresses and phone numbers. She once again asked parents to please call by 8:00 AM if their children were going to be late or sick. She spoke about the upcoming events and Holidays for this month. She stated that the kids were going to plant Strawberries; she spoke about school being closed on November 11th 2016, in observance of Veteran's Day. She spoke about school being closed from November 23-24-25th due to the Thanksgiving Holiday. She reminded all parents to please be mindful of the changing weather and to swap out clothing for the upcoming weather. Mr. Michael spoke about the It's a Health thing. He let the parents know that the parents would get free breakfast and they had free transportation and he encouraged the parents to come and said it was great information. We thanked Kealy's dad for setting up the planters for our children. Mrs. Brandi reminded all parents that this coming week they will be starting their parent Conferences. She encouraged parents to read a book every night with their children. She talked about during the next meeting that they would have to finalize the next field trips. Mr. Michael spoke about the Upcoming Parent Activity which is going to be held on December 7th and that is also our next parent meeting. CDS Report. Although Crystal was not in attendance, the report was given and it stated that Chaperone training will be Next Month.

### A GLIMSE OF OUR DAY IN HEAD START:



## Policy Council update for November 2016

The November Policy Council meeting was held on Thursday, November 17th at 10:00 am via video conference. Fifteen policy council members were present. A special welcome was extended to a new community policy council member, Carolyn Casler. Ms. Casler is employed by the Early Learning Coalition of Pasco/Hernando counties.

The following persons were approved for hire:

Jessyal Acevedo, Teacher's Assistant - Hernando Head Start  
Megan Golembieski, Program Substitute -Hernando/Sumter counties  
Jeamary Garcia, Teacher - Horizon Head Start -Volusia County  
Brittany Jackson, Extended Day Teacher - EVEC - Volusia County  
Juliette Santiago, Family Advocate - Chisholm Head Start – Volusia County



Budget report training was conducted by Kris Bates, Chief Financial Officer of Mid Florida Community Services, Inc.

The following reports were approved: Budget and Credit Cards, Enrollment/Attendance, Meals and Snacks, Service Area and Center. Staff will be asked to decrease the number of pictures included in center reports and increase the size of any pictures that are included in these reports.

An Information Memorandum recently issued by the Office of Head Start was reviewed. The memorandum highlighted new requirements in the Head Start Performance Standards. As a result of the memorandum, programs are prohibited from expelling or suspending a child due to the child's behavior.

A presentation on the Galileo curriculum was provided Child Development Specialist, Karen Bourbonnais. The twelve learning domains were reviewed. Additionally, information related to how the Galileo data can be easily accessed by parents and utilized by teachers and administrators to support the development of children in the program.

A series of changes to the Policy Council By laws were reviewed and approved during the meeting. The specific areas affected by these changes included:

Family and Community Partnership  
Eligibility, Recruitment, Selection, Enrollment & Attendance - ERSEA  
Health  
Oral health

The following announcements were made:

Mid Florida Community Services, Inc. has purchased a new location at 233 Oakridge Street in Holly Hill, Florida. The goal is to open the location at the beginning of the 2017-18 school year. However, if we are awarded the Early Head Start grant, efforts will be made to open the new location in April 2017.

A large room at the Hernando Head Start building is currently being renovated to become a Training Room for use by Head Start staff and possibly community partners.

