

# JANUARY

## Westside Newsletter

Happy New Year everyone! It's great to see everyone back and with smiles on their faces. We hope that everyone had a wonderful holiday and a refreshing break.

This month our themes are: "Animals Everywhere". We will continue with the following letters: Bb-Cc- Ii- Dd- Ee- Hh- Ll - Ss- Ww- Pp- Ff -Oo- Vv and Mm.

\*Phonemic Awareness Beginning Sounds of the above letters

\*Understanding that a story has a beginning, middle and ending

\*Math and Science: Predications and observations

Numbers: 0-5 – 0-20/Patterns/Sets/Sizes

\*Second Step: Managing Anger/Managing Waiting and Fair Ways of Playing

\*USDA Nutrition Activity: Sweet Potatoes



### At Home

Parents you can foster the concept proper clothing to wear by letting your child select what he/she will wear to school each day. To promote independence, begin by placing your child's clothing in a low drawer allowing easy access to the clothes. To make morning more enjoyable, encourage your child to select clothes at night that can be worn the next day. Find a location to place the clothes.



### Up Coming Events:

- Male Involvement: January 14<sup>th</sup> - 12:30 p.m.
- Parent Meeting: January 14<sup>th</sup> - 1:00 p.m.
- Closed for MLK Day: January 19th

### Perfect Attendance for December

*Toquya Brown	*Latraile Collins II
*Steven Guardado	*Ethan Lantier
*Na'Riayah Means	*Ny'Keem Means
*Idris Muhammad	*Je'Kiara Oxendine
*Ahnaztazyia Owen	



## **Policy Council Report: update for December 2016**

The December Policy Council meeting was held on Tuesday, December 13<sup>th</sup> at 10:00 am via video conference. Fourteen policy council members (12 parents and 2 community partner members) were present.

The following persons were approved for hire:

*Dawnelle Noles*, Program Substitute – Volusia (east side)

*Yeymary Gordian*, Center Aide – Coleman Center, Volusia

The following reports were approved: Budget and Credit Cards, Enrollment/Attendance, Meals and Snacks, Service Area and Center. Three parent activity requests were approved.

The Galileo Outcomes Analysis Report and six new educational procedures were reviewed.

The next Policy Council meeting is scheduled for Thursday, January 26, 2017 at 10 am. It will be a face to face meeting in Leesburg.



## **Parent Meeting Minutes**

Day: 14 Month: 12 Year: 2016.

- Parent Meeting started at 1:05pm.
- Parents were greeted by: 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:

-CPR training with certification on February 2017.

-Holly Hill Boutique on December 20<sup>th</sup> at 11am

-Winter Break on December 22-January 3<sup>th</sup>

-Classes resume on January 4<sup>th</sup>

-Early release days on January 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>

-With early release the parents activities will start at 12:30pm and the parent meeting at 1:00pm

-Parent meeting is on January 11<sup>th</sup> at 1:00pm

The teacher spoke about the importance of volunteering.

Meeting adjourned at: 2:35 pm



## Family Advocate Desk

We want to say welcome back to a new year of school with new expectative. I hope that all of you had great holidays.

### 10 Tips to Help You Achieve Your New Year's Health Goals

With the New Year comes the opportunity for a fresh start. For many people, this means leading a healthier lifestyle and losing weight. If this is your goal, follow these tips to stay on track.

#### 1. Find Your Motivation

What is motivating you to lose weight? Do you want to look better in your clothes, feel more energetic, or simply improve your health? Get clear about what you want, and then use that to inspire you throughout your journey.

#### 2. Have a Plan

If you were to go on a long road trip, you wouldn't just jump in the car and go. If you did, you'd arrive hungry, tired, and fatigued. That's the same way you'd feel if you jumped into a whole new lifestyle with no planning. Before January 1st arrives, outline the changes you want to implement and decide how you'll fit them into your schedule. Keep in mind that it may be best to take steps rather than tackle everything at once.

#### 3. Make Goals

Goals help measure progress. If you don't know where you want to end up, you won't really know how to get there. When making your goals, you need to make SMART goals: Specific, Measurable, Attainable, Realistic, and Timely

#### 4. Track What You Eat

Looking closely at what you eat is often an eye-opening experience. Use Fit Day's free online Calorie Counter and Fitness Log to keep track of everything you put into your body. You don't have to do it for the rest of your life, but it is a great habit to start. Tracking will help you tweak your diet so that you can still enjoy foods you love without sabotaging your weight loss or healthy eating efforts.

#### 5. Use Reliable Resources

It may be tempting to try a fad diet, but these are usually unrealistic, difficult to maintain, and sometimes even dangerous. Instead, find a reliable source of information to help you understand nutrition. The USDA offers a number of tools and resources, or you can consult a registered dietitian in your area. An RD is specially trained and can give you tips and tricks to help you achieve your specific goals.

#### 6. Eat Breakfast Every Day

Surely you've heard that breakfast is the most important meal of the day. It is! Eat a big healthy breakfast as early as possible. It will give you more energy, lead you to make healthier choices during the day, and keep you feeling full so you eat less later on.

#### 7. Fill Up on Vegetables

Vegetables are filled with nutrients, water, fiber, and very few calories. If you fill half of your plate with vegetables, you'll get fuller faster and cut down your calories without feeling deprived. Use herbs and spices to jazz up vegetables instead of using butter and/or salt to flavor them.

#### 8. Exercise

In order to burn calories at a faster rate and build a healthy body, you'll need to incorporate exercise into your life. Take it slow at first, and then increase your time and/or intensity once you feel comfortable. If you haven't exercised in a while, talk to your doctor to make sure that you are healthy enough to begin an exercise plan.

#### 9. Take It Slow

A major mistake many people make when trying to tackle a health resolution is trying to do everything at once. This is almost always a recipe for disaster. Spend a few weeks just trying to achieve 1-2 goals at a time. When you have established new good habits, put a couple more goals on your plate. Remember: You want to make permanent changes, and these will take time to implement.

#### 10. Be Prepared for Lapses

A lapse is when you temporarily "fall off the wagon." This is a normal part of the process; no one is perfect. It is important for you to take a moment to recognize that you got sidetracked, but don't use it as an excuse to throw in the towel. Every day is a new chance to start over, so return to your healthy lifestyle immediately

**Enjoy your 2017**

**Betsabe Glenn: Family Advocate** [bglenn@mfcs.us.com](mailto:bglenn@mfcs.us.com)



# Welcome Back

From the Desk of: Crystal Hill, CDS



It is amazing how quickly the New Year comes and goes. I hope you had a wonderful break! We are already beginning to plan for next year! We are happy to see all your smiling faces back school. We wish you all a Happy 2017 and look forward to all the exciting events to come throughout the school year. As studies show it is important for children to stick to a routine, see the helpful information below.



## Toy Safety Shopping Tips: Buy the right toy for the right age child



### Ages 3 through 5

Avoid toys that are constructed with thin, brittle plastic that might easily break into small pieces or leave jagged edges.

Look for household art materials, including crayons and paint sets, marked with the designation “ASTM D-4236.” This means the product has been reviewed by a toxicologist and, if necessary, labeled with cautionary information.

Teach older children to keep their toys away from their younger brothers and sisters.



## READ THE LABEL....



Shopping for toys during the holidays can be exciting and fun, but it can also be frustrating. There can be thousands of toys to choose from in one store, and it's important to choose the right toy for the right age child. Toys that are meant for older children can be dangerous for younger children.

Last year, an estimated 140,700 children were treated in the U.S. hospital emergency rooms after toy-related incidents and 13 children died.

