

February 2018

Program of Excellence  
Mid Florida Community Services, Inc.

Volume 1—Number-6

## How to raise a compassionate child

Source: CNN.com/  
Parenting.com

### Promote sweetness

Teaching your child ways to treat things with care helps him develop the understanding that actions have consequences. **Show them how to be gentle. Speak softly. Reject rudeness.** Compassion requires that your child respect others, including you. Gently but firmly, say "No, you may not spit!" In the same loving but no-nonsense manner, remove his little feet from the table and unlock his fist from your hair. **Say "I'm sorry."**

### Enforce rules

Consistent limits help your toddler see that her behavior (and misbehavior!) affects others. **Provide structure. Expect your child to help. Use man-**

**ners to connect.** Good manners, which keep us coexisting harmoniously, are one way to show compassion. As much as you can with a squirmy toddler, make good manners part of his/her daily routine.

### Guide friendship

Stay tuned in during playtime so you can help your child figure out how to be a friend. **Outlaw name-calling. Give consequences. Label kindness.** When you catch your child offering a shovel to a friend in the sandbox, label her actions by saying "What a good friend you are," or "You're very thoughtful." Over time, she'll understand that being a helpful friend, sister, neighbor, and human being is something you value. **Be considerate yourself. Don't trash talk.**

### Encourage helping

With their increasing awareness and in-

dependence, preschoolers are ready to participate, if you show them how. **Assign chores. Use stories.** Reading books together can be a natural way to help your child start to understand that children aren't all the same. **Point out heroes.**

To read the article in full, please visit <http://www.cnn.com/2007/HEALTH/parenting/01/02/>

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## Important Dates in February

February 6—Parent Meeting @ 1:30 p.m.

February 12 - Federal Review Week

February 19—No School

February 21—Early Release Day



# From Your CDS

By Ronjaneen Harris,  
Child Development Specialist

Hey mom and dad!!! Raising a smart child is easy!! According to the University of Melbourne Department of Early Childhood Development on-line article, one of the biggest things you can do to help your preschooler is to read to them.

The frequency of reading to children at a young age has a direct causal effect on their schooling outcomes regardless of their family background and home environment.

Reading to children at age 4-5 every day has a significant positive effect on their reading skills and cognitive skills (i.e., language and literacy, numeracy and cognition) later in life. Reading to children 3-5 days per week (compared to 2 or less) has the same effect on the child's reading skills at age 4-5 as being six months older. Reading to them 6-7 days per week has the same effect as being almost 12 months older.

Children read to more frequently at age 4-5 achieve higher scores on the National Assessment Program - Literacy and Numeracy (NAPLAN) tests for both Reading and Numeracy in Year 3 (age 8 to 9). These differences in reading and cognitive skills are not related to the child's family background or home environment but are the direct result of how frequently they have been read to prior to starting school.

You can read the online article at <http://www.education.vic.gov.au/Documents/about/research/readtoyoungchild.pdf>

# Classroom News

## Room 301

February's themes will be All Shapes and Sizes and Clothes for My Body. Valentine's Day will be Wednesday, February 14. If your child wants to participate, he or she can bring Valentines in that day to exchange with friends. Please remember, no food items are allowed, including candy. We will be going over fair ways to play in Second Step. Please remember, we start class at 8:30 a.m. and pick up is 2:30 p.m.

~Mrs. Elayne and Ms. Salyna

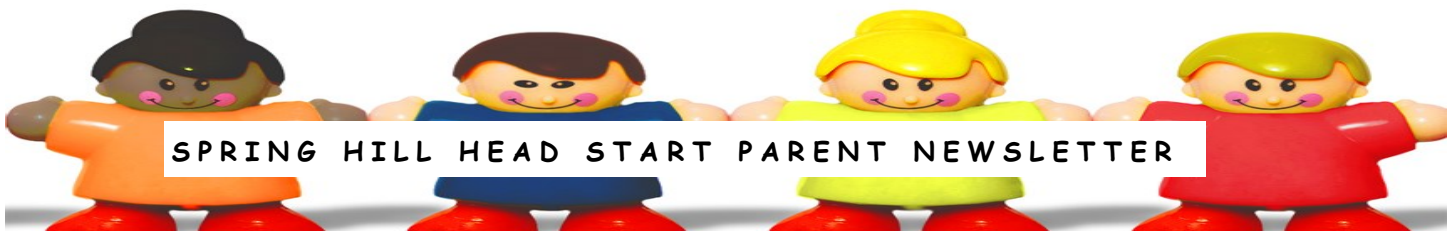
## Room 302

Happy February! The children have been doing excellent in the classroom. In Second Step, the children are learning about ways to share, trade, and take turns. We have been working on identifying letters in their first names and word cards we find in the classroom. We also welcome all students to bring in favorite books from home to read in the classroom. Making reading fun is our goal! Please always practice counting with your kids at home. We are working on counting objects and identifying numerals. This month's themes are "All shapes and sizes", "Clothes for my body", and "Hats on my head." We wanted to give a big thanks for the wonderful family involvement!

~Mrs. Theresa and Ms. Mandy

## Room 401

For the month of February, we will be learning about down on the farm. We will also be doing our nutrition activity with spinach and learning about shapes and sizes. We will be having lots of





different activities for Valentine's Day and Black History Month. Thank you so much to our parents that attended the parent activity event and the It's A Health Thing event. We appreciate everything that you do to help with our classroom and with your child.

~Mrs. Nancy and Ms. Olena

#### Room 402

This month, we will make a delicious spinach dip and learn about how spinach grows and the benefits of eating healthy foods. Also, please welcome our new teacher, Ms. Amanda Brown.

~Ms. Amanda and Ms. Talia

Classroom 501 continues to work on our Second Step Curriculum and how to react or respond to strong feelings. The children are quick to tell each other to take a breath to control outbursts. Practice makes perfect! Our themes for the month of February are: Down on the Farm; A spinach nutrition activity (we will plant spinach in our garden), Shapes and Sizes and Clothes for our bodies. The cold weather made a perfect opportunity for the children to

really experience what the "North" experiences as usually we are fortunate and stay nice and warm. We talked about how the cold affected our growing peas we planted and what you wear in the cold to keep your body healthy.

~Mrs. Suzanne and Ms. Sandra

#### Room 502

Happy February. Our colors will be pink for this month, shape is a heart and our letter that we will be primary focusing on will be V,S,C and B. We will have no school February 19<sup>th</sup> for the Holiday celebration. Please make sure you remember your red communication folder daily, this is a great way to communicate with us and receive weekly communication log and other important information regarding your little one. Please use the communication folder to contact us or feel free to call our classroom if you have any questions or concerns 352-556-4800 ext: 2502. Thank you,

~Ms. Jeannie and Ms. Mallori

#### Room 601

This month, we will be incorporating all the ways we can show our

friends, family and community love and acts of kindness. In Second Step, we will be implementing 'Fair Ways to Play' and 'Waiting Patiently'. We will be working on letters L, N and Q. As always, we will be implementing and discussing healthy eating habits and self-care through daily conversations and meal time discussions. We are looking forward to an educational and productive month!

Thank you,

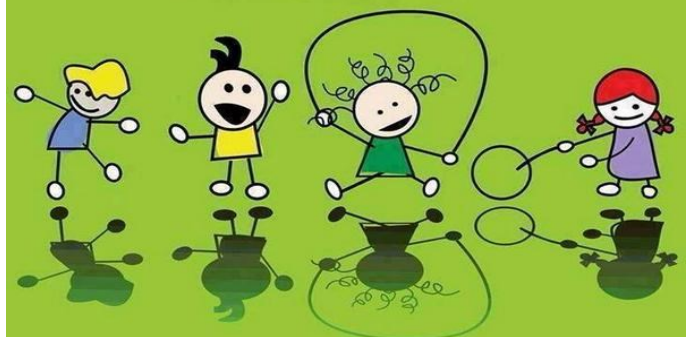
~Mrs. Sarah and Ms. Lucia

#### Room 602

This month, our theme is Construction Zone. The children will learn about how buildings, roads, and bridges are built and why we need them. In Second Step, we will be learning skills for making and keeping friends. For USDA, we will be learning all about spinach and how it grows and the benefits of eating healthy foods. We will then be ready to plant our spring garden. Thank you for your continued support!

~ Miss Shelley and Miss Wanda

**Never let your friends feel lonely... Disturb them all the time.**







# Home Activities

When Mother Nature gives us her worst, create fun activities for your family using things you already have. See what you can do for FREE with your kids this winter without even leaving your home.

► **Old sheets** Younger children will enjoy building a fort. Pull out old sheets and blankets and help kids cover tables or chairs. Let the kids decide what the fort is—a preschool, library, campsite, restaurant and so on. Help them add appropriate props, such as writing tablets and crayons for school or books for the library.

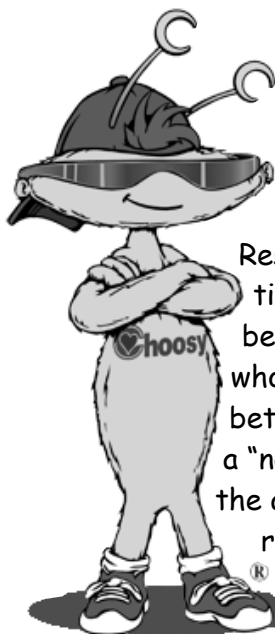
► **Your computer** Download FREE BOOKS at [guttenberg.org](http://guttenberg.org) or [questia.com](http://questia.com).

► **Castoff t-shirts:** Teens and older children will love to help you transform their old t-shirts into cute wardrobe essentials. All you need is a needle and thread, ribbon and our creative ideas.

► **Shaving cream** Hide small toys in blobs of shaving cream; let kids find the treasures.

► **Your kitchen** Turn your next meal into a family affair by letting kids help out with the preparation and cooking. Choose easy recipes like Low-Fat Mac n' Cheese with Peas or Sloppy Toms, so you can enjoy each other's company without worrying about a complicated recipe.

► **Their creativity** Hold an acting class. Call out the name of a character, animal or object, and have kids act it out.



## I Am Moving, I Am Learning (IMIL)

### Play is the Best Fit!

Research supports that physical activity can have a positive impact on behavior, suggesting that children who are physically active may behave better. Physical activity can also have a "not so great" impact on behavior if the activity is inappropriate. Choosy reminds us that physical activity is different for children than for adults.

**Celebrate the early years with play, not sports or "exercise."**

- Children are not little athletes, and do not need "exercise" for fitness.

- Most young children are not physically mature enough to perform "adult exercises" or skills, and they have difficulty understanding the concept of a "team."

**Make activity time playful, fun, creative, and successful.**

- Pretending to be a bear crawling on all fours is much more playful and fun for a young child compared to push-ups.

- Discourage competition or any "game" where there are winners, losers, or eliminations. Emphasize maximum participation and fun.

• Exercise should never be used as punishment.

Taken from Choosy Kids newsletter



# Policy Council Update

The January Policy Council Meeting was held on Thursday, Jan. 25<sup>th</sup> at Lake Sumter State College in Leesburg. Twelve policy council members, including MFCS Board Liaison, Evone Jackson, were present. Eight staff members were present.

Heidi Rand, Director of Early Learning Programs, stated that the Head Start budget information indicates no concerns.

Jeff Heyne, Quality Assurance Manager reported the overall attendance percentage for last month was 84.91%.

The following reports were approved: *Budget, Credit Cards, Enrollment/Attendance, Meals and Snacks, Service Areas and Centers.* Parent Activity requests for Brooksville/Hernando and Coleman were approved.

New hires for the following positions were approved:

Hernando: Teacher in Brooksville/Hernando ; Hernando: Substitute Teacher ; Hernando: Teacher in Spring Hill; Volusia: Extended day staff at Oakridge center ; Volusia: Substitute at Jo Sheppard ; Volusia: EHS Teacher at Malloy; Volusia: Family Advocate at Port Orange center ; Volusia: Center Aide in Volusia County ; Volusia: Teacher Assistant at EVEC ; Volusia: Teacher Assistant at Blue Lake ; Volusia: Nutrition Services Coordinator in Volusia County

Amy Thomas, Deputy Director of Children's Services, presented the Disability Services Policy and Procedures which were amended to reference the Early Head Start children. Jeff Heyne led a review of the new Selection Policy and Procedures and spoke about the Project Spotlight Policy and Procedures. A project spotlight ensures that all identified needs are met before a child is placed in a classroom. Every department signs off stating that the child is ready to start. Lastly, Heidi Rand presented the Impasse Procedure. The procedure is established to resolve any internal disputes.

Amy Thomas presented the updated School Readiness Goals. The updates include the addition of Language and Literacy Development, to support our ESL (English as a second language) children. A Spanish version of the goal sheet is available.

Amy Thomas conducted training on the Second Step Curriculum. This curriculum teaches children how to explain their emotions, control their behavior, listen, pay attention and get along with others. One of our classrooms is featured in the Second Step marketing video. Our Head Start classrooms have a weekly lesson from Second Step.

Heidi Rand facilitated eligibility training. The training included a review of eligibility types, the eligibility verification process, being sensitive to families and disciplinary action for unacceptable conduct from staff.

Carol Coffie, Deputy Director of Program Services, presented a PowerPoint on the Community Wide Strategic Plan and Needs Assessment. The review included the purpose of and process for conducting the assessment, assessment highlights and a summary of the assessment recommendations.

The top 3 needs identified by parents are Child Care, Employment and Housing. The top 3 needs of families identified by community partners are Housing, Employment and Medical Care.

The grant application for Early Head Start funding was reviewed by the council.

New EHS Classrooms will be opening soon at the Malloy site in DeLeon Springs, Hernando site in Brooksville and Chisholm site in New Smyrna.

The federal review is scheduled for the week of February 12th. Several guests will be visiting sites during this week.

The next meeting is scheduled for Thursday, February 22nd at 10am and will be conducted via video conference. Members will meet in the conference room at the administrative office in their county.

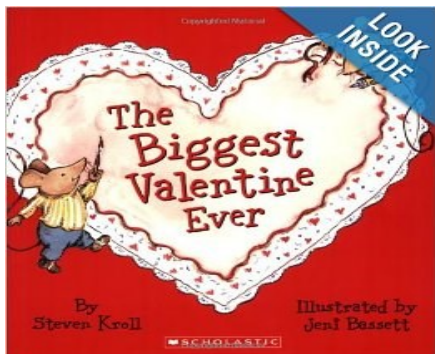


## Parent to Parent

Parents,

If you have anything you would like to share with other parents and families, please see your family advocate so they can assist you with getting information in the newsletter. We look forward to hearing from you.

## Book of the Month



## Help Your Child Become A Reader Source: Readingrockets.com

Parents who limit television, choose child care that is literacy-rich, and read and talk to their children often can help their children become readers. Learn about steps parents can take to promote reading in their children's lives.

1. Talk to your child

2. Read Aloud

3. Test your child's eyes and ears

4. Choose child care carefully



5. Ask the teacher about your child's reading

6. Limit TV watching

7. Create a reading corner

8. Visit the library

9. Show that you read

10. Join a family literacy program

11. Give books

12. Tap relatives

13. Attend book activities

Ask about free readings and other programs at bookstores in your community.

## Parent to Parent Class 602



Going in to Head Start for the first time I was a little skeptical because my daughter had always been in

private daycare. I was not even sure if I was going to leave her in the program or not. I was afraid she wouldn't like it. Wow, was I wrong! She loves her teachers Ms. Shelley and Ms. Wanda. She really likes it and talks about it all the time.

For us, Head Start has been a great change of place. We love the staff and the way that Head Start works with the kids and all that they learn being in the program. I really like the way the program tries to get the parents involved in all that they do in the school for the kids.

One of my favorite things is the Educational Home Activity (Homework). It's a great time to spend one on one time with my child. We always have a great time doing the activity. Also, having a before and after school program is great. The kids can just stay in the same place where all the faces are familiar to them.

Having Head Start in our community is a great thing for the kids and parents.

Sincerely,  
Marisol Sanchez  
(Camila G.'s mother in 602)

## Kids love helping out in the kitchen, and they will enjoy making cheese quesadillas.

### Ingredients

- 2 large tortillas, any variety; 1 cup shredded cheese -- traditionally cheddar is used, but any kind is fine; butter or margarine;
- **Prep Time:** 5 minutes **Cook Time:** 5 minutes **Total Time:** 10 minutes

### Preparation

Heat a non-stick skillet over medium heat. Lightly spread the butter or margarine on one side of each tortilla. Sprinkle the cheese and any other ingredients on top of the non-buttered side of the tortilla. Cover with the second tortilla so both buttered sides are facing out. Carefully put the quesadilla into the pan. Cook until the tortilla is lightly brown and then flip. Cook until the cheese is melted. Serve immediately on a plate and cut into four wedges. Serve with sour cream, salsa and/or guacamole.

Note: Any proteins you add to the quesadilla should be fully cooked before you add it in.





## Parent Committee Meeting Spring Hill Center

January 12, 2018

1. Meeting took place at the Strike City Bowling in Mariner Blvd prior to the Parent Activity
2. Mrs. Joanne Roth started by welcoming parents to the meeting and Parent Activity
3. Mrs. Joanne Roth reminded parents of the celebrations for the month and pass handouts about LifeSouth Community Blood Centers in Hernando and cervical health awareness.
4. Parents were reminded of the events for January and February.
5. Mrs. Joanne passed a handout about what is going on in the classroom presented by Mrs. Suzanne Wood.
6. Perfect Attendance certificates were presented.
7. There were no updates from the Policy Council as she wasn't present.
8. Parents were reminded we have the blue survey cards if they would like to fill one out.
9. Meeting was adjourned and we proceed to the Parent Activity





# News from your Family Advocates



We hope that those of you who were able to attend enjoyed our Parent Activity as much as we did! We have some amazing bowlers and it was a nice opportunity to socialize with each other. Thank you also to all of our guest readers for helping us celebrate Literacy Week! We will be having more exciting events in upcoming months, so please attend our Parent Committee Meeting for more information.

## 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.

### Warning:

Law enforcement may ticket you if you do not have a handicapped license plate or placard!



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

Child Development Specialist:

Ronjaneen Harris...Ext. 2209

The phone number for the Family Advocate's office in Spring Hill 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

## Dates to Remember

2/6/18 Parent Committee Meeting  
2/19/18 Holiday- President's Day  
3/6/18 Parent Committee Meeting  
3/8/18 Spring Fling from 12:00 -2:00 PM  
3/10/18 Storybook Forest  
3/12/18 Spring Break week begins  
3/19/18 Children return to school



Parent Activity at Strike City

# Noticias de las Defensoras Familiares



Head Start  
Mid Florida Community Services  
Early Head Start

Esperamos que los que pudieron asistir a la Actividad para Padres hayan disfrutado tanto como nosotros lo hicimos! Tuvimos unos jugadores con muchas destrezas y fue un tiempo muy bueno para socializar con otros. Gracias a todos los voluntarios que leyeron durante la celebración de la Semana de la Literatura! Vamos a tener mas nuevos eventos en los próximos meses, asi que, por favor asistan a la reunión del comité de padres para mas información.

## Cosas a Recordar

No se olvide llamar a su trabajadora familiar si su hijo(a) va a estar ausente o la maestro si va a llegar tarde El teléfono del Centro es el 352-556-4800.

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

Especialista Desarrollo de Niños:

Ronjaneen Harris...Ext. 2209

El teléfono de las trabajadoras familiares en Spring Hill es 352-556-4800 La extensión de su trabajadora es:

301 and 302 Lynn Woerner 2203



401 and 402 Nitza Jerez  
2204

501 and 502 Joanne Roth  
2201

601 Joanne Roth 2201

## Advertencia:

Las autoridades policíacas podían darle una citación si usted no tiene permiso para estacionarse en el estacionamiento para discapacitados



## Fechas a Recordar

2/6/18 Reunión Comité Padres  
2/19/18 Feriado-Día del Veterano  
3/6/18 Reunión Comité de Padres  
3/8/18 Festival Primavera 12:00 -2:00 PM  
3/10/18 Storybook Forest (Evento Comunitario)  
3/12/18 Comienza Receso de Primavera  
3/19/18 Niños regresan a la escuela



Parent Activity at Strike City