

November 2017

Program of Excellence  
Mid Florida Community Services, Inc.

Volume 1—Number-3

# Children and Diabetes

Throughout the world, incidences of diabetes are on the rise, and consequently so is diabetes amongst children. Most children are affected by type 1 diabetes in childhood. However, the number of children and young adults affected by type 2 diabetes is beginning to rise, particularly in America.

Approximately 90% of young people with diabetes suffer from type 1 and the number of patients who are children varies from place to place.

A figure of 17 per 100,000 children developing diabetes each year has been reported. As metabolic syndrome, obesity and bad diets spread, so too have the first incidences of type 2 diabetes, previously incredibly rare

The actual causes of the diabetic condition are little understood, in both children and adults. It is widely speculated that diabetes occurred when inherited genetic characteristics are triggered by environmental factors such as diet or exercise. Many type 1 diabetic children do not have diabetes in their

families however, so the exact cause remains a mystery.

Type 2 diabetes amongst children is usually caused by an extremely bad diet from a very young age, coupled with a sedentary lifestyle without exercise.

<http://www.diabetes.co.uk/children-and-diabetes.html>

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## Important Dates in November

- ⇒ 5—Daylight Savings
- ⇒ 7—Parent Committee Meeting at 1:30 p.m.
- ⇒ 10—Veteran's Day
- ⇒ 20-24—Thanksgiving

- Holiday -No School
- ⇒ 29—Early Release



# From Your CDS

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

Hello parents/guardians,  
We appreciate your continued support in your child's education and the program. You are your child's first teacher. Does that statement scare you? It shouldn't. Do you feel uncomfortable with the term "teacher," substitute", and "guide."? Most children are more explorers than students anyway. Our children depend on us for leadership and guidance.

I found this quote and wanted to share it with you: "The key to raising our kids right is: **positiveness**. They need to see positive, happy parents, who prove that life is worth living for."

According to the website, Parents as a First Teacher, Family members are the first and most important influences in the learning of children at all ages. While parents are usually the strongest models and have the greatest impact; grandparents, aunts, uncles and family friends also can act as role models, aides, and encouragers. These influences are also often shaped by input from peers, neighbors, teachers and others. See, it really does take a community to raise a child.

Last month at Open House, you received a magnet with your child's user name and password to log in to the Galileo Parent Center to see your child's progress. The Galileo computer program is one of the tools that Head Start teachers use to record and measure your child's progress. **You** can log on to Galileo anytime from any computer or phone with internet access.

Using Galileo, parents and teachers can work together to help children achieve success. To log on to Galileo and see your child's progress, visit [ati-online.com](http://ati-online.com).

**If you need assistance logging into the parent center, please contact me at 352-556-4800, 209 or your child's teacher.**

# Classroom News

301

November is here! During this month our themes are Moving the mail, Nutrition USDA (Squash), Fall is fun, and A is for apple. Our Parent Engagement Activity will be on November 17. We will not have school the week of Thanksgiving. Please turn in home activities as soon as possible. Thank you for your continued support and patience!

Mrs. Elayne and Mrs. Theresa S.

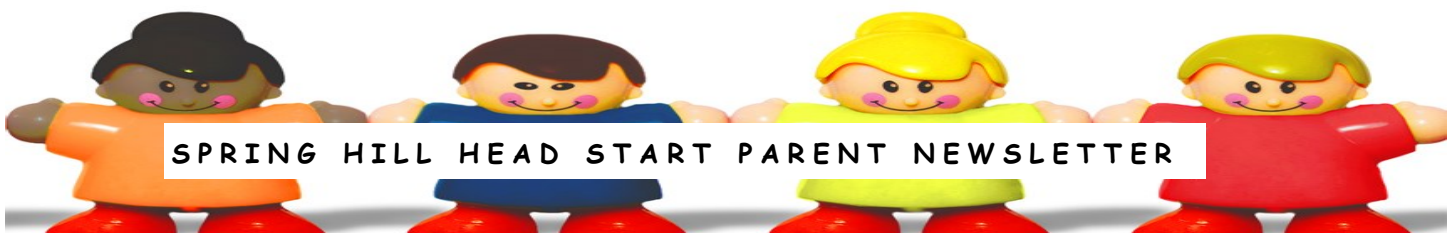
302

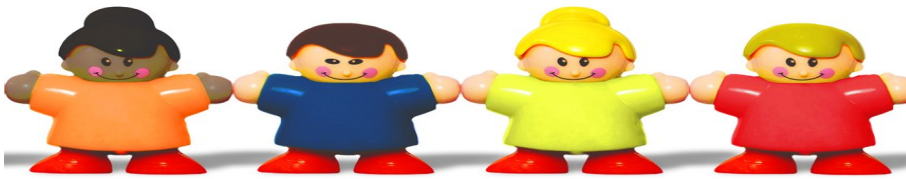
Welcome November! We have been having a great year so far. The children have adjusted well to our classroom routines and high interest in classroom activities. During this month, the curriculum themes are Moving the mail Nutrition USDA, Fall is fun, and A is for apple. We will not have school the week of thanksgiving, please turn in home activities as soon as possible. Children are also working on holding a pencil in the correct form, identifying "some" letters or "all" letters of their name. Children are also working on identifying numerals 0-10 and matching the number of objects to the numerals. In Second Step, children are learning techniques to invite friends to play and solving problems.

Mrs. Theresa and Ms. Mandy

401

We are ready for fall and Thanksgiving here in room 401. We are learning about squash, how it grows and we will be making a special recipe with it. We will also be learning how fall is fun and A is for Apple. For our Second Step lessons, we will be working on feelings and what they look like. We will be having our family involvement on Thursday, Nov.





9. Also, we will be out of school the 10<sup>th</sup> for Veteran's Day and then the 20-24 for Thanksgiving break. It is getting close to the end of the year so we will be getting a lot of time off. Thank you parents for all you do.  
Mrs. Nancy and Ms. Olena

402

For the month of November, we will be talking about the different seasons in a year. Letters we will be working with are M & D and reviewing letters L, V & S.

Our Parent Engagement activity will be on Thursday, November 9, at 1:30pm. We will play flag football against class 401, and we hope to see you all here. Teachers will also be scheduling parent conferences for this month. Make sure to check your child's folder on a daily basis to be updated with any activities and events.

We wish you a happy and safe Thanksgiving!

Ms. Talia and Ms. Rebeca

501

In November, we have the following birthdays: Ethan will be 5 on the 19<sup>th</sup> and Mesiah will be 5 on November 28. We have planted our peas and are waiting for them to

sprout so we can watch them grow. We have been discussing what a plant needs to grow, soil/ water and sun. We are talking about what we are Thankful for and what we can do so others are Thankful for what we do. We are leaning about the same and different feelings in Second Step and how we can help others. Enjoy your Thanksgiving break!

Mrs. Suzanne and Ms. Sandra

502

Welcome family and friends. We are very excited to continue to have your little ones in our class this school year. We will have fall and nutritional activities schedule themes for this November. We will have no school the week of 11-20 through 11-25 for Thanksgiving holiday celebration. Please make sure you remember your red communication folder daily, this is a great way to communicate with us and receive the weekly communication log and other important information regarding your child. Please use the communication folder to contact us or feel free to call our class room if you have any questions or concerns 352-556-4800 ext: 2502.

Thank you, Ms. Jeannie and Ms. Mallori

601

During the month of November,

we will be talking about autumn and all the beautiful colors that we can appreciate during this season. Please feel free to bring in pinecones, different color leaves or any other items that identifies this season for the children to explore. We are going to work with the letters A, L and M. This month, we will be having Parent- Teacher Conferences. Please make sure your child have a change of clothes in the classroom. We want to say **Thank You**, to all the parents that participated in our Family Engagement Activity and for all your donations. Thanks for making this activity fun for the children. Please don't forget to sign and turn in the Educational Home Activities before the end of each month, Thanks.

602

In November, we will be learning All about the Seasons. Hopefully, by then, we will be experiencing some of the signs of fall. The children will learn to compare and contrast the different seasons by their distinguishing characteristics. In Second Step, we will study more feelings and how to handle accidents in appropriate ways. November is also Parent-Teacher Conference month. We must meet with every child's parent before the end of the month.

Thank you for your continued support!  
Miss Shelley and Miss Wanda







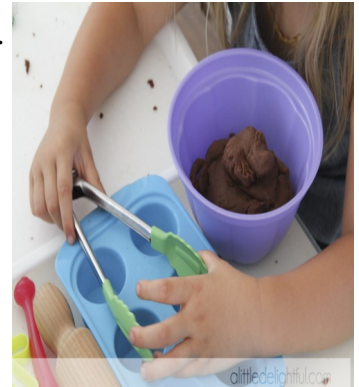
# Home Activity

## Recipes for Fun

Inexpensive fun recipes that parents and their preschool children can mix up together. Lots of learning takes place as young children help prepare these easy to follow recipes for art materials. Measuring, pouring and mixing ingredients provide preschoolers with math experiences. When children observe the changes in texture etc. science skills are developed. Creative art experiences begin when children (and their parents) actually use the materials that they have created from every-

day household ingredients.

No Cook Playdough  
 2 cups boiling water  
 3 cups flour  
 1/2 cup salt  
 2 tbsp. cooking oil  
 3 tsp. alum  
 food coloring

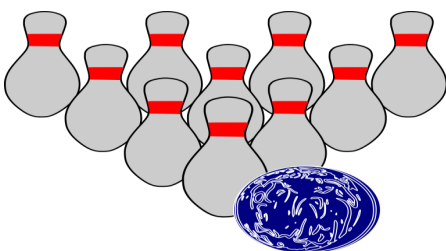


Preparation: In a large bowl, mix ingredients listed above. After mixing, knead well. Add food coloring as desired. Store in an airtight container or heavy plastic bag for up to six months.

# I Am Moving, I Am Learning (IMIL)

## BOWL - A - RAMA

Small, empty water bottles and a rubber ball are all you need to transform the family room into a bowling alley -- sans silly shoes, of course. Six bottles should suffice for bowling pins; if the bottles fall over too easily, fill them up with a little water or dry pasta for some extra weight.



## DISCO DOWN

Disco has been dead and resurrected so many times, I'm not sure if it's in or out anymore. But I do know that young kids love to dance to it, even if they think that "Bee Gees" is some sort of sugary snack you've been denying them. Dim the lights, close the blinds, hand each child a flashlight (for the full disco effect) and a small scarf to twirl around. Cue up some classic tunes like

"Dancing Queen," by ABBA, and "I Will Survive," by Gloria Gaynor, and watch the disco magic unfold.





# Policy Council Update

A mandatory **Policy Council training** was held on Thursday, October 26<sup>th</sup> at 9:30am at Lake Sumter State College in Leesburg. The **October Policy Council meeting** started at noon on this date immediately after the mandatory training. Eighteen 2017-18 policy council members were present. Two of the eighteen members in attendance were alternate policy council members. Voting during this meeting was limited to official policy council representatives and alternates from sites that were not represented at the meeting.

The following reports were *discussed*: Budget, Credit Cards, Enrollment/Attendance, Meals and Snacks, Service Areas and Centers.

Policy Council officers for 2017-18 were elected. The new officers are Chairperson - Jonathan Martinez (*Volusia*); Vice-Chairperson- Sheila Ramos (*Volusia*); Secretary - Pat Nohr (*Volusia*); Policy Council Liaison- Jacob Raby (*Hernando*).

Candidates for the following vacancies have been approved for hire: Early Head Start Teacher at Oak Ridge Site (*Volusia*); Teacher Assistants at Coleman (*Volusia*), Port Orange-2 (*Volusia*), Blue Lake Elementary (*Volusia*); Child Development Specialist (*Hernando*) ; Education Manager ( *Hernando*, Sumter and *Volusia* counties).

Heidi Rand, Director of Early Learning Programs, advised the Policy Council of a recent Information Memorandum from the Office of Head Start that provided guidance for opportunities for programs to respond to the needs of recent hurricane victims. She also reminded the Policy Council of the Parent Activity Fund amount of \$5 per child and discussed the details of the permitted use of the funds.

Budget training will be conducted during the November Policy Council meeting by the Chief Financial Officer of Mid Florida Community Services, Kris Bates.

The School Readiness Committee will meet on Nov. 15<sup>th</sup>.

Due to the holidays, the November and December Policy Council meetings will be earlier than the regularly scheduled meeting date. The November meeting will be held on November 16<sup>th</sup>. The December meeting will be held on December 14<sup>th</sup>. Each of these meetings will be conducted via video conference. Participants will meet at the conference room of the administrative office closest to their county.

The program specialist from the Head Start Region IV Office will be visiting our program in November 14<sup>th</sup> - 17<sup>th</sup>.

## Parent Engagement/Shapes

Parents ask your preschooler to copy simple shapes on a large sheet of paper. You draw a shape first. Then have your child try to copy it.

Examples: 

Later go outside and find a place where you and your youngster can look at clouds. Talk about how they look and how they might feel. Ask her/him to look for shapes in the clouds. <https://www.preschoolrainbow.org/parent.htm>

# 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.

## Book of the Month

### The THANKFUL Book



Todd PARR  
The New York Times Bestselling Author

I am thankful for music because it makes me want to dance. I am thankful for my feet because they help me run and play. I am thankful for kisses because they make me feel loved.

### 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



## Teachable Moments: How to Help Your Child Avoid Meltdowns

Source: [http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk\\_teachable\\_moments.pdf](http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_teachable_moments.pdf)

..Teachable Moment #1 - During morning reading time, read the book *Hands Are Not for Hitting* by Martine Agassi. For additional activities to do with this book, go to <http://csefel.vanderbilt.edu/resources/strategies.html#booknook>.

..Teachable Moment #2 - During breakfast time, intentionally teach the skill of sharing by saying, "Thank you for sharing the syrup with your sister!"

..Teachable Moment #3 - When your children are playing on the floor quietly, sit on the floor, make eye contact and say, "Wow, you girls have been playing for 10 minutes quietly! Tell me about what you are building." This teaches the desired behavior of playing quietly together.

..Teachable Moment #4 - When the phone rings. Put the phone down, tap both girls on the shoulder and say, "I am going to be on the phone for 10 minutes. When this timer is done, come tap me on my leg and show me the timer."





*Check out our  
Product and Safety News*



**1**

Cascadian Farm Organic Cinnamon Raisin Cereal

Undeclared almonds

**2**

Whole Foods 365 Everyday Value Raisin Bran

Undeclared peanuts

**3**

Publix, Weis Markets, and Fit & Active Fresh Ground Turkey

Possible presence of metal shavings



## Creative Expression Activities to Try:

These types of experiences can help develop meaningful connections

in their developing minds as they move, touch, manipulate different materials and experiment. The following creative expression activity for preschoolers is an ideal way to develop imagination and expand curiosity:

### Open-Ended Crafting

Provide a wide range of materials for children to choose from (string, paper plates, popsicle sticks, construction paper, etc.), allowing them to create imaginative crafts using the materials they select instead of objects pre-selected for them. This type of activity provides the opportunity to explore materials and how they work together, and lets children come up with a story behind what they have created.

Source: HiMama Creative Expressions

## Kids Science Experiment:

### The bouncy egg science experiment

Pour the vinegar into the glass

Put the egg in the vinegar.

Leave it for at least two days. Keep an eye on it, watch how it changes.

After two days, take it out. The shell will have dissolved. You can carefully, gently bounce it from a low height.

Hints and tips:



## Kids love helping out in the kitchen, and they will enjoy making this crookneck squash pasta salad with you.

**Ingredients:** 1/2 cup pasta; 1 small crookneck or yellow squash; 1 medium carrot; 1 1/2 cups fresh spinach leaves, washed and dried, and stems removed; 4 oz. low-fat or fat-free cheddar cheese cubed (1 cup)

**Directions:** Wash hands first; help wash and scrub carrots and squash; help use a salad spinner to wash spinach; dry spinach leaves washed in a colander between sheets of paper towel; wipe up spills; Adults should cook pasta and use a sharp knife to cut all vegetable pieces, make dressing, toss salad.





#### **Mission Statement**

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

### **Parent Committee Meeting Spring Hill Center October 3, 2017**

Families were welcomed at 1:30 p.m.

The meeting started with an icebreaker presented by Ms. Joanne Roth, Family Advocate

Mrs. Jerez announced our new officers and Policy Council Representatives

The committee elected the following officers:

Policy Council: Tiffany Ringelman

Policy Council: Kayla Brown

Policy Council Alternate: Marisol Sanchez

Policy Council Alternate: Andrea Lockhart

Chairperson: Nick Locicero

Vice-Chairperson: Andrea Lockhart

Co-Vice-chairperson: Jennifer Quinones

Secretary: Tiffany Kennedy

Health Advisory Committee: Kourtney Brown

Male Involvement Representative: Javohn Brown

Rights and Responsibilities training by our Chairperson Nick Locicero and handouts were provided.

Mrs. Joanne Roth shared information about Breast Cancer Awareness and gave out handouts.

Family advocate's reminded the committees about the importance of attending school every day, calling in when absent, drop off/pick up times.

Mrs. Elayne Reese represented the teachers and spoke about what is going on in the classroom.

Parents decided on dates for the Parent Activity: January 12, 2018 and Festival on March 8, 2018.

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

Questions of concerns were answered

Meeting Adjourned at 2:30 p.m.





# News from your Family Advocates



Head Start  
Mid Florida Community Services  
Early Head Start

We would like to thank our parents who attended our Parent Committee Meeting! We also appreciate your participation and attendance at our Hispanic Heritage Day. Congratulations to those who have completed Volunteer Training. Be sure to attend our November Parent Committee Meeting for your chance to win a Turkey Gift Basket!



## 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 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 is 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

11/07/17 .....Parent Committee Meeting at 1:30

11/08/17 .....Reading with the Police Dept.

11/20/17-11/24/17 .....No School/Holiday

11/27/17 .....Classes Resume

11/29/17 .....Early Dismissal at 1:00



## Character Day in Classroom 302

## Trevor K. in Classroom 601 on Hat Day



# News from your Family Advocates



**Head Start**  
Mid Florida Community Services

Queremos darle las gracias a los padres que estuvieron presentes en la reunión de padres anterior! También apreciamos su participación y asistencia a nuestra celebración de la Hispanidad! Felicitaciones a los que han completado el entrenamiento para voluntarios! Asegúrese de asistir a nuestra próxima reunión del Comité de Padres para una oportunidad de ganar una canasta de Acción de Gracias!

## Recordatorios

No se olvide de llamar a su Trabajadora Familiar si su hijo(a) va a estar ausente o al equipo de maestras si va a llegar tarde! El número de teléfono del centro es el (352)556-4800.

Salón 301.....Ext. 2301  
Salón 302.....Ext. 2302  
Salón 401 .....Ext. 2401  
Salón 402.....Ext. 2402  
Salón 501.....Ext. 2501  
Salón 502.....Ext. 2502  
Salón 601.....Ext. 2601  
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Child Development Specialist:

Ronjaneen Harris...Ext. 2209

El número de teléfono de su Trabajadora Familiar es el (352)556-4800. El número de extensión es como sigue:

301 y 302	Lynn Woerner	2203
401 y 402	Nitza Jerez	2204
501 y 502	Joanne Roth	2201

## Fechas a Recordar

11/07/17.....Reunión Comité de Padres 1:30 p.m.  
11/08/17.....Visita para leer Depart. de Policía  
11/20/17-11/24/17.....No clases/Feriado  
11/27/17 .....Regreso a Clases  
11/29/17.....Salida temprano @ 1:00



**Día del Personaje Favorito Salón 302**

**Trevor K. salón 601- El día del Sombrero**







## CLASSROOM 502 SHARES PICTURES OF THEIR OCTOBER ACTIVITIES



## DENTIST OFFICE THEME, DENTAL WEEK, AND PARENT ENGAGEMENT

