

January 2017

Program of Excellence

Volume 3—Number-5

Supporting Your Child's Social Development: Help Stop Bullying!

Teaching children how to interact with others in healthy ways will benefit them not only at school, but also throughout their lives. It will also help them recognize inappropriate behaviors such as bullying. Bullying is any behavior that makes another person feel hurt, degraded, threatened or humiliated. Some example of bullying include name calling, pushing, leaving others out of an activity and vandalizing personal possessions. Cyber bullying occurs when these activities take place through computer communications and the Internet. It is important to help your child understand what bullying is and what they can do if they are bullied or see others being bullied. Bullying is extremely harmful & taken very seriously by authorities.

You can help promote healthy social development and prevent bullying by:

~Talking with your child about what bullying is, why bullying is wrong and

what they can do if they witness their peers being bullied

~Providing a safe and healthy atmosphere at home

~Keeping the lines of communication open between family members

~Teaching your child the difference between appropriate and inappropriate behavior

~Teaching children not to participate in teasing or hurting other children

Teaching children that reporting bullying is different from tattling on someone- bullying hurts someone and can be stopped

~Encouraging children to seek help from teachers or other adults if they see someone being bullied

Source: Pinwheels for Prevention—Family Development Guide



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Important Dates to Remember



- ⇒ January 1 —New Year's Day
- ⇒ January 3-Teacher Training Day
- ⇒ January 4—Classes Resume
- ⇒ January 11-Parent Meeting, Male Involvement, & Tailgate Party

- ⇒ January 16—Martin Luther King, Jr. Birthday Holiday (no school)
- ⇒ January 20-Parent Bowling @ Strike City 12-2pm
- ⇒ January 25-Early Release 1pm

From Your CDS

Helping Children Appreciate Diversity



January is when we celebrate the birthday of Dr. Martin Luther King, Jr. His dream lives on in each of us as we help our children learn to appreciate and value others. How can we as parents and educators achieve this? Here are some ways:

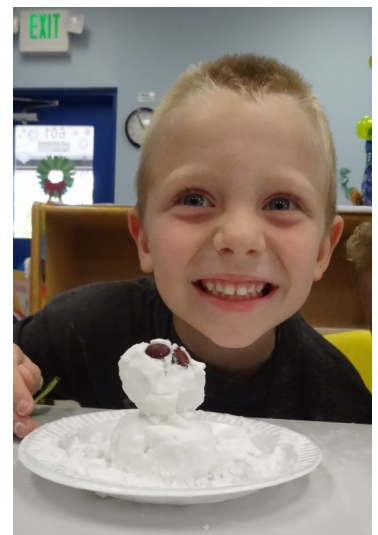
- ♦ Answer children's questions about differences openly & honestly as they come up
Choose toys, books & media that reflect all types of people
- ♦ Help children to feel positive about themselves. Children with poor self-images are more likely to develop prejudices. They may try to bolster their own worth by finding a group of people who they can put down.

As stated in NAEYC's *Teaching Young Children to Resist Bias: What Parents Can Do*, "Building a healthy self-identify is a process that continues all our lives. Help children get a head start by teaching them to resist bias and to value the differences between people as much as the similarities."

From Susan Vega, CDS

Community Events

Website: <http://www.hernandotourism.org/>





Classroom News



301 Welcome back! I hope you all had a great holiday. We are happy to have Ms. Lynn Crawford as a new teacher assistant in our classroom! We are going to be working on writing our names & recognizing more letters. We will still be working on numbers & shapes too. Our field trip has been rescheduled for January 18th. Please mark your calendar. Reminder: Please check your child's cubby and make sure they have clothes appropriate for the weather.

Ms. Ballou and Ms. Lynn

302 Happy New Year! Reminder: please check back packs/folders for important papers and home activities. We will be learning about different animals & how to categorize them. Example: land & water or domestic & wild. If you have a picture of a family pet please bring it into the classroom to share with class. Children are still working on identify letters & numbers. In second step the children are learning about managing their anger, managing waiting for a turn & fair ways to play.

Ms. Theresa & Ms. Mandy

401 Welcome back! We hope everyone had a great holiday break! We are ready to begin the second half of the school year and prepare for Kindergarten. Please review all class-

room rules at home with your child. We will do this as well in the classroom since the children have been on vacation mode! We will continue to focus on one letter a week until we finish the alphabet & then we will review. Please check cubbies to make sure your child has extra clothes for any accidents. As always thanks for your cooperation & participation!

Ms. Ericka & Ms. Olena

402 Welcome back! This month we will be learning about Building in Our City, Homes we build, transportation, and about the Farm. We will be focusing on letters Z, R, I and reviewing the letters we have learned about already. We hope you had a wonderful holiday.

Ms. Maggie & Ms. Natalie

501 Happy New Year! We hope you had a great winter break. This month, our themes are: Building in Our City, Let's Go for a Ride, Homes We Build and Down on the Farm. We are going to be working with the letters Z, R, I & J & the letter sounds. We will continue to learn about our feelings & the importance of exercising & making good nutritional food choices. I would like to say THANK YOU!!! to all parents who support us in the Home Activities, Parent Meetings, & Male Involvement activities, Parents with your compromise, commitment & dedication I know we can make it!

Ms. Samantha & Ms. Jackie

502 Welcome back! We have an exciting month ahead. We will be working with the letters Z, R, I and J and the letter sound for each letter. Our color for the month is White. Our themes for the month are Building in our city, Let's go for a ride, Homes we build and Down on the farm. We will be sharing with each other the special things we did with our family on our Holiday Vacation. Please remember to talk to your children about what they are learning for the week. We are happy that everyone had a safe and Happy Holiday! I would like to say THANK YOU!!! to all our parents who support us in the Home Activities, Parent Meetings and Male Involvement.

Ms. Jeannie & Ms. Talia

601 Happy New Year and Welcome Back! We want to wish you a new year full of health, prosperity and happiness. This month we are going to be talking about Cities, buildings and farms. We are going to work on the letters Z, R, I and J. Please check your child's cubby and make sure your child has extra clothes for any accidents, potty or just a spill. Thanks to all the parents that joined us in our field trip to Safety Town, you are the BEST!

Ms. Marlene & Ms. Brittany

602 Happy New Year to all of our children and families! We hope you had a wonderful Winter Break and enjoyed the time with your friends and families. In January, we will be learning All about Animals. I am sure the children will very much enjoy this theme and learn so much. Our field trip to Weeki Wachee has been rescheduled to Jan. 18th. We hope you all can join us for then!

Ms. Shelley & Ms. Wanda

Home Activity: Homemade Soft Pretzels

During the cold days of Winter , it is always great to have a warm yummy snack that doesn't take a long time to make. This recipe is fun and easy and you can make it with your child. Most little people look to help in the kitchen and I think this would be a great idea for you to try with your little one as well. We loved making these, they were a hit in our house, hope they are in yours as well.

ILEANA MARZAN (Olivia's Mom, Room 502)

soft **PRETZELS** in a **BAG**
www.kidsthatcan.com

Pretzel Ingredients:

Gallon Zippered Plastic Bag ~ make sure it seals well.
 1 1/2 C. water (130°F)
 1 Tbsp. rapid rise yeast (active dry or instant yeast works well)
 1 tsp. salt
 1 Tbsp. sugar
 3 3/4 to 4 C. flour
 1 egg, beaten (to use brush on the top of the formed pretzels)
 Coarse sea salt for sprinkling



In a gallon zippered plastic bag, add the warm water and yeast. Seal the bag and have the kids squish/shake to combine. Don't worry, there will be some yeast lumps when your done squishing. It's ok, I promise. Next, add the sugar and salt. Seal the bag up again, and shake some more.

Dump 2 cups of the flour into the bag (you will be adding the rest of the flour in a bit). Seal bag and knead with fingers to blend all the ingredients together. Add remaining flour to the bag a little at a time. Seal the bag and knead until dough doesn't stick to the sides of the bag.

Once everything is combined, turn the dough out onto a floured surface. Knead the dough for about 3 minutes until smooth and elastic. Form into a ball and cover with a tea towel or plastic wrap. Let the dough rest 10 minutes or until dough doubles in size.

We cut our dough into 12 similar sized balls. Although, make your pretzels as big or as small as you like.

Start by rolling the dough into a long snake or rope. Make sure your surface is floured to keep the dough from sticking. Once you have a long snake, form it into a pretzel shape. It took the kids a few tries, but they caught on pretty quickly. Lay the formed pretzels on a baking stone or lightly oiled baking sheet.

Finally, brush each pretzel with an egg-wash. To make the wash, simply beat an egg and brush the tops of each shaped pretzels. While the pretzel is still wet, sprinkle with coarse sea salt.

Let the pretzels rest until they are doubled in size, and bake.

Bake at 425° F for 12-15 minutes. Turn the oven to broil for the last 5 minutes to get the tops nice and brown.

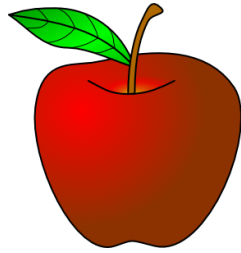
Enjoy! They taste best when they are warm, although are still yummy once they cool.

January Birthdays

301:	Anthony	01/04	501:	Janc	01/26	601:	Wyatt	01/10
	Aalilyah	01/21		Guo	01/20		Kameran	01/12
302:	Elyse	01/25	502:	Luna	01/07	602:	Antonio	01/04
				Izmael	01/10		Nestor	01/08
401:	Jaden	01/01		Aiden R.	01/25	STAFF:		
	Jaasiel	01/21		Christopher	01/03			
402:	Ja'zahria	01/23		Aiden P.	01/12	Nitza	01/29	



Applesauce



6 large tart apples
1 cup undiluted apple juice concentrate
 $\frac{1}{2}$ teaspoon cinnamon

For chunky applesauce:

Peel apples, then core and dice.

Place in a large pan with apple juice concentrate

Cover and cook over low heat stirring often until apples are soft.

Mash slightly with a fork if desired, then stir in cinnamon.

Serve hot or cold.

This recipe is provided courtesy of the Physicians Committee for Responsible Medicine Healthy Snacks for Kids and is available at:

<http://www.pcrm.org/health/veginfo/snacks.html>.

Policy Council

December Policy Council Update

The December Policy Council meeting was held on Tuesday, December 13th 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.



Star Parents



301: Kevin Stern for coming to the male involvement activity. He always help me out when he come out. We enjoy him when he comes to classroom 301.

302: We would like to give a big THANK YOU to Maliyah's Family for inviting Santa to the school and our classroom!

401: We would like to give a special shout out to our parents for their kind classroom donations, we really appreciate it!

402: Thank you to Charlotte Diaz, Nathan's mom for donating ornaments for the children to make. They really enjoyed it.

501: Kim Frewin Classroom Volunteer/Male Involvement/Meeting. James Frewin Classroom Volunteer/Male Involvement/Meeting. Evelyn Ramos Classroom Volunteer/Male Involvement Activity/Meeting/Classroom Representative. Jahaira Hernandez Classroom Volunteer/Male Involvement Activity/Meeting. Nicholas Loder Male Involvement/Donate Gift for all the kids. Miriam Sanchez Male Involvement Activity/Meeting/. Nehemias Santiago Donate Shirt for the Ugly T-Shirt Activity/ Male Involvement Activity.

502: Olivia Marzans mom Ilenna Marzan helping us throughout the month and Helping us with putting together gifts and stockings. Jace Lugo's Dad, Francisco Lugo helping daily with the students in the morning.

601: Baydaa Alshammaa, mother of Jana. She is so lovely and supportive of the teachers, Miss Shelley and Miss Wanda. She attends every school activity and always has a beautiful smile to lift our spirits.

602: Mr. Michael Haddock: He is very helpful in our classroom, from unstacking chairs in the morning to helping stack cots after nap time. He was also an awesome volunteer on our field trip to safety town! We are so thankful to have him be a part of our classroom!

Parent to Parent

We wanted to try out some cute snowman crafts during our break, especially since we live in Florida and there is no snow ..we love making snowmen. We have a huge collection of stones that we have been collecting on each trip to the beach, so I decided to put them to good use and let the kids make snowmen with them for this simple mix n match stone snowmen activity.

You'll only need 3 things to make these snowmen. They are super simple!

- ◆ Stones (we collected loads at the beach to keep for craft projects like these)
- ◆ White Paint
- ◆ Sharpies (my kids favorites are gold , silver & bronze pack)

To make the snowmen, first you'll need to paint your stones white. They'll need time to dry, so you can do this part one day and leave the decorating to the next day when the paint will be totally dry.

Take two or three stones per snowman – one stone for the head, and one or two for the body. Then just draw features onto each stone with your sharpies, it can be as simple or as detailed as your kids like so this idea will work for any age of child. We added hats, scarves, buttons for the body and little twig arms, along with of course a carrot for the nose. Once you're done, you can mix and match the bodies with each snowman, or stack them up to build your snowman upwards too

ILEANA MARZAN, Olivia's mom, room 502



Mix n Match
Stone Snowmen



intheplayroom.co.uk

December Parent Meeting Minutes

Spring Hill Center Parent Committee Meeting
Wednesday December 14th, 2016



Meeting opened at 2:05 PM

Families were welcomed by Chair-Person, Nick LoCicero, and provided with tickets to vote for the winners of the Gingerbread House Competition and the Ugly Sweater Competition.

Parent as Primary Teacher– speaker: Ms. Susan Vega shared information about opportunities to teach your children in natural situations. Grocery stores, rides in the car, etc., provide examples of places to teach your child about shapes, colors, counting activities, healthy eating and social and emotional skills.

Parent Activity - Strike City. Date has been changed to January 20th @ 12-2 PM because of scheduling conflicts

Information was given and reminders for the following Celebrations in December:

Safe Toy and Gift Month

National Drunk/Drugged Driving Prevention Month

National Stress Free Family Health Month

Reminders were given for the following events in December and January:

Winter Break – December 21st-January 3^d
(Classes resume on 1/4/17)

Next Parent Meeting January 11th, 2017 at 2:00 p.m.(Theme: Hollywood)

No School – Monday January 16th (Martin Luther King Junior)

Parent Activity at Strike City – January 20th 12:00 -2:00 P.M.

Ugly Christmas Sweater First Place prize was awarded to Lenette Torres from Classroom 402.

Prizes were also given for Second Place and Third Place.

Gingerbread House First Place prize was awarded to the family of Victoria Mercado-Vargas. Prizes were also given for Second and Third Place.

Policy Council Update was provided by Ms. Kim Frewin. She shared that the subject of attendance is a concern and that there needs to be improvement in this area.

Perfect Attendance awards were presented to children with Perfect Attendance

What is going on in your classroom- Presented by Maggie Moran. Children have been discussing how holidays are celebrated throughout the world. Children have been using Second Step to talk about comfortable and uncomfortable feelings.

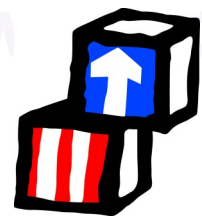
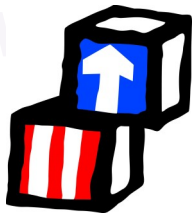
Opportunity was given for open discussion and reminders to complete blue survey cards.

Skills Demonstration- Children performed Feliz Navidad, a Kwanza Song, and the Dreidel Song.

Meeting adjourned at 3:00 PM



News from your Family Advocates



We hope that everyone had a wonderful holiday season and welcome you back to an exciting new year at Head Start! Thank you so much to the families participated in our Gingerbread House contest and our Ugly Sweater contest. We have a lot of hidden talent here! We would also like to thank our holiday sponsors for providing gifts for the children.

Please consider how important attendance is when making your New Year's Resolutions this year! Our program needs a minimum of 85% attendance rate. Half of our classrooms were at 85% or below in the month of December. Please let us know if there is anything we can do to help improve your child's attendance!



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 352-556-4800.

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 is 352-556-4800 The extension for your advocate is:

301 and 302 Lynn Woerner 2203

Dates to Remember

1/11/16.....Parent Committee Meeting at 2:00
 1/16/16.....No school-MLK Day
 1/20/16Parent Activity at Strike City
 1/25/16.....Early Dismissal at 1:00 PM



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!!