



March 2017

Program of Excellence

Volume 3—Number-7

Getting preschoolers to cooperate

You worry that your preschool child does not hear well. You have to call him numerous times before he answers. When he is in the same room with you, you tell him to stop playing with his blocks and get ready for bed. He does not respond and keeps on building. Then, you whisper something to another family member about going to a movie and he asks, "Can I go to the movie with you?" This means he **does** hear you, but chooses not to comply with your request. In the book *The Top 10 Preschool Parenting Problems*, Rosalyn Duffy lists non-compliance as the #2 parenting problem for parents of preschoolers. She separates non-compliance issues into four categories: How Many Times Do I Have to Tell You?; Say It-Do It; the Car Seat Crisis and Cooperation Begins with Me. Does this sound familiar? How many times do I have to tell you to □ Pick up your toys? □ Put on your shoes? □ Put your books on the shelf? If you keep telling your child repeatedly to do something, what message are you sending? When you set rules or expectations and keep reminding him numerous times, then he is not taking responsibility for his behavior or his belongings. You are doing all of the reminding and he does not have to remember what to do. Come up with a plan to help him remember. Tell him, "When I say it is 10 minutes until bath time, you need to put away your toys and your books." Every night say, "It is 10 minutes until bath time. Show me what you need to do." Praise him when he starts picking up his toys and books and tell him he will get to play before bath time tomorrow because he put away his toys and books. At first, you may have to help him put his things away, but soon he should be able to do this himself. If he refuses, tell him he may play with only one toy or book before bedtime tomorrow night and make sure to follow through. If he puts away the toy and book the next night, then allow him to have a few toys and books before bath time until he is in the habit of putting all of his things away in the 10 minutes before bath time. Sometimes changing the environment helps your child comply quicker. Labeling shelves or baskets with pictures will help your child know where his toys and books belong and make it easier for him to find them and easier to put them away.

Find more tips about getting your preschooler to cooperate on the Office of Early Learning at this link: <http://bit.ly/2jUWPaf>.



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Important Dates to Remember

- ⇒ March 4: Walk & Roll (Disabilities Awareness)
- ⇒ March 8: Parent Meeting 2:00pm
- ⇒ March 13-17: Spring Break
- ⇒ March 25—Storybook Forest-Crews Lake Park, Shady Hills 11:00 a.m.- 2:00 p.m.
- ⇒ March 28: Transition to Kindergarten Support Group Meeting 1:30
- ⇒ March 24: Spring Festival 12:00- 2:00



**Happy
Birthday
Dr.
Seuss!**



Star Parents



- 301:** Julio's dad, Julio, for completing male involvement survey. Jalena's mom, Crystal for coming to the parent activity.
- 302:** Star parents this month is Maliyah's mom, Mariliz Lopez for helping out in the classroom.
- 401:** Thank you to Yuliana, Lenette and Maria for decorating our school, and donating gift baskets, you all rock! Thanks to Christy, Yanet, Jeniffer and Milagros for volunteering in our classroom. We appreciate the help! And thanks to everyone that came on our class trip!
- 402:** Thank you to Gabrian's dad, Brian for volunteering in the classroom and fixing our book rack! Thank you Deborah Bullock for helping with the Transition to Kindergarten meeting.
- 501:** Kim Frewin, James Frewin, Jahaira Hernandez, Ismael Jurado, Miriam Sandoval, Lily Hung, Jennifer Quiñones, David Quiñones, Evelyn Pellot, Evelyn Ramos, Nehemias Santiago, Arlene Taylor, Jesse Lawless, Dominic Waddy, Janice Gilisson, Nicole Workman, Sarah Bourguignan, Kendra Wooten, Jena Partlo, Maidarlin Fernandes, Juan C. Pompa, Amber Youngblood.
- 502:** Thank you to Ilenna for helping with the cut out hearts and helping with the pre-Valentine's Day boxes for our male involvement. Nick for the breakfast and room 501, grandma and Jahaira for the amazing lunch for us for Valentine's Day.
- 601:** Michael Haddock (Mason H) for helping in the classroom.
- 602:** Terri Reyes, grandmother of Summer. She has been so positive and supportive from day one! She always make sure Summer does a wonderful job on her Home Activities as well.

March Birthdays

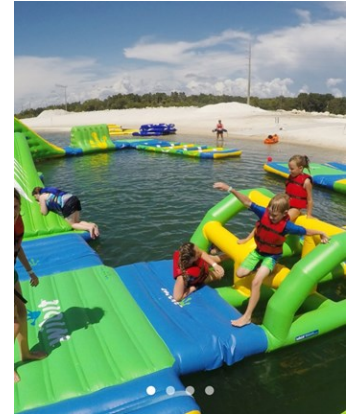
- 301:** None
- 302:** Kendal 3/4
Dominik 3/24
- 401:** Naltalia 3/6
Carter 3/26
Dante 3/24
- 402:** Giovanna 3/20
Colton 3/18
- 501:** Ariel 3/28
- 502:** None
- 601:** Michael 3/11
Ayana 3/15
- 602:** None



Staff: Ericka 3/12

Family Fun!

SunWest Park located at 17362 Old Dixie Hwy., Hudson, FL is a recreational waterfront facility in northwest Pasco, just off of Hwy 19. The park has been developed around a former limestone mine, known locally as "SunWest Mines". Gracing the shores of the 70 acre spring-fed lake you will find beautiful white sand that creates an unparalleled beach atmosphere. With the gorgeous, natural setting, relaxing in the sun comes easy! For those who also want to participate in activities, they offer a variety of amenities. For the explorer, they offer paddle-boarding and kayaking. Participants can paddle around anywhere on the lake, checking out some of the unique marine life. The Aqua Park is also a huge hit and a fun challenge. This inflatable obstacle course on the water was easily the most popular attraction at SunWest last summer.



Parent to Parent



Our family likes to have a movie night every once in a while. We get a bunch of healthy snacks together and all sit in front of the television to watch the movie. No cell phones or tablets allowed! This helps for us to just be together as a family and have a good time together. I suggest other families take time to have nights like these to really enjoy each other's company.



Luis Leon, Family Engagement Coordinator 352-754-2464 x 225

March is HERE!!!

Wow, time flew because we are almost done for this school year.
Let's finish **STRONG!!**

OK, our **School Readiness Goal** of the month is

***"Demonstrate an increased knowledge of
pre-academic skills!"***

Simply put, what are we doing to help our children learn?

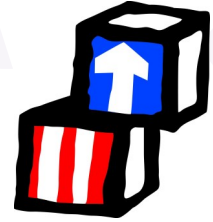
- ♦ Reading daily helps children develop a passion for books.
- ♦ Discussions at home about colors, letters, and numbers is also a great way to review!
- ♦ Learning games like identifying colors and letters while driving down the road or when you're out shopping.
- ♦ Look for games and tools you can use to help get our children ready for school.

Keep going Dad and Mom, you **ARE AWESOME!!!**

News from your Family Advocates



March



We would like to thank our parents who attended our first Kindergarten Transition Meeting and look forward to seeing you again for the next meeting on March 28th. Don't forget, you must attend all three meetings to be eligible for the grand prize! Our classrooms will be having a competition for the best attendance in the Month of March. The classroom, the teaching team, and each child in the winning class will a prize! Help your child's classroom win by bringing your child to school every day.

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.



Please reserve the disabled parking spaces for those with disabilities



Please put litter in its place!
Receptacles are located throughout the campus!

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
401 and 402	Nitza Jerez	2204
501 and 502	Joanne Roth	2201

Transition to Kindergarten



Ms. Susan Vega shared information and activities for our children to be ready to transition next year to Kindergarten.



Dates to Remember

3/8/17.....Parent Committee Meeting at 2:00
3/13-17 -3/17/17Spring Break-No School
3/24/17.....Spring Fling 12:00 until 2:00
3/24/17.....Storybook Forest at Crews Lake

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!!



Classroom News

301 March will be another busy month in our classroom. We have some wonderful things planned. We will continue working on our letters, shapes, colors and numbers. We will also begin working on recognizing all the letters in our names and writing our names. The focus of our lessons will be on Spring and country life. We will also be out for our spring break during the next month. We will have a special family involvement activity with Dr. Seuss's Birthday in mind. It's going to be an awesome month in room 301.

Ms. Nancy & Ms. Lynn

302 Happy March! We will be learning about the country and the city and having our USDA. We will have our first fieldtrip March 1st to the Wildlife sanctuary. We will also be having our male involvement activity on March 8th for a number gold coin search. The children in the classroom are practicing on identify numbers, numerals and making predictions for science activities. In Second Step the children are learning about ways to work out a problem, making friends, and speaking up assertively.

Ms. Theresa & Ms. Mandy

401 For the month of March our class will be working on letters f, s, b and g. We will be focusing more on math and identifying, counting and adding numbers. We are planning a field trip to be announced soon. Our male involvement

will take place on the same day as parent meeting and we will be celebrating Dr. Seuss birthday with some fun crafts.

Please continue to arrive by 8:30 and pick up by 2:30. Thank you

Ms. Ericka & Ms. Olena

402 During the month of March we will be working on letters F, S, B and G, the shape rhombus (diamond), and colors green and blue. Our themes for this month are: Cantaloupe Corner- tasting cantaloupe and learning how it grows; Spring is Here- what happens when it is Spring time; Shades of Blue and Green- mixing colors; and Watch My Garden Grow- what plants need to grow, parts of plants. We are planning a field trip to Weeki Wachee Springs.

Ms. Maggie & Ms. Natalie

501 During the month of March we will be talking about different themes: Spring is Here, Shades of Blue and Green and Watch My Garden. We will be focusing on the letters: S, B and G. I will like to say thank to all my parents for the support in each of the activities: Male Involvements, Parents Meeting; we won Choosy because all of you, and your assistance at the meetings for Kindergarten Transition. On behalf of Spring Hill Teachers and Advocate we wants to give a special thanks to Mrs. Evelyn Pellot, Jahaira Hernandez, Miriam Sandoval and Nicholas Locicero from 502 for Valentine's lunch and help with campus Decorations. Thanks for the

parents who have donate items for the baskets.

Ms. Samantha & Ms. Jackie

502 During the month of March we will be talking about 4 different themes included is our nutritional activity, Spring is here, Shades of blue and green and Watch my garden grow. Our male involvement is March 8th at 1:30. Thank you to all of the parents that came to our February male involvement (Our Valentine's Day boxes, turned out great.) Please remember that drop off time is 8:30am and pick up time is 2:30pm.

Ms. Jeannie & Ms. Talia

601 This month of March will be talking about Spring, Shades of Blue and Green and Gardening. Children will learn to mixed colors, how to take care of plants and how the changes in the weather affects the plants and animals around us. We will review all the letters that we have learned specially S, B and G.

Ms. Costa & Ms. Rossi

602 In March, the theme is City and Country Life. The children will learn to compare and contrast two concepts. We will also be doing a lot of gardening. We are planting beans, sunflowers, and lettuce among other things. The children will get to cultivate the plants and watch them grow. If all goes as planned we will get to taste some of the things we are growing as well. Happy Spring!

Ms. Shelley & Ms. Wanda



Policy Council update for February 2017

The February Policy Council meeting was held on Thursday, February 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 (11 parents and 2 community partner members) were present.

The following person was approved for hire:

Kari Thornsbury, Dietary Aide (Hernando County)

The following reports were approved/accepted: December 2016 Budget and Credit Cards, Enrollment/Attendance, Meals and Snacks, Service Area and Center. Heidi Rand- Director, expressed concern regarding the amount of classrooms (more than 25%) with attendance rates below 85%. Parents are encouraged to be mindful of the attendance policy and remind other parents as well.

An overview of the *High Scope Curriculum*, *Houghton Mifflin Curriculum* and *Galileo Assessment/Curriculum* was provided by Heidi Rand. A detailed review of the *Second Step Curriculum* will be presented next month.

Our Quality Assurance Manager - Jeff Heyne, led a training on Head Start program eligibility. He explained the four eligibility categories, provided examples of funds that are considered to be income and described the consequences a staff member would face if it is determined that the staff member did not accurately process income information in an effort to ensure that the family is determined to be eligible.

Policy Council members were advised that our program has been asked to submit a grant proposal for Volusia/Flagler United Way. The grant proposals will request funding to support kindergarten readiness and promote healthy lifestyles in Volusia County.

The next Policy Council meeting is scheduled for Thursday, March 23rd at 10 am. It will be a video conference meeting.



Sunflowers made from cheese triangles, grapes & a celery stem!



A fruity lion made from fresh oranges, with a grape "mane" and an orange rind tail!

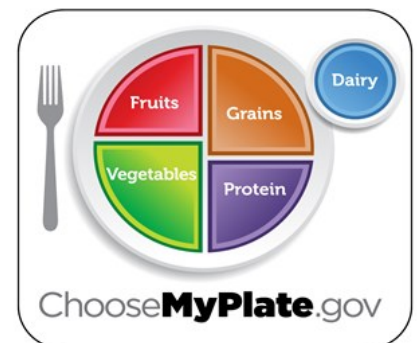
What is the *MyPlate* Food Guide?

With obesity on the rise in both children and adults in the United States, the U.S. Department of Agriculture (USDA) released a new food guide, *MyPlate*, to replace the Food Guide Pyramid familiar to so many Americans. Here are a few more key suggestions that go along with the *MyPlate* guide:

- ◆ Make half your plate fruits and vegetables.
- ◆ Switch to fat-free or low-fat (1%) milk.
- ◆ Make at least half your grains whole grains.
- ◆ Go lean with protein.
- ◆ Compare **sodium** (salt) in foods like soup, bread, and frozen meals, and choose foods with lower numbers.
- ◆ Drink water instead of sugary drinks.
- ◆ Find a balance between food and physical activity.
- ◆ Enjoy your food, but eat less.



Your kids will love these carrot flowers with dip in the center and a celery stem!



From Your CDS



“How To Miss a Childhood: A Recipe for Tragedy”

By Susan Vega, Child Development Specialist

There was a time (not long ago) when the only phones we used were attached to a cord somewhere in our home. When someone wanted to speak with us, they called and, if we did not answer, they left a message which we heard when we got home. When we went shopping, we shopped & talked about what we were buying to the people who were with us. When we took our children to school, we talked to them, sang together with the radio, or looked for interesting sights along the roads. When we went to the park, we pushed our kids on the swings, played with them on the slide, & listened to their excited laughter with joy. Today, every activity seems to be nothing more than a distraction that takes people away from their electronic devices. Parents seem annoyed when their child's questions take them away from the game they are playing or the text they are reading. The DIS-TRACTION is their CHILD!

Childhood is brief-I can personally attest to that since I have 2 adult children and 3 granddaughters, all of whom were babies just yesterday (or so it seems). What a tragedy to know some parents are missing out on the joys of experiencing the childhood of their children! And the greater tragedy is the children who feel that they are not as important as their parent's precious electronic devices.

Rachel Macy Stafford is a teacher and young mother who has written a book entitled “Hands Free Mama and writes a blog with the same name www.handsfreemama.com. She lists the “ingredients” for the recipe “How to Miss a Childhood”:

Ingredients:

- ◆ Keep your phone turned on at all times of the day. Allow the rings, beeps & buzzes to interrupt your child mid-sentence; always let the caller take priority
- ◆ Decide the app you're playing is more important than throwing the ball in the yard with your kids. Even better, yell at them to leave you alone while you play your game.
- ◆ While you wait for the server to bring your food or for the movie to start, get out your phone & stare at it despite the fact that your child sits inches away longing for your attention.
- ◆ Go to your child's sporting event & look up periodically from your phone thinking she won't notice that you are not fully focused on her game.
- ◆ Lose your temper with your child when he “bothers” you while you are interacting with your hand-held device.
- ◆ Don't look up from your phone when your child speaks to you or just reply with an “uh huh” so she thinks you were listening.

By following this recipe you will:

- ◆ Miss opportunities for human connection
- ◆ Miss chances to create beautiful memories
- ◆ Lack connection to the people most precious to you
- ◆ Not really get to know your children or allow them to know you



Parent Meeting Minutes

Spring Hill Head Start
February 8, 2017



Meeting opened at 2:05 pm

Families were welcomed by Chairperson Nick LoCicero. He also provided reminders for the upcoming monthly celebrations:

Black History Month

President's Day – February 20th (School Holiday)

National Dental & Healthy Heart Month

Information was provided about the Eddie Eagle Gun Safety Program by Ms. Susan Vega. This program will be presented to the children in March. Parents will be provided with more information before the presentation.

Mr. LoCicero shared information about the following upcoming events for February and March:

Next Parent Committee Meeting will be on March 8th

World's Greatest Baby Shower will be on February 18th from 10:00-1:00 at the Hernando County Fairgrounds

Walk & Roll (Disability Awareness) will be at WHMS on March 4th

Spring Festival will be on March 24th from 12:00-2:00 p.m.

Spring Break will be from March 13th – March 17th (No school)

Home visits must be completed by February 28th

Control School Choice Open Enrollment will be from February 13th to March 19th

Information was also provided about the following topics:

Magnet Programs Procedures dates were given for children who are currently 3 years old

Kindergarten Roundup for local elementary schools will be provided as soon as it is available.

Parents can use <http://www.infofinderi.com> to find School zones & buses routes.

Susan Vega shared information about upcoming Kindergarten Transition meetings on February 14th, March 28th, May 2nd at 1:30pm. Information and activities will be provided to help prepare your child for Kindergarten. There will be prizes at each meeting and a grand prize of a bounce house booking. Parent must attend the first two meetings to be eligible for the grand prize.

Kim Frewin provided a Policy Council update and shared that attendance and tardiness concerns were stressed.

Ms. Jeannie shared information about "What is going on in the classroom?" She shared how important it is to the children when a parent or family member is able to attend male involvement or other activities in the classroom. She also shared that the children have been enjoying cooking activities. They are working on shape recognition. They are talking about clothes for my body. In Second Step, they are discussing sharing, being kind, expressing their feelings with facial expression. They will be celebrating Dr. Seuss's birthday and Valentine's Day. Ms. Jeannie reminded parents that candy is not allowed and encouraged them to allow their children to create homemade cards.

Mr. LoCicero shared that he would like to provide some type of refreshment for staff on Valentine's Day and asked if parents would like to donate toward this effort.

Joanne Roth Shared that we are in need of a new Secretary for our meetings. Miriam Sandoval volunteered and all were in favor.

Children provided a musical skills demonstration to close our meeting.

Meeting adjourned at 3:00 pm.