



Woodward Head Start

April 2017



From the Teachers:

We will begin April finishing our theme "Let's Move" as we learn more about movement. We will read stories about following directions and solving problems using the topic "Follow the Leader". Through our theme "Growing and Changing" we will read stories about growing up, changes in nature and how things in nature grow and change. We will close our theme by learning about spring using the topic "Look, It's Spring!" we will read stories about how plants and animals grow and change in the spring. Through the Second Step curriculum we will review how to learn and get along with others. Our focus will be in skills for learning, empathy, emotion management, friendship skills and problem solving.



Message from Parent Meeting President

Why come to a Parent Meeting?

- ◆ Benefit your child!
- ◆ Be a Role Model!
- ◆ Connect with other parents!
- ◆ Hear important news and upcoming events!
- ◆ Have a voice in activities!
- ◆ Make a difference!

PERFECT ATTENDANCE

March 2017

- Jaxon
- Victory
- Zanara
- Jayme
- Keiatta
- Aidan
- Mathias

Parent Meeting: Correction

Friday, April 21th 9:30am

Family Involvement: Correction

Friday, April 21th 10:15am

Early Release:

Wednesday, April 5th 12:45pm

Note: No early release until Wednesday, May 17, 2017.



From the Desk of Dr. Marcy Guddemi,

Dear Parents, On Wednesday March 29, many of our Head Start parents were able to attend a special program on nutrition and a Farmers' Market at the Volusia County Fairgrounds. The program was a joint project between our Head Start health team and the Family Nutrition Program UF/IFAS Extension. The morning consisted of four presentations: Nutrition Basics, Understanding How Much Sugar Is In Soft Drinks, Decorating Pots and Planting Herbs, and a Healthy Cooking Demonstration.

Did you know that a can of Coca Cola has 16 teaspoons of sugar? Other soft drinks like fruit drinks or punches, Gatorade, and chocolate milk have almost as much. Better choices are white milk, water, 100% fruit juice diluted to 50/50 with water. Water can be flavored with lemons or cucumbers, fresh mint, or blueberries. Just a few slices make it tasty and pretty without adding calories and unwanted sugar.

My favorite session was the one on the basics of nutrition. There is a little ditty that you can use to help you remember four basics rules for good health. It is Five, Two, One, Zero!!! This stands for:

- 5: Eat 5 vegetables and/or fruits a day. Only 1 serving can be 100% fruits juice. It is much better to eat the real fruit. Also, think green and eat lots of green vegetables.
- 2: Limit screen time to 2 hours a day. Screens mean computers, phones, I-pads, tablets, games, TV and movies. Children need to be actively involved with their environment. Send them out to play with lots of toys!
- 1: Children need at least one hour of active physical play where they can run, jump, skip, slide, climb, ride bikes, throw balls, jump rope, and swing. There are so many fun physical activities that children love!
- 0: Zero means no sugary drinks! Many children today are obese. Do not buy sodas for your children. They need healthy drinks to help them grow and protect from tooth decay. If you want something fizzy try mixing 50/50 club soda or sparkling water with 100% fruit juice. Yummy and refreshing!



The cooking demo was amazing and so easy. They made a spinach and potato frittata and an herb-filled green salad. You could make this with your child at home. We will post the recipes on our Face Book page.

Thank you for all you do to help your child grow physically, intellectually, socially, and emotionally. If you have questions, I am here for you.

P.S. The Farmers' Market is every Wednesday 7am - 2pm at the Volusia County Fairgrounds.



Hello families!

A lot of the children 6 months dental checks are now due. Therefore, please make the appointment, let me know the appointment date and make sure to take the Dental Treatment Referral. If you need help setting up the appointment, let me know and I can help.

Please, make arrangements to participate in the Parents Meeting, there are a lot of activities coming up and we want you to be part of it!



Truth in Lending Act

What is the Truth in Lending Act?

When applying for a loan, there are several laws that you should know. TILA, or the Truth in Lending Act, is one law designed to protect you during the application process. Under this Act, lenders must tell consumers how much it will cost to borrow funds. This allows customers to compare costs.

What does it do?

TILA makes credit shopping easier for consumers. Credit costs vary from lender to lender, so written disclosures can help you shop for the best deal.

Two of the most important terms to compare on disclosures are:

- The finance charge.

Annual percentage rate, or APR

The finance charge is the total dollar amount you pay to use credit.

The annual percentage rate (APR) is the percentage cost of credit on a yearly basis.

What's unique about Truth in Lending Disclosures?

In Truth in Lending disclosures, the APR and the finance charge will stand out. For instance, this statement clearly shows how much it will cost to borrow \$5,000.00:

Annual Percentage Rate <i>The cost of your credit as a yearly rate.</i>	Finance Charge <i>The dollar amount the credit will cost you.</i>	Amount Financed <i>The amount of credit provided to you or on your behalf.</i>	Total of Payments <i>The amount you will have paid when you have made all scheduled payments.</i>
12%	\$675.31	\$5,000.00	\$5,675.31

TILA enables you to compare loan costs by looking at the APRs and will help you to get the best deal possible.

Nelly Ann Pagán

Family Advocate

Blue Lakes / Deltona Lakes / Woodward

Office: 386-774-1520 Cell: 352-277-1619



Policy Council update for March 2017

The March Policy Council meeting was held on Thursday, March 23rd at 10:00 am. It was a video conference meeting. Policy Council members from Volusia County met at the Volusia Administration Conference Room in Deland. Policy Council members from Hernando and Sumter counties met at the Hernando Head Start Conference Room in Brooksville. Thirteen policy council members (9 parents and 4 community partner members) were present.

Two persons were approved for hire. Teacher at Malloy in Volusia Nelly Cardoza Chiapco - Family Advocate at Pathways Deland in Volusia.

The following reports were approved/accepted: January 2017 Budget and Credit Cards, Enrollment/Attendance, Meals and Snacks, Service Area and Center.

An overview of the Second Step Curriculum was provided by Damaris Conner, Education Manager. Parents are encouraged to ask their children about the puppets in their classroom.

Our Quality Assurance Manager - Jeff Heyne, presented the proposed Early Head Start program selection criteria. He explained the additional points available for foster care, homelessness and sibling in Head Start.

Heidi Rand announced that the program has been notified of its selection as an Early Head Start Grant Recipient. The grant will allow us to provide quality child care services to 112 children between birth and 3 years old. This funding will allow for new positions—two Child Development Specialist and several infant/toddler teachers. The first phase of the program expansion will include opening 3 classrooms in Hernando and two classrooms in Volusia. Parents are encouraged to check the website for more information for enrollment and for job postings.

The next Policy Council meeting is scheduled for Thursday, April 27th at 10 am. It will be a face to face meeting at Holiday Inn Express in Leesburg, Florida.



Parents:: Remember to log-in to the Galileo Parent Center to see what your child has learned. Also, use Galileo to find some cool activities to do at home. Type www.ati-online or Galileo preschool program.com



More News You Can Use!

Reminders from the Teachers

- ◆ Please remember to check and return your child's folder every day.
- ◆ Please check to make sure that your child has a change of clothing that is appropriate for the weather.
- ◆ Please leave toys and personal items at home.

Save the Date and Containers!

Family Involvement Activity

Friday, April 14th at 10:15am

Recycled Container

Bird Feeders



April is Parent

Conference month.

Please check our

Conference Calendar

for a date that is best

for you.



We are extending our Read and Grow Cat in the Hat.

Read at least one book per night and write the title of each book on one of the red or white strips of paper then return them to school.

