

WEST VOLUSIA EDUCATION CENTER (WVEC)



IMPORTANT DATES:

April - Home Activities
April - Parent Conferences
April 10 - Siblings' Day
April 13 - Field Trip to Marine Science Center
April 14 - Egg Hunt
April 21- Family Engagement (Recycle Fashion Show)
April 22- Earth Day



NEWSLETTER APRIL 2017



KIDS WORLD





From the Desk of: Jennifer Fowler, CDS



Day after Day after Day...

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.



INSIDE STORY CLASSROOM 1 & 2



During the month of April our theme will be "Let's Move" children will investigate ways to move their bodies. As well they will describe their plans and movement. Through the following topics Move with Me, Here We Go, Follow the Leader. As well we will do a review of second step unit three. We would like to remind to all the parents that on April 13 we are going to the **Marine Science Center**. The purpose of this Field Trip is for all the children to get close to a marine environment and ways we can conserve it. Also, don't forget to work with your child to create an outfit out of recycling materials. Bubble wrap, bags, newspaper, etc. Have fun and be creative!



Sincerely,
Teaching Team



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.

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. The first phase of the program expansion will include opening 3 classrooms in Hernando and two classrooms in Volusia.

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.





Dear Parents,

If you have any Changes of Family Information, please let me know as soon as possible. Keep your child's Dental records updated.

Please bring and pick up your child to school on time. Call to excuse child absence or any emergency. I encourage you parents to attend to a Transition to Kindergarten meeting on May 2nd at 5:30.

Parent Meeting is the second Friday of a month; your attendance is very important.

Estimados Padres,

Si tiene algún cambio en la información familiar, por favor déjenme saber lo antes posible. También le queremos recordar de traer un comprobante de la visita dental de su niño. Por favor traiga y recoja su niño a tiempo. Llame para excusar las ausencias o alguna emergencia. Queremos motivarle a que participe en la transición hacia el jardín infantil (kindergarten) que se llevara a cabo en mayo 2 a las 5:30.

La junta de padres es el segundo viernes de cada mes; su asistencia es muy importante.

