



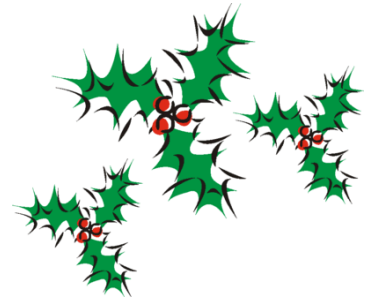
Westside Head Start December's Newsletter

WOW, has this year gone so fast. We can't believe that it is already December. In just a few short weeks we will be having our winter break. We are looking forward to a great holiday and a wonderful New Year being together, having fun, learning and growing as a classroom family. A few learning activities that we will be doing in the classroom will include seasonal changes, drawing, painting, beading, matching, sorting, and patterning of letters. In our Second Step our discussion will be "Emotion Management" for this month. Our USDA cooking activity will be "Dilly Spinach Dip." Please ask your children about what is going on in the classroom. Thank you to all the parents for participating in the Parent Conferences last month. Now that the days are getting cooler, remember to dress your child appropriately. Please dress your child in easy to put on and comfortable clothes. We do go outside every day unless it is raining or freezing.



Up Coming Events:

- Parent Meeting – December 14th - 2:00 p.m.
- Parent Involvement Activity – Dec. 14th Activity: 1:00pm.
- Winter Break- Dec. 21st - Jan 3rd
- School Resumes Jan 4th - Early Release Day
- Book Signing @ EVEC Dec 9th 1:00pm: "Monkey Bread Soup" by: Dorothy Mayhew



Perfect Attendance for November

• Latraile Collins II • Ethan Lantier • Bryce Mann • Je'Kiara Oxendine





Parent Meeting Minutes:



Day: _9_ Month: __11__ Year: __2016__.

- Parent Meeting started at __1:55pm__.
- Parents were greeted by: _____Mr. Michael, FA and Teachers_____.
- The Pledge of Allegiance was leaded by: _____N/A_____.
- Minutes from last Parents Meeting were given by: __Ms. Janet_____.
- Policy Council Representative, reported Policy Council Minutes:
Yes: X____. No: _____.
- Parents were notified of coming Important Dates:

The Minutes for the October Parent meeting were read by the secretary and approved as read.

- November activity by Jasmine, Making turkeys
- No School on November 11 for Veteran's day
- Sign-up sheet made available for Health Thing November 16th
- No school on Wednesday 23th for teacher and students
- Thanksgiving vacations on November 24th –November 27th
- Classes resume on Monday November 28th
- Garden first planting strawberries help with it, please. Children will war what they grow
- Next parent meeting will be December 14th at 2:15pm

Meeting adjourned at: 2:08 pm



Family Advocate Corner

Understanding the Flu: How Can the 4-Strain Flu Shot Offer Broader Coverage?

The flu is a specific and serious respiratory "disease," and its complications can keep you and your family from doing the things you love. Here's what you need to know about the flu so you can help protect against it:

What action can I take to help prevent the flu? The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as an important step in helping to protect against flu viruses. But it's also important to understand that you have a choice when it comes to flu vaccines. The 3-strain flu vaccine only covers 3 strains of the influenza virus, but the **4-strain vaccine** covers an additional strain. That means you may get broader coverage against the flu with the 4-strain flu vaccine. **What are symptoms of the flu?** The flu may impact each person differently, but typical symptoms include: high fever, aching muscles, sore throat, dry cough, runny or stuffy nose, headache, vomiting, and diarrhea. For most people, symptoms last a few days. **How does the flu spread?** The flu is a contagious disease and can spread quite easily through coughing, sneezing, and nasal secretions. **When is someone contagious with the flu?** Most healthy adults may be able to infect others beginning: **Who can get the flu?** Anyone can get the flu, but rates of infection are highest among children. **If I do get the flu, are there any medications to treat it?** A doctor can prescribe antiviral medication that reduces flu symptoms and helps you to recover faster. For flu medicine to work, you must get the medicine fast: best results are seen if you get the medicine within the first 2 days of symptoms



Policy Council update for November 2016

The November Policy Council meeting was held on Thursday, November 17th at 10:00 am via video conference. Fifteen policy council members were present. A special welcome was extended to a new community policy council member, Carolyn Casler. Ms. Casler is employed by the Early Learning Coalition of Pasco/Hernando counties.

The following persons were approved for hire:

Jessyal Acevedo, Teacher's Assistant - Hernando Head Start

Megan Golembieski, Program Substitute -Hernando/Sumter counties

Jeamary Garcia, Teacher - Horizon Head Start -Volusia County

Brittany Jackson, Extended Day Teacher - EVEC - Volusia County

Juliette Santiago, Family Advocate - Chisholm Head Start – Volusia County



Budget report training was conducted by Kris Bates, Chief Financial Officer of Mid Florida Community Services, Inc.

The following reports were approved: Budget and Credit Cards, Enrollment/Attendance, Meals and Snacks, Service Area and Center. Staff will be asked to decrease the number of pictures included in center reports and increase the size of any pictures that are included in these reports.

An Information Memorandum recently issued by the Office of Head Start was reviewed. The memorandum highlighted new requirements in the Head Start Performance Standards. As a result of the memorandum, programs are prohibited from expelling or suspending a child due to the child's behavior.

A presentation on the Galileo curriculum was provided Child Development Specialist, Karen Bourbonnais. The twelve learning domains were reviewed. Additionally, information related to how the Galileo data can be easily accessed by parents and utilized by teachers and administrators to support the development of children in the program.

A series of changes to the Policy Council By laws were reviewed and approved during the meeting. The specific areas affected by these changes included:

Family and Community Partnership

Eligibility, Recruitment, Selection, Enrollment & Attendance - ERSEA

Health

Oral health

The following announcements were made:

Mid Florida Community Services, Inc. has purchased a new location at 233 Oakridge Street in Holly Hill, Florida. The goal is to open the location at the beginning of the 2017-18 school year. However, if we are awarded the Early Head Start grant, efforts will be made to open the new location in April 2017.

A large room at the Hernando Head Start building is currently being renovated to become a Training Room for use by Head Start staff and possibly community partners.





Holidays can be a time when parents decide that doing things with their children will be a priority and they will use the time to get to know each other and enjoy each other's company. Children love doing things with parents.

Try to arrange some individual time with each child if you can, as well as family time - this helps build good relationships and helps your children's self-esteem.

Just one different activity each day will help keep children interested and looking forward to it.

Remember children do not need to be 'entertained' all the time. Just a change of place or a few suggestions can help them to be very creative on their own.

Sometimes saying "I'm bored" is another way of saying "I want you to play with me", and sometimes the child has not even started to try to think of what to do by themselves.

Happy Holidays to everyone & enjoy this time with your family!!

Remember to login and check your child's progress in Galileo. If you need the password again, see your child's teacher....

Happy New Year