

November 2018

Program of Excellence

Mid Florida Community Services, Inc.

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

- ⇒ 2—No School/In-Service
- ⇒ 5—Daylight Savings
- ⇒ 14—Parent Committee Meeting at 1:30 p.m.
- ⇒ 12—Veteran's Day
- ⇒ 19-23—Thanksgiving Break/Holiday -No School



From Your CDS

By Ronjaneen Harris,
Child Development Specialist

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 flyer 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.

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

Classroom News

Class 301

This month, our theme is All about the Seasons. The children will learn how to classify items and situations by the seasons. For example, we wear shorts and T-shirts in the summer and spring and jackets in the winter. They will also learn about the different kinds of weather associated with each season. In Second Step, we will continue to learn about feelings and how to cope when accidents and disappointments happen. Our USDA Nutrition lessons will be All About Squash. The children will get the opportunity to learn how squash grows and make a recipe for squash to taste.

As you wish,

~Shelley and Olena

Class 302

November is a month that brings thoughts of gratitude. I have so much to be thankful for, especially being able to spend each day with children. This month will bring lots of exciting activities.

During this month, we will continue developing our skills with writing. We will provide paper, pencils, crayons, and other tools necessary to explore our writing skills. Children are encouraged to scribble and to "write". They are given exposure to language in the environment through pictures, symbols, puzzles, and games. This will encourage and develop letter recognition and awareness.

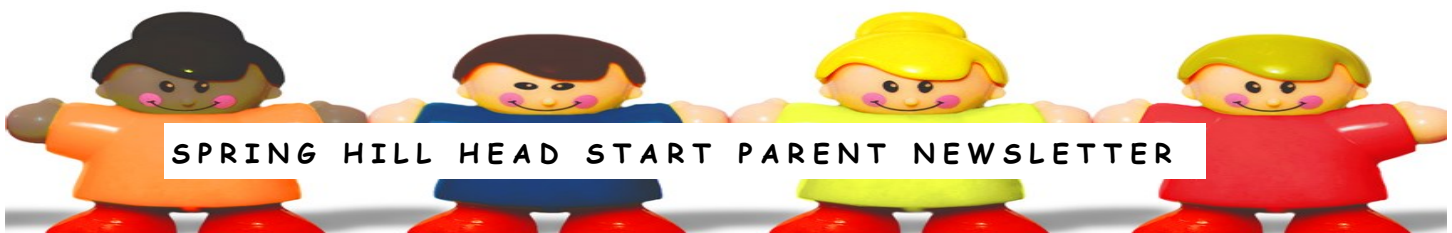
One of the goals in our program is to expose the children to other cultures and different things that other families do. Our theme this month is Giving Thanks, Colors, Seasons all around, and our Nutrition activity. We will learn and review manners in English and Spanish, "Thank you, gracias, Please, por favor."

~Norma and Mandy

Class 401

Gobble, Gobble it's November.

This month, we will be talking about being thankful. We are still practicing writing names, letter and sound recognition. There is no school on November 2nd, and Novem-





ber 12th. We will be closed for Veterans' Day. Our Thanksgiving break starts on November 19th - 23rd. Class will resume on November 26th.

~Jennifer and Yulonda

Class 402

Hello Parents! Since we have entered the wonderful season of fall, we will be focusing on many things about fall such as trees, the different colors of fall and weather. This month, we will be working on letters R, I, X, and R. Also, we will be focusing on colors and shapes. Also, we will be focusing on science activities in the classroom and if you have any ideas, we welcome your input. Reminder that there is no school November the 2nd (In-Service) and 12th (Veterans Day) and Thanksgiving break is from November 19th until 23rd. Our nutrition activity this month is pasta salad. We welcome parents to come in and volunteer in the classroom and also help us start our classroom garden.

Thank you,

~Amanda and Talia

Class 501

Our classroom has been busy doing experiments with left over fruit. We planted tomato slices and strawberry tops to see if they will grow. So far, the tomatoes are growing. We are waiting for the strawberries. We learned about the Doctor and Dentist during the month of October. We have practiced writing the letters "T", "U", "C" and

"O". We have also created collages with our shape of the week. We will have our parent activity with classroom 502 painting rocks to put in our garden on the 25th of October at 1:30pm.

~Suzanne and Sandra

Class 502

Dear Parents

What a great beginning we have had. We are already into the third month and the classroom schedules and activities are well underway. Children are happy and have adjusted nicely to the routine of school. Along with the children's accomplishments, thanks parents, I am so grateful for all your support and willingness to take an active role in helping your child during the transitions from home to school. During the past weeks, your child has learned about weather changes and some of the characteristics of each one.

We have been observing the changes of the season and observing things in nature. We continue learning and reviewing the colors, shapes, letters, and numbers. We had a talk about the many people in a community who helps others every day and how these helpers benefit our community. We practice calling 9-1-1 and understand that we dial 9-1-1 only in an emergency. We reviewed fire drill procedures and the daily safety rules. Your children are working and improving in everyday educational skills, such as cutting with scissors, art, music, science and most of all, just having fun!

~ Zulma and LaDonna

Class 601

We have been working on fall decorations for the classroom. We made

collages with paper and yarn. We painted with cardboard tubes to make fall designs. We have been working on managing our feelings and using our words with Second Step. This month, we will be doing a lesson on squash. We will be tasting and making a pasta salad with squash. We will also be talking about Fall is Fun, Colors of Fall, and So Many Trees. The children are enjoying listening to silly and funny stories. We'd like to wish a Happy Birthday to Kayden on the 20th and Jeremiah on the 27th.

~Amy and Lucia

Class 602

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.

~Theresa and Wanda





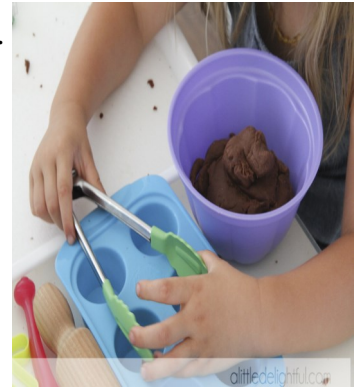
Home Activity

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

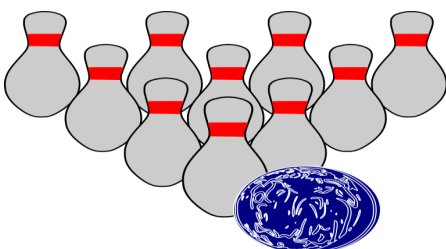


Preparation: In a large bowl, mix ingredients listed above. After mixing, knead well. Add food coloring as desired. Store in an airtight container or heavy plastic bag for up to six months.

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

The **October Policy Council Meeting** was held on Thursday, October 25th at Lake Sumter State College in Leesburg. Seventeen policy council members were present. Seven staff members were present. Two community representatives were present.

The following 2018 -19 Policy Council officers were elected: Chairman - Angela Salazar from Woodward Blended Head Start classroom, Vice Chairman - James Norton from Malloy Head Start classroom and Secretary - Felicia Morrison from Port Orange Head Start.

The following documents **were approved**: *Budget Report, Credit Card Report, Meals and Snacks Report, Service Area Reports, Center Reports and a Behavior Plan.*

The Enrollment/Attendance Report showed 17 Head Start classrooms and 8 Early Head Start classrooms with an average daily attendance below 85% in September.

Policy council members approved a 25% limit (of the total activity cost) for the cost of food for Parent Engagement activities.

Six **new hires** were approved for Volusia County sites.

Three **new hires** were approved for Hernando County sites.

The **next Policy Council meeting** is scheduled for 10:00am on Thursday, November 15th via video conference. Policy Council members will meet at the Mid Florida Administrative office in their county.

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: 

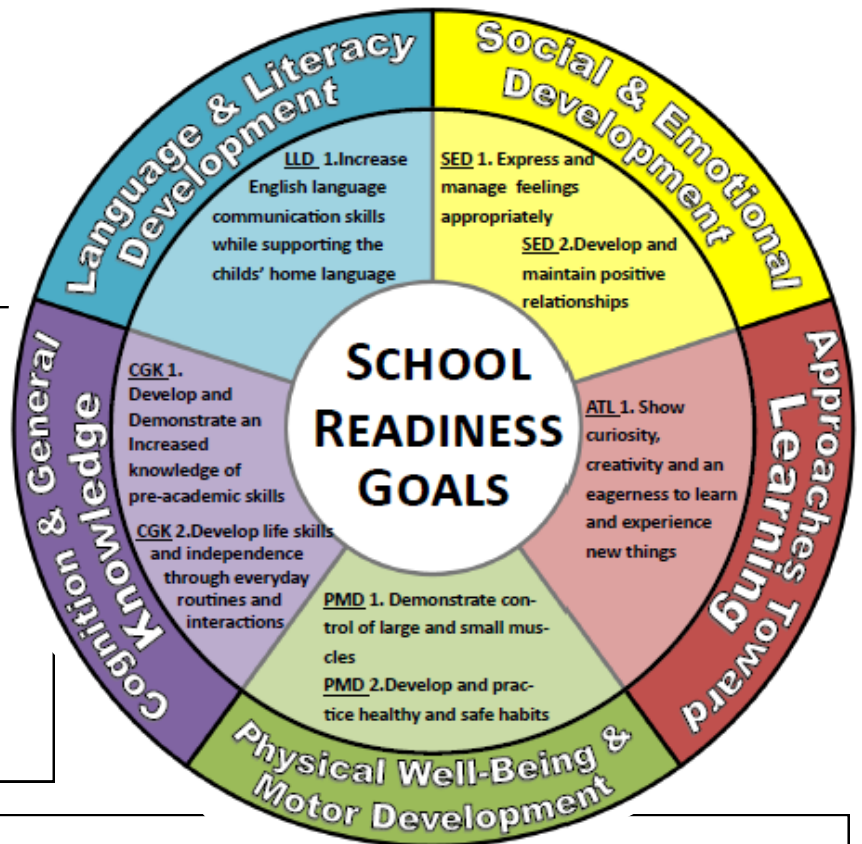
Later go outside and find a place where you and your child can look at clouds. Talk about how they look and how they might feel. Ask her/him to look for shapes in the clouds. <https://www.preschoolrainbow.org/parent.htm>



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.



The THANKFUL Book



Todd Parr
The New York Times Bestselling Author

Book of the Month

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.



Teachable Moments: How to Help Your Child Avoid Meltdowns

Source: 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."

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.





**Spring Hill Center
Parent Committee Minutes
October 10th, 2018**

Meeting Called to order at 6:00 P.M. At the Senior Services Room #102.

Total Present: 15

We had a total of parents and grandparents present.

Committee introduction

Good Thoughts for people in Hurricane Michael's path.

Policy Council Update given by Alyssa Harrison:

The importance of Volunteering, Learning Genie, speed bumps, coded gate

Parent Committee Chair person Sarah Shook opened with an introduction of the teachers, CDS and the Family Advocates.

Rights & Responsibilities were given by CDS Ronjaneen Harris.

Chair: Sarah Shook went over Pedestrian Safety, Parking Lot safety and Fire safety.

Mrs. Jerez went over the Parent Activity and Festival and parents voted on January 17th for Parent Activity and December 20th for The Winter Festival.

Mrs. Norma Padro teacher from 302 spoke about what is going on the classroom and also explained about family involvement activities in the classroom and attendance and center rules. She also did a shot demo on Second Step.

Mrs. Roth spoke about the activities and celebrations for the month of October & November Officer's Training- to be announce

Hispanic Heritage – September 1st – October 15th

Head Start Awareness month-October

No School November 2, 12 & 19-23

Perfect Attendance Certificates were handed out.

There were no questions or concerns.

Meeting was adjourned at 7:00PM



News from your Family Advocates



Head Start
Mid Florida Community Services
Early Head Start



Thank you to everyone who participated in and provided donations for our first Trunk or Treat! We had a wonderful turnout and enjoyed all of your creativity. We look forward to more exciting festivities in future months. Please remember to submit any medical documentation that is required as soon as possible. This includes current physicals, immunizations, lead and hemoglobin results, and dental exams. We will gladly assist you if needed.

Important!!

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.



We have limited space for handicapped parking. Please save them for those in need! Also, the gate **must** be kept closed at **ALL** times for the safety



Room 301.....Ext. 2301
Room 302.....Ext. 2302
Room 401Ext. 2401
Room 402.....Ext. 2402
Room 501.....Ext. 2501
Room 502.....Ext. 2502
Room 601.....Ext. 2601
Room 602.....Ext. 2602

Ronjaneen Harris, Child Development Specialist 352-556-4800, 209

The phone number for the Family Advocate's office in Spring Hill is 352-556-4800. The extension for your advocate is:

301 and 602 Lynn Woerner 2203

302, 401, and 402 Nitza Jerez 2204

501, 502, and 601 Joanne Roth 2201

Dates to Remember

11/2/18.....No School-In-Service Training
11/12/18.....Veterans Day-No School
11/14/18.....Parent Committee Meeting
11/19-11/23..... Thanksgiving Holiday -No School

Congratulations to our Trunk or Treat Contest winners!

1st Place: Finding Nemo

2nd Place: Pizza Hut



Noticias de su Especialista de Familia



Head Start
Mid Florida Community Services
Early Head Start



Gracias a todos los que participaron y donaron para nuestro primer "Trunk or Treat" Tuvi-
mos una tremenda participación y todos disfrutamos de su creatividad. Esperamos muchas
más festividades en los meses futuros. Por favor recuerde someter documentación médica
requerida lo antes posible. Esto incluye examen físico, vacunas, plomo, hemoglobina y exa-
men dental. Estamos dispuestos a ayudarles si es necesario.

Asuntos a Recordar

No se olvide llamar a su especialista
familiar o su maestro si su hijo(a) va
a estar ausente o va a llegar tarde.

El teléfono del centro es:
352-556-4800.

Salón 301.....Ext. 2301
Salón 302.....Ext. 2302
Salón 401Ext. 2401
Salón 402.....Ext. 2402
Salón 501.....Ext. 2501
Salón 502.....Ext. 2502
Salón 601.....Ext. 2601
Salón 602.....Ext. 2602

El número de teléfono de la oficina
de su especialista Familiar en
Spring Hill es: 352-556-4800. La
extensión es:

301 y 602 Lynn Woerner 2203

302, 401, y 402 Nitza Vega 2204

501, 502, y 601 Joanne Roth 2201



Importante!!

Tenemos espacios limitados para dis-
capacitados. Por favor no los utilice
si usted no está autorizado. También,
el portón **debe** mantenerse cerrado



Fechas a Recordar

11/2/18.....No clases-Entrenamiento
11/12/18.....No clases-Dia del Veterano
11/14/18.....Reunión Comité Padres
11/19-11/23..... No Clases—Acción de Gracias

Felicitacones a nues-
tros ganadores del
Trunk or Treat

1er lugar: Finding Nemo

2nd lugar: Pizza Hut

