

January 2018

Program of Excellence
Mid Florida Community Services, Inc.

Volume 1—Number-5

Supporting Your Child's Social Development

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 examples 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.

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

Source: http://www.ounce.org/pdfs/child_development/supporting_social_development.pdf



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Important Dates in January

January 8, 2018 - No School/In-Service

January 9 -Children returns to school

January 15 - Dr. Martin L. King, Jr. Holiday/No School



From Your CDS

By Ronjaneen Harris,
Child Development Specialist for Spring Hill Head
Start Center

I hope everyone enjoyed the holidays and is having a happy New Year. Please make sure you dress your child for the cold weather in warm clothes and closed-in shoes. Also, make sure you bring your child an extra pair of warm clothes to place in their cubbies.

This month, we look forward to seeing you at the parent meeting, the parent engagement activity, and other classroom activities. Also, the teachers will begin to schedule home visits. If you have any questions about any of these activities, please ask your child's teacher.

Each month, your child's teacher sends home two home activities for you to do with your child. Please understand that the interactions between you and your child are very important. When your child sees that you enjoy spending time with them and that learning is important, they will be enthusiastic about learning and also believe that learning is important. Your child is learning so much from doing the home activities.

When your child plays with puzzles, beads, lace cards, and math manipulatives, they learn eye-hand coordination; number concepts like more and less, longer and shorter; how to create and reproduce patterns; concepts of color, shape and location; how to use number words; first, second...; how to notice differences and to form categories; left and right progression (a reading skill); one to one correspondence; and patterning skills. So, continue working with your child on the home activities and returning the signed forms to the teacher.

Please go on the Galileo Parent Center to view your child's progress. If you need any assistance with the Galileo Parent Center, please ask your child's teacher or give me a call at 352-556-4800, 209.

Classroom News

Room 301

Happy New Years and welcome back families. We appreciate all of your participation in our classroom. However, we encourage you to become involved with your child's education by volunteering in the classroom, school activities, parent meetings, completing and returning home activities, etc. This month, we will continue learning our letters and numbers. Please watch out for flyers for this month's parent engagement activity. We would like to thank all our families for such a wonderful year.

~Mrs. Elayne and Ms. Salyna

Room 302

Happy New Year and welcome back to school! We hope you had a wonderful break. In Second Step, the children are still identifying uncomfortable feelings and reviewing the steps for calming down. Please continue to review Second Step paper that is sent home on Fridays. Also, please check the front door for updates in the classroom and school. The themes for this month are winter carnival, building in our city, let's go for a ride, and homes we build. Children are still working on alphabet letters and sounds. Children are also working on identifying numerals and identifying how many are in a group. Make sure home activities are done as soon as possible and turned in. Thanks J

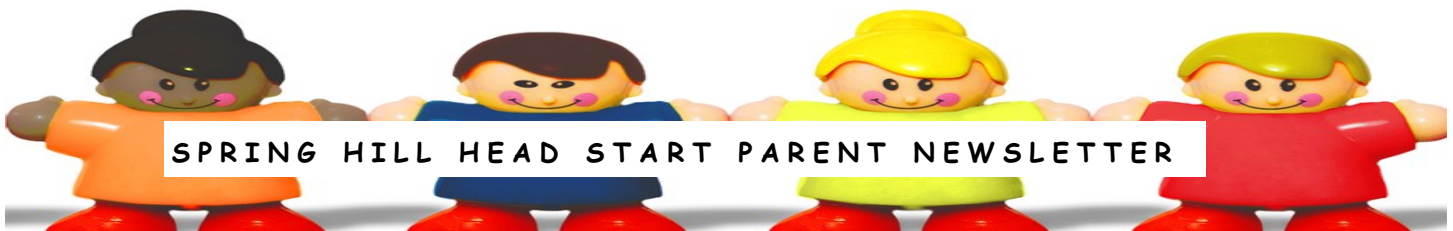
~Mrs. Theresa and Ms. Mandy

Room 401

We are looking forward to the second half of our year here in our classroom. We will be learning about winter and the different things around the city and talk about all the different buildings and workers that are in the city. We will also be having our picture day on January 22. Hope that everyone is ready for 2018 it is going to be a great year. We look forward to all the things that we will be learning all the changes that we continue to make in classroom 401.

~Mrs. Nancy and Ms. Olena

Room 402





appropriately and the Calm-Down Steps. For our Parent Engagement Activity the children will be making Stone Soup to share with their parents. Happy New Year!
~ Miss Shelley and Miss Wanda

Welcome back,. We all hope that you had a great holiday season with friends and family. December was filled with lots of holiday fun and much learning about the different holidays. We look forward to all the great learning opportunities this month will bring with lots excitement.
~Ms. Talia and Ms. Rebeca

Room 501

We are working on controlling our strong emotions using our Second Step Curriculum. We had 14 parents at our December Parent Activity, Decorating an ornament. We will continue working on our educational foundation and strengthen our current skills we have acquired. Our January birthdays are: Malina on January 27th, she will be 4! Our days are full of small and large muscle building, we ride bikes, blow bubbles, climb, slide and run. We are getting really good at waiting our turn and being patient so others don't get hurt by our rushing.
~Mrs. Suzanne and Ms. Sandra

Room 502

Happy New Year from 502. We hope you had a great winter break. This month, we are going to cover the following: Building in Our City, Let's Go for a Ride and Homes We Build. We are going to be working with the letters W, R, B and H and the letter sound for each. We will continue to learn about our feelings and the importance of exercising and make good nutrition-

al food choices to keep our bodies and minds healthy. I will like to say THANK YOU!!! To all our parents who support us in the Home Activities, Parent Meeting last month, Male Involvement. Parents with your compromise, commitment and dedication I know we can make 2018 a successful year. Reminders: January 15th is Martin Luther King Jr. Birthday (Holiday) and January 31st Early Release at 1:00p.m.

Thank you, Ms. Jeannie and Ms. Mallori

Room 601

Happy New Year! Thank you for all the gifts and Christmas cards,. It was greatly appreciated! We hope everyone had a wonderful holiday season. This month, we will be learning letters; B, C, D, and F. Students will identify these letters and letter sounds. In Second Step, we will be focusing on problem solving and expressing our feelings through words and positive interactions with our peers. As always, we will be discussing and implementing the importance of exercise and healthy food choices during our family style breakfast and lunch and outdoor play. This month's parent engagement will be held on January 19, 2017 @ 1:30 in room 601. We hope to see you here!

~Mrs. Sara and Ms. Lucia

Room 602

January's theme is All About Animals. We will cover the concepts of animal habitats, living vs. non-living things, how animals move, tame vs. wild animals and more. In Second Step, we will learn about managing our feelings ap-





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 or 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.

▣ **Your closet:** Raid your closet for old dress clothes and giveaways so kids can play dress-up.

▣ **Dried rice:** Create your own sandbox indoors with rice, beans, oats and other dried goods. Find a large bin to fill with the dried goods, and use shovels and other plastic

I Am Moving, I Am Learning (IMIL)



For little kids, toys are essential to growth, learning, and development. When you choo

se toys for children this age, make sure you select some active toys along with ABC books and cuddly buddies for pretend play.

Active toys help build [motor skills](#) and encourage kids to get their daily dose of [physical activity](#).

Many of these top toy picks can be used indoors or out and are appealing to both boys and girls.



Policy Council Update

The **December Policy Council meeting** was held on Thursday, December 14th at 10am via video conference. A quorum was established. Eleven policy council members were present. Twelve staff members were present.

The following reports were reviewed and approved: *Budget, Credit Cards, Enrollment/Attendance, Meals and Snacks, Service Areas and Centers.* Parent Activity requests for Bushnell and Spring Hill were approved.

Candidates for the following job vacancies have been **approved for hire**:

Hernando: Substitute Teacher in Brooksville/Spring Hill

Hernando: Part-time Early Head Start Teacher

Hernando: Early Head Start Teacher

Hernando: Head Start Teacher III

Hernando: Head Start Teacher V in Spring Hill

Volusia: Floating Early Head Start Teacher at Oakridge

Volusia: Center Aide Substitute for Volusia County

Mid Florida Community Services Finance Officer - Diane Berube, conducted a **budget training**. The highlights of the training included the various program related budgets (Head Start, Early Head Start, VPK and USDA) that are reviewed monthly, how to read the budget reports and the different budget periods. It was noted that the cost per child expense for Early Head Start is higher than the cost for a Head Start child. VPK instruction, totaling 3 hours a day, is provided in designated locations. The USDA budget is developed based on the number of meals served in the prior year.

Child Development Specialist-Jennifer Fowler, led an **information session on the Galileo Curriculum** which included accessing and navigating Galileo on their computer. Each parent was reminded that a personal Galileo password has been established for them and a magnet was given out earlier in the year for parents to write their personal password on. This magnet can be placed on the refrigerator for quick reference. Parents were encouraged to access Galileo regularly to access their child's profile which includes the following: information about what their child *has learned*, what their child is *ready to learn* and activities parents can do with their children at home to support the development of new skills.

Deputy Director of Children's Services - Amy Thomas, presented the **Child Outcomes Analysis Report**. She explained that these reports help identify if children are making developmental gains. The report consists of two different scores: baseline (starting point) and gains (progress). The goal is for each child to have a 50 point increase from the time they started the program to the end of the school year.

Director of Early Learning Programs - Heidi Rand, reported that a **Federal Monitoring Review** will take place the week of **February 12th, 2018**. Parents are encouraged to discuss any program concerns about their center, with their Family Advocate or Child Development Specialist before that time. The review will consist of classroom observations using the *CLASS* (Classroom Assessment Scoring System) tool, review of program data records, health and safety checks, interviews of policy council members and staff.

Policy Council meetings are held the 4th Thursday of each month, unless rescheduled due to holidays. The **next meeting** will be held on January 25th @ 10am. It will be a face-to-face meeting at Lake-Sumter State College in Leesburg, FL.



Mid Florida Community Services, Inc. Head Start School Readiness Goals

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.

Approaches Towards Learning

ATL 1. Show curiosity, creativity and an eagerness to learn and experience new things

Language and Literacy Development

LLD 1. Increase English language communication skills

Social and Emotional Development

SED 1. Express and manage feelings appropriately
SED 2. Develop and maintain positive relationships

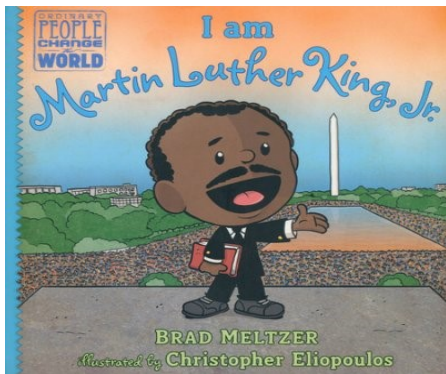
Cognition and General Knowledge

CGK 1. Demonstrate an increased knowledge of pre-academic skills
CGK 2. Develop life skills and independence through everyday routines and interactions

Physical Well-Being and Motor Development

PMD 1. Demonstrate control of large and small muscles
PMD 2. Develop and practice healthy and safe habits

Book of the Month



interactions

Teachable Moments:

Source: Empoweringparents.com

Say These 5 Things and Have a Calmer Year with Your Kids... Here are five things to say to yourself that will help you stay calm with your kids—and will help to contribute to a calmer and more peaceful year.

1. "I am not my child and my child is not me. He can behave one way and I am free to choose how I will behave, no matter how chooses to act." 2. "I can use my own parenting values to guide me when my emotions get triggered. I am fully responsible to manage my own behavior. My children cannot 'make' me lose it." 3. "I am responsible and in charge of how this year goes. 3. I am not in control of how anyone else behaves or thinks, but I am fully in charge of how I behave and think." 4. "It's not possible to 'control' others and try to get them to be how I want them to be so I can feel like a successful parent. If I do, my children will most likely fight back in their own way. I can instead work to shape myself." (Usually kids

follow our lead.) 5. "I can work on appreciating my children for who they are and 'worry' less about them." (They will more likely come to appreciate themselves and feel less anxious about who they are when you can do this.)

Once untangled, you will be calm and emotionally separate enough to guide your child. You can then hold him accountable by providing consequences if he hasn't followed the rules or hasn't done what was expected of him. Do it matter-of-factly rather than with too much emotion. Disengage if your child has lost control of himself. Once he is calm, you can discuss with him other options for solving a problem, rather than screaming, yelling and trying to hold others hostage. He will learn that certain behaviors are not effective because he simply does not get what he wants when he behaves in those negative ways. And you can show him better options through your own self-control and through problem-solving discussions. From your calm separateness you will be able to guide your child to better behavior and a more peaceful year.

Several tips to help parents of young children promote literacy at home.

- Choose a quiet time for reading to your child, as in before a nap, bedtime, or after dinner.
- Choose a special place for family reading, like a comfortable chair or pillows piled on the floor.
- Let child select the book for you to read aloud.
- Hold the book so that she or he can see the pictures. If possible, also let her or him turn the pages.
- Take time to look at and talk about the pictures. Don't just read the story: talk about it. Let your child point out letters, shapes, colors, and animals.
- Understand that reading begins at home. Children read their environments, so make your home a print rich environment.
- Read ! Don't expect reading to be important to your children if they see that it's not important to you.

- Invite your child to read to you. If he or she is a pre-reader, he'll often interpret his own story using illustrations and his imagination.
- Make lists, lots of them. Make them for grocery shopping, books to buy and things to take on trips.
- Read aloud to your child every day.

***adapted from My First Week of School by Derrick Grant.

www.preschoolrainbow.org



Kids love helping out in the kitchen, and they will enjoy making this fruit cone with you.

- **Ingredients:** 3 different types of fruits like strawberries, cantaloupe and blueberries, small waffle cone, 3 small bowls, 1 large bowl, measuring cup, tablespoon, knife, lite Coolwhip, sherbet or sorbet of any flavor (optional), granola or other toppings (optional)

- **Directions:**

1. Cut the fruit and place each fruit in its own bowl. You'll want to cut the fruit into small pieces so that they'll fit into the waffle cone.
2. Introduce your preschooler to the measuring cup, asking her questions about which lines mean 1/2 cup, 1/3 cup, and so on.
3. Have your child measure out 1/2 cup of strawberries, 1/3 cup of cantaloupe, and count 15 blueberries to place in the large bowl.
4. Hold the small waffle cone while your child uses the tablespoon to scoop in the mixed fruit from the large plastic bowl. If you want to add sherbet, do so before you add the fruit, so the sherbet rests on the bottom of cone.
5. Let your child top her creation with some Lite Coolwhip. Add a touch of granola or cereal, if desired.
6. Enjoy!

- **Ingredients:** 3 different types of fruits like strawberries, cantaloupe and blueberries, small waffle cone, 3 small bowls, 1 large bowl, measuring cup, tablespoon, knife, lite Coolwhip, sherbet or sorbet of any flavor (optional), granola or other toppings (optional)

- **Directions:**





**Parent Committee
Meeting
Spring Hill Center
December 5, 2017**

Mission Statement

Mid Florida Community Services, Inc. is a partner in which low-income people are supported in their efforts to become self-sufficient.

Families were welcomed at 1:30 p.m.

The meeting started with an icebreaker presented by Ms. Lynn Woerner, Family Advocate

Mrs. Jerez announced voting for the vacant positions that were in need to be filled.

Policy Council: Andrea Lockheart

Policy Council Alternate: Brittany Lockheart

Secretary: Bree Santiago

There wasn't a teacher available to speak about what's going on in the classroom.

President: Nick shared important dates for the month of December.

*Upcoming community events for families

*Winter Break dates

*Parent Activity date

*It's a Health Thing Date

Mrs. Jerez informed parents that all classrooms have been sponsored for Christmas and gifts will be delivered on December 15th.

Family Advocates presented Perfect Attendance Certificates for the month of December.

MFCS Survey card were given out to parents

Questions or concerns were answered:

Vice Chair: Andrea spoke about bringing more events in for the children now that they are not going on field trips. Parents liked her ideas and many signed up to help her.

Parent donated two handmade wreaths to be raffled off.

Meeting Adjourned at 2:15 p.m.



News from your Family Advocates



Head Start
Mid Florida Community Services
Early Head Start

Happy New Year to all! We hope that everyone has had a safe and happy holiday season! Thank you to all of the sponsors that donated gifts to our children! We are looking forward to fun and exciting activities in 2018! The first event will be our Parent Activity at Strike City. Please join us for some bowling, lunch, and an opportunity to fellowship with other parents. **Please contact your Family Advocate if your child has not had a

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:

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
602	Nitza Jerez	2204

Warning:

Law enforcement may ticket you if you do not have a handi-capped license plate or placard!



Dates to Remember

1/12/18...Parent Activity and Parent Committee Meeting will be at Strike City at 11:00

1/15/18....Martin Luther King, Jr. Day...Holiday



Noticias de sus Trabajadoras Familiares



Head Start
Mid Florida Community Services
Early Head Start

Feliz Año Nuevo para todos! Esperamos que todos hayan tenido unos días feriados felices y contentos! Damos gracias a todos los auspiciadores que donaron regalos a nuestros niños! Esperamos más actividades divertidas y excitantes en el 2018! El primer evento es nuestra actividad de Padres en Strike City. Por favor únase a bolear, almorzar y la oportunidad de compartir con otros padres **Contacte a su trabajadora familiar si su hijo tuvo un examen dental o la prueba del plomo y hemoglobina.

Precaución:

Un representante de la Ley puede multarlo si usted no lleva una placa o tarjeta para discapacitados



Cosas a Recordar

No se olvide llamar a su trabajadora familiar si su hijo va a estar ausente o si va a estar tarde llamar a la maestra. El número del centro es el 352-556-4800.

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

Especialista Desarrollo de Niños:

Ronjaneen Harris...Ext. 2209

El número de teléfono de las trabajadoras familiares en Spring Hill es el 352-556-4800 Las extensiones son:

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

Fechas a Recordar

1/12/18...Actividad de Padres y Reunión de Padres en Strike City at 11:00

1/15/18....Martin Luther King. Jr.—Dia Feriado

1/17/18..."It's a Health Thing" en Hernando HS

