



Head Start Herald 2019



From the Desk of the Director:

We will be celebrating our 100th Day of School this month and we will be celebrating all of the accomplishments that our students have made this school year very soon. In the last few months, the program has been on target in meeting required attendance rates. The program is required to have an overall attendance rate of 85% each month which we have been exceeding. However, we must improve student late arrivals and pickups. In the coming weeks, Family Services will be following up with parents if their child has had excessive tardiness or late pickups. **Children are expected to arrive to school and be picked up from school on time.** As a reminder, the arrival and departure time for sites are:

Bethel Manor Center
8:30 a.m. – 3:00 p.m.

Griffin-Yeates Center
9:00 a.m. – 1:30 p.m.

Yorktown Center
9:15 a.m. – 3:45 p.m.

We are preparing children for Kindergarten so it is important that students are acquiring good attendance habits by coming to and leaving school on time each day. Preschool is a great time to start building a habit of good attendance. Studies show that poor attendance in preschool impacts children's learning and it can predict absenteeism in later grades.

We want students to learn good habits, and we do not want any child's attendance to impact their continued participation in the program or their readiness for Kindergarten. So, please make sure your child develops the habit of regular attendance by getting your child to and from school on time. If there is an extenuating circumstance that would prevent your child from meeting attendance expectations, please talk with your Family Services Specialist.

Amber Richey, Head Start Director

DATES TO REMEMBER

February 13th: **100th Day of School**

February 18th: School Closed

February 20th: CPR & First Aid Training 9:30am - 11:30am at Griffin-Yeates Center

February 28th: Parent Child Activity —Storybook Night 5:30pm at Yorktown Elementary School in the Cafeteria

February 13th



From the Desk of Family Services



A big thank you to everyone who participated in the events that were held last month. On January, 24th we celebrated male involvement with our “Super Bowl” Dad event and on the 30th we learned relaxation techniques at our Annual Wellness Day. Everyone in attendance had a great time. Did you know that your participation in events counts towards volunteer hours for our program? Every month we recognize the top volunteers for each classroom. At the end of the year our top volunteers for the program will be honored at a volunteer luncheon. There are many ways that you can earn volunteer hours. Here are examples of a few ways:

- Volunteering in the classroom
- Attendance at parent meetings or parent child activities
- Completing the literacy packet
- Attendance at Policy Council, Education Review Team, Health Services Advisory Committee, and/or other program meetings



Please contact your Family Service Specialist if you have any questions regarding parent volunteer hours.

Here are our top volunteers for the month of December:

Claire Baxter

Matthew Chapman

Justin Anderson

Vilicia Ferguson

D’Juanta Bailey

Manuel Garcia

Joy-Tonia Moore

Michael Silva

Joseph Selby

Carolina LaBoy

David Ford

Nancy Nash

Exciting News!

York County Head Start now has a Facebook page. We are excited to have this additional source of communication. You will be able to view upcoming events; Field Trips, Parent Child Activities, Policy Council Meetings, etc. Be sure to visit our page!



Positive sense of self is one of the greatest gifts you can give your child.

The process of self-esteem building is simple, but putting it to work can be difficult. Self-esteem is built upon the experience of success. Think of it as a circular process that never stops. When people experience success, they grow in self-confidence. As self-confidence grows, they feel empowered to face new challenges. As they succeed in confronting each challenge, they develop the capacity to cope with whatever life throws their way.

The foundations of self-esteem in children are laid early in life when they were infants. Infants develop attachments with the adults who are responsible for them. When adults readily respond to their cries and smiles, babies learn to feel loved and valued. Children come to feel loved and accepted by being loved and accepted by people they look up to. As young children learn to trust their parents and others who care for them to satisfy their basic needs, they gradually feel wanted, valued, and loved.

Children with a healthy sense of self-esteem feel that the important adults in their lives accept them, care about them, and would go out of their way to ensure that they are safe and well. Children with high self-esteem feel loved and competent and develop into happy, productive people!

Tips for Building Self-Esteem

- ~Step back and let your child take risks.
- ~Let them make their own choices.
- ~Encourage them to try new things.
- ~Assign age appropriate chores.
- ~Let them know no one is perfect.
- ~Do not compare them to other children.
- ~Give them unconditional love!





Screen Time Guidelines for Preschoolers

Preschoolers learn by interacting with the world around them. They need to be physically active — to run, climb, and swing on the playground — and to have creative outlets like drawing or dress-up. Time spent with screens (like a TV, tablet, or smartphone) can be an opportunity to reinforce learning and promote creative play. **But too much screen time can have unhealthy side effects.**

For this reason, the American Academy of Pediatrics (AAP) recommends limiting the amount of time that preschoolers spend in front of a screen. It's good advice — but in today's world, it can be tough to keep kids away from all the TVs, tablets, computers, smartphones, and gaming systems they'll see.

How Much Is Too Much?

Preschoolers ages 2 to 5 should have no more than 1 hour of screen time each day. The exception to this rule is video chatting with grandparents or other family friends, which is considered quality time interacting with others.

Not all screen time is created equal. For example, you and your child playing an interactive phonics or numbers game on a tablet or watching high-quality educational programming together is good screen time. Keeping the TV on all day for "background noise" or letting your preschooler watch your favorite shows with you are examples of bad screen time.

Use screen time as a chance to interact with your child and teach lessons about the world. Don't let your child spend time alone just staring at a screen.

Screen Time Tips

The same parenting rules apply to screen time as to anything else — set a good example, establish limits, and talk with your child about it.

To make your preschooler's screen time more productive:

~Be with young children during screen time and interact with them. That can mean playing an educational game with your child or talking about something you see together in an age-appropriate TV show or video.

~Research games and apps before getting them for your child. There are thousands of apps and games that claim to be educational, but not all of them are. Search online to see which ones educators and doctors consider the best.

~Schedule plenty of non-screen time into your child's day. Unstructured playtime is important for building creativity, so young children should have time to play away from screens every day. Family meals and bedtimes are also important times to put the screens away and interact with your child.

~Keep devices with screens out of your child's bedroom after bedtime, and don't allow a TV in your child's bedroom.

SPOTLIGHT ON STAFF



My name is Shelonda Smith and I am Lead Teacher for Bethel Manor B. I am a mother of 2 and I have been involved with Head Start for 8 years. Both of my children were Head Start students and I volunteered in the program.

I served as Policy Council Chairperson for 2 years and during my final year I became a substitute aide.

I became an Instructional Aide and went back to school in 2015. I graduated from Purdue Global University with a Bachelor degree in Early Childhood Development in 2018.

My name is Iris Grimsley and I am a Military wife and mother of 2 beautiful girls.



We recently moved from Fort Bragg, North Carolina to Fort Eustis, Virginia.

I worked with the schools in North Carolina for over 15 years. I am truly enjoying working with the children at Bethel Manor.

My name is Brittany Montaque and I'm from the small town of Mathews County. I have 1 sister and beautiful 9 and 11 year old nieces who I love dearly.



I have been working in education for over 10 years.

I first started working with Head Start through a high school program which assigned students to work with Head Start children.

This is my first year working at York County Head Start. I am the floater at Bethel Manor. I really enjoy working with the children in the two Bethel Manor classrooms.

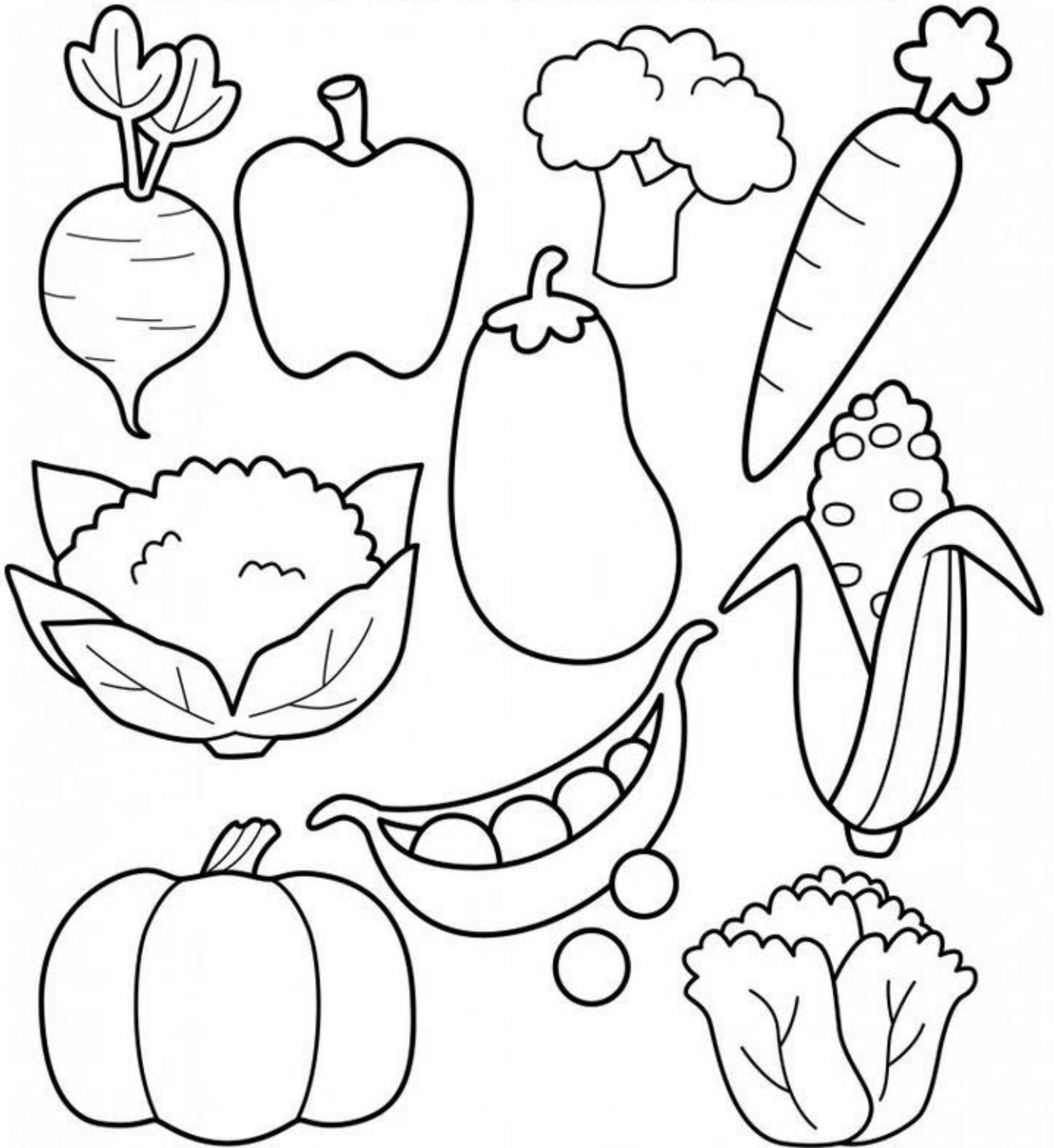


A big welcome to Ms. Patty!

Patty Berry joined the Griffin-Yeates kitchen staff in January. She has 38 years of experience as a cook and is already working hard to ensure the students receive appetizing and nutritious meals each day.



VEGETABLES



KEEP YOU HEALTHY!



tomatoes