



December 2016

Program of Excellence

Volume 3—Number-4



Positive Parenting Tips That Promote Good Behavior

Keep a Schedule

Young children need a regular schedule. They behave better when they know what to expect. Try to have them eat, nap and play at the same times each day. When planning their daily schedule, include active time and quiet time, time playing together and time for children to play by themselves.

Offer Encouragement

Encouraging words help your child build confidence. The key to encouraging your child is to be a coach more than a cheerleader. A cheerleader says: "What a great job?" or "What a beautiful picture!" A coach

uses specific praise. For example, when your child sets the table, you might say, "You did such a good job setting the table! You put the spoons and forks in the right place and remembered the napkins!" When you look at a child's painting, you might say, "This painting just glows with color. You used blue, green, red, yellow, and orange. Tell me how you did this!" Specific praise means a lot more to a child than a brief, "You are great."

Additional Tips

Tell your child what they can DO instead of telling them "DON'T."

Provide children with sample explanations for your rules or limits and offer alternatives. Parents should work together so that children get a set of consistent limits. Whether parents are living together or apart, having the same rules is important to avoid confusing children.

Source:

Pinwheels for Prevention

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Important Dates to Remember



- ⇒ December 14-Parent Meeting
- ⇒ December 14-Gingerbread Challenge
- ⇒ December 21—Winter Break Begins "No School"
- ⇒ December 24-Hannukah begins
- ⇒ December 25—Christmas
- ⇒ December 26-Kwanza begins
- ⇒ January 1, 2015—New Year's Day
- ⇒ January 3-School begins again

From Your CDS



HELP YOUR CHILD LEARN TO "GIVE" *by Susan Vega*

Holidays are a time when most young children are excited about what presents they will get. While all parents and grandparents want their kids to enjoy that feeling, it is also important to help them learn to be "givers." I grew up very poor but my parents understood the importance of giving to those who had even less. Our home was always a place where neighbors and family would come for fresh vegetables from our garden or some eggs from our chickens. My mom was always making food for a sick friend or relative and she was well-known for her delicious cakes and pies which she baked for everyone! She would always include me in making and delivering these homemade gifts and I appreciated at a very young age the joy of giving to others. Even when we don't have a lot, we can still be givers. Here are a few ideas to help you and your children adopt the "Giving Spirit":

- Have your children gather up any gently used toys they've outgrown or don't play with anymore for donation. For younger children, this task can often be challenging. One successful strategy is to make two piles on the floor. Designate one as the "keep" pile and one as the "share" pile. Then set a goal together. For example, you might say "For every toy you place in the share pile, you can place *three* things in the keep pile." Or whatever formula suits your individual situation.
- Think of someone without a family - a soldier, a distant relative, a friend in the hospital - and write a letter as a family to make the person feel loved and included during the holidays.
- Start a tradition in which family members set aside one of their gifts to give to someone less fortunate.
- Help your child make a card and write a special message for a loved one
- Make cookies with your child to give as presents to loved ones
- Begin a "Giving Jar" and give your child a coin to put in for every day of the month. They can earn the coins for chores or acts of kindness. When you pass by a Salvation Army bell ringer, your child can drop one or two of their coins into the pot.
- Take an angel off of an "Angel Tree" & purchase gifts for the needy child together (if finances allow)

Start these special traditions now so these memories become a treasured part of your family's holiday celebrations!

HOLIDAY SAFETY CONCERNS



Family gatherings, special traditions, delicious treats — the holiday season may be the most wonderful time of the year, especially for kids. Unfortunately, for emergency room doctors it's also one of the busiest.

Poisoning

Mistletoe, holly, poinsettias, Jerusalem cherry plants, and other plants are commonly used as decorations during the holidays.

Choking and Swallowing

Tree ornaments, light bulbs, icicles, tinsel, and small toys are potential choking hazards for small children because they may block the airway.

Fire

Keep your tree secured in a sturdy stand so that it doesn't tip over (or isn't knocked over by kids or pets) and keep it away from all heat sources, such as electrical outlets, radiators, and portable space heaters. Circuits that are overloaded with lights, decorations, and accessories can start a fire.

Accidents

A lot of cooking goes on during the holiday season, so there are many opportunities for burns and scaldings. Keep pot handles turned away from the front of the stove and always keep the oven door closed. To prevent accidents, watch your kids while you bake or cook. Kitchen appliances should be clean to prevent potential fires.

Community Events

There are so many wonderful things to do in our county this month. Check out these links for detailed information.



<http://business.hernandochamber.com/events>

<http://www.baynews9.com/content/news/baynews9/community/community-calendar/hernando-county-events.html>





Classroom News



301 The holidays are right around the corner & we have a business month ahead of us. We will be working on our letters, colors, shapes, and numbers. We will be doing arts and crafts this month. Our male Involvement activity will be on Dec. 16th at 10:30. We will be going to Weeki Wachee Springs on Dec 14th to see the mermaid show and to ride the boat. I would like to wish all my families a Happy Holiday!

Ms. Ballou & Ms. Salyna

302 Happy December!! The children will be having another nutrition week and then holidays around the world themed lessons. If there are any parents/families that would like to come into the classroom and share something special that you do for the holidays please come talk to the teachers. In our second step curriculum the students will be learning techniques for calming down and naming/ identifying feelings. There is always a new letter of the week; please check front board for our letter and number that children are working and identifying during the week to talk with them at home. Please bring in homework as soon as possible, because this month is short. Thanks

Ms. Theresa & Ms. Mandy

401 For the month of December our class will be focusing on letter N, W and C. We are beginning our new super friends theme in the classroom and guiding the children to be

successful. Our male involvements will now take place in the classroom the same day as parent meetings to make it easier for our families to attend both. Please remember school will be closed December 21-January 4, for winter break. Please stay safe and have a happy holiday with your family!

Ms. Ericka & Ms. Olena

402 This month we will be focusing on Communication with the World, Winter, and different holidays that are celebrated during winter. We will be learning about the letters Y, N, W, and C. On Dec. 6 @ 10:30 am we will have our Parent Involvement Activity. Our last day of school before winter break is 12/20. Have a wonderful holiday!

Ms. Maggie & Ms. Natalie

501 During the month of December we will be talking about Winter, Traditions around the world and Winter Holidays. Please feel free to bring any winter clothes like: gloves, scarf, beanie, socks, boots or earmuffs that you don't need any more. We are going to work with the letters N, W and C. Our color for the month is Red and our shape is Rectangle. Our Male Involvement Activity will be at December 14 at 1:00p.m. in our classroom. Thanks to all my parents that went to the field trip and come to the classroom as volunteers. Winter Break begins on December 21st. Reminders: Please update your emergency contacts phone numbers for your child.

Ms. Samantha & Ms. Jackie

502 We are excited to celebrate the different Holiday's traditions in the next few weeks before winter break. We will be learning about Hanukah, Kwanzaa and Christmas. We will be making some creative art work, learning different songs and various traditions. Our color is red and the letter's we will

be working on are N,W and C. Please feel free to come volunteer and share your family traditions with our class. Winter break begins December 21st through January 2nd & school resumes on January 3rd.

Our parent involvement activity is at 1pm December 14th, please bring in a white t-shirt for your child & yourself for the ugly Christmas shirt activity. The shirt is needed by December 7th. We are welcoming all donations of gloves and other winter attire for our classroom. Thank you for all that you do. *Ms. Jeannie & Ms. Talia*

601 This month of December we are going to be learning about Winter Holidays around the World. Students will learn about 6 different countries and the winter holidays they celebrate. We will:

Mexico: make piñatas for the Posadas.

Puerto Rico: create a Three Wise Men picture & dance Bomba y Plena.

Sweden: make Santa Lucia Day wreaths with candles.

Africa: make a Kwanzaa necklace.

Israel: play a game with dreidels.

America: decorate a Christmas tree and make Christmas cards.

Ms. Costa and Ms. Brittany

602 Happy Holidays to all of our children and families! In December we will be having our next USDA week "Spinach Lane". We will learn about how vegetables grow and sample fresh spinach which has been growing in our class garden. Next, we will learn about Winter Holidays Around the World. Be sure and let your teacher know if you have any cultural traditions from your home countries you would like to share with the class. Our field trip to Weeki Wachee is on Dec. 14 and Male Involvement in our classroom is on Dec. 16. Remember everyone is always welcome to join us for any of our special events.

Ms. Shelley and Ms. Wanda



Home Activity

Help your child write a letter to Santa. You can take it to him on a visit or mail the letter. If you have online access, go to the web address below and type in your child's letter to Santa! Your child will get an instant reply for free that you can print out.

<http://www.aletter4santa.com/>



Nutrition Activity: French Toast

2 eggs
1/2 Cup milk
1 teaspoon cinnamon
4 slices bread

Adult should preheat griddle or skillet. Have child mix together eggs and milk in flat dish or pie plate. Sprinkle with cinnamon and stir. Dip both sides of bread slices in egg mixture and put on skillet. Adult should cook.

Read more:

<http://www.kids-cooking-activities.com/easy-kids-meals-6orfewer-breakfast.html#ixzz2mWWeRbcw>

DELICIOUS & NUTRITIOUS!!



Parent Engagement

From Me to You:

As we prepare for the holiday season I am reminded that we also go through changes. Our children grow and develop along with us. So take time out to train them at home with numbers and colors, simply just have fun learning! They can identify the colors on display as you shop or they can count the number of houses that are decorated as you drive along. Before you know it they will be asking for the keys to your car! Happy Holidays!

Luis Leon

Family Engagement Coordinator
Head Start
352-754-2464





Policy Council Report



PARENT TO PARENT

Hi Head Start Parents! My name is Jasmine. I'm a mom of 4 little divas: Jullisa, Kyara, Meyah, and Katalina. As a parent I feel like my children are my students. I teach them, read to them, and do absolutely everything for and with them. As a family, the one thing my husband and I really wanted to make sure we always do with our children is read to them every night. That's the one most important thing in our eyes. Start them off super young so they can enjoy reading later. Since we started reading to them a few years ago I noticed a huge difference in the way my girls approach reading and books. My daughter Kyara likes to borrow books from her teachers, Ms. Maggie and Ms. Natalie, and we read them together with her sisters. They get super excited when it's reading time before bed. It's the most amazing mind opener for children and I'm blessed to be able to have such an experience with my divas.

#ReadForSuccess

Jasmine Amadeo, Room 402



Galileo and Head Start parents: a good match!!

The Galileo computer program is one of the tools that Head Start teachers use to record and measure your child's progress in school. Parents can log on to Galileo anytime from any computer with internet access. Using Galileo, parents and teachers can work together to help children achieve success. To log on to Galileo to see your child's progress:

<http://www.ati-online.com>

click on "Pre-K Parent Center" on the right side and enter your user name (first & last name of your child) and passcode (your child's birthday ex. 010911). Let your child's teacher or the CDS know if you can't log-in.

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 - ER-SEA, 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.



November Parent Meeting Minutes



Meeting opened at 2:07 pm

Welcome- Parents were greeted by Chairperson Nick LoCicero

Guest speaker for Child Abuse and Neglect- Ms. Michele Noberini from the Child Advocacy Center shared information about the services provided by the center. She also shared information about different types of abuse and the importance of reaching out for services during times of stress. She provided an assortment of informational handouts.

Galileo – Ms. Susan Vega, CDS, shared information about the different domains that the children are being evaluated in. She also shared the importance of logging in to your child's Galileo and sharing skills you are observing at home with your child's teacher.

Parent Activity-Parents agreed to have the Parent Activity at the Strike City Bowling Alley on December 16, at 12:00 to 2:00 pm. Funds will be requested.

Nap Time Concerns- Susan Vega addressed concerns about the length of nap or rest time being too short. She shared that the time transitions from one hour for 3 year olds to 30 minutes for a 4 year old. After Spring Break, the 4 year olds no longer have a naptime so that they will be prepared for Kindergarten.

What is going on in your classroom? Ms. Ericka Orjuela shared that they have gone on recent field trip to the pumpkin patch and had a visit from the firefighters. Parent conferences are due by November 30th. They are using Second Step daily and current topics include accidents, caring, helping, and feelings in your body. Reminders given for upcoming holidays and to check your child's Galileo. The next classroom for Before Care will be held in 601.

Important Things to Remember- Nick LoCicero reviewed the following:

- Please remember no outside food or toys
- Parent Teacher Conferences must be completed by November 30th –Please schedule with your teacher if you have not yet.
- Please remember to check and sign daily communication folders
- Please update your phone number and addresses as they change
- Thanksgiving break –November 24 & 25
- Next Parent Meeting: December 14, 2016-Wear your ugly holiday sweater and bring a pot luck item!
- November 30th, Early Release
- It's A Health Thing Parent Training, December 8th 9:30-11:30 AM- Will be held in Brooksville. More information to follow,
- Winter Break: December 21-January 3, 2017(Classes resume 1/4/17)

Parents were provided with coupon books and survey cards.

Photo booth and make and take activity were available.

Meeting adjourned at 3:15.

Star Parents



December Birthdays

301: 12/13 Adeleah
12/27 Ha'Sani

302: 12/11 Victoria
12/27 Mykayla

401: None

402 12/21 Christopher
12/1 Joseph
12/3 Alijah

12/20 Olivia

502: 12/11 Jullian

601: 12/10 Robert
12/26 Aubrey
12/27 Aiden

602: 12/17 Jayden



Staff

Olena 12/27

301Wendy Tittle for assisting with home activities.

302: We would like to thank Desiree Mercado and Stephany Mason for helping the children clean up in the mornings and cleaning the tables for breakfast. We appreciate it!!

401: A special thanks to the following parents for your extra support in the classroom: Jennifer Bickerton, Yuliana capo Rodriguez, Christy Rodgers, and Alba Fox.

402: Jasmine Amadeo for helping out in the classroom and fro writing the Parent to Parent.

501: Kim Frewin-Classroom Volunteer/Male Involvement/Meeting. James Frewin-Classroom Volunteer/Male Involvement/Meeting. Jennifer Quiñones (mom) Classroom Volunteer/Male Involvement/Meeting/Classroom Representative. Evelyn Ramos (Grandma) Classroom Volunteer/Male Involvement/Meeting/Classroom Representative.

502: Francisco- Jace's dad, he helps the students every morning with letter writing and working puzzles. Big Thanks to our parents that chaperone during our field trip to safety Town. We appreciate you!! Francisco, Aron, Lisa, Johanna, Ilenna and Nick.

601: Stephany Mason – Helping in the classroom

602: Miss Yuliana Capo Rodriguez is the mother of Julio and Nestor. She comes to all of our events to support her two boys. Also, she is very kind and compassionate. When our old hamster passed away, she brought us a new baby hamster so the children wouldn't feel so sad. We are very grateful!

GINGERBREAD CHALLENGE !!

Use your imagination to create a Gingerbread House with your family! It can be made out of ANYTHING!! Cardboard, fabric, sticks, cake, gingerbread, graham crackers, plastic, etc., etc.! Bring it in on December 14th by 9:00am. All houses will be displayed and all Parents will get a ticket to vote for their favorite. Pictures will be printed in the center newsletter and posted on Mid Florida's Facebook page!



EXERCISE YOUR CREATIVITY!!

Spotlight on Classroom 602!



News from your Family Advocates



We would like to thank our parents who attended our Parent Committee Meeting and Male Involvement Activities. Also, Thank you to those of you who have volunteered this month. There will be more opportunities to volunteer in our gardening activities. We would like to wish each and every one of you a safe and happy holiday season!

Things to Remember

Don't forget to **call** if you are going to be absent (Family Advocate) or late (Teaching Team). The phone number for the center is 352-754-2464.



Please reserve the disabled parking spaces for those with disabilities

NO parking in the back parking lot. Parents must park in the front for safety!

Room 301.....Ext. 2301
Room 302.....Ext. 2302
Room 401Ext. 2401
Room 402.....Ext. 2402
Room 501.....Ext. 2501
Room 502.....Ext. 2502
Room 601.....Ext. 2601
Room 602.....Ext. 2602

Child Development Specialist:
Susan VegaExt. 2105

The phone number for the Family Advocate's office in Brooksville is 352-556-4800 The extension for your advocate is:

301 and 302	Lynn Woerner	2203
401 and 402	Nitza Jerez	2204
501 and 502	Joanne Roth	2201
601	Joanne Roth	2201
602	Nitza Jerez	2204

Dates to Remember

12/8/16....."It's a Health Thing" 9:30-11:30
12/14/16.....Gingerbread House Challenge
12/14/16.....Parent Involvement at 1:00
12/14/16.....Parent Committee Meeting



Field Trip to Safety Town-Classroom 502

Arrive before 8:30....

Don't be late!!! Pick up at 2:30

***Please note** Extended Care children **MUST** be picked up by 5:30 PM!!

NO Exceptions!!

You MUST have a Photo ID to pick up your child