



April

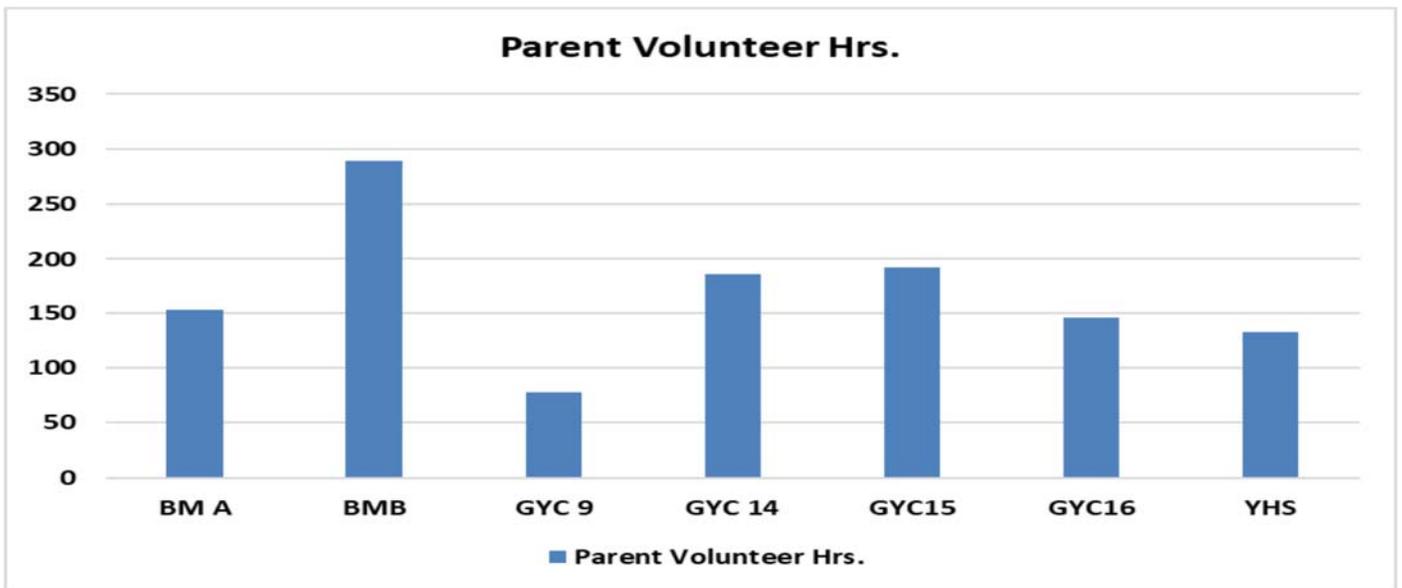


Head Start Herald 2019

Happy Spring!

We have entered the spring season which is a sign that the end of the school year is near. As you begin spring cleaning, I encourage you to take a look at the goals that you made for this school year to see if you have checked them off. If you have, you deserve a high five! If not, it is ok. You just need to work towards having a plan for checking them off. We are here to support you so if you need any help in developing a plan, please contact your Family Services Specialist. We want the best for our families because our students are the best!

This year, our Parent Participation Campaign has resulted in an increase in parent volunteer hours! We have recognized top volunteers in our monthly newsletters, and this month I want to recognize our classroom parent volunteer hours for each classroom. Overall, we have had a total of 1,177 parent volunteer hours this school year. **Kudos to all classrooms!** Let's keep building those hours!



When children see their parents involved in their education they are more likely to be interested and excited about learning. We understand that parents have varying schedules and availability so we offer a variety of ways for parents to be active and involved in their child's education. Parents can complete home literacy activities with their child, volunteer in the classroom, and attend program activities and events. If interested in boosting your volunteer hours, talk with your child's teacher to see how you can volunteer in the classroom or take a look at our program calendar or Facebook page to obtain information on upcoming events!

We appreciate your involvement in your child's education because it does make a difference in your child's readiness for Kindergarten.

Amber Richey, Director



April 1 - 5 — Spring Break - **No School**

April 9 —Griffin-Yeates Room 9 & 15 Field Trip to Newport News Park after breakfast (parents may meet us there)

April 9 — Positive Solutions for Families Part 5 - 6:00pm at Bethel Manor

April 10 — Griffin-Yeates Room 14 & 16 Field Trip to Newport News Park after breakfast (parents may meet us there)

April 11 — Bethel Manor A & B Field Trip to Blue Bird Gap Farm after breakfast (parents may meet us there)

April 12 — Yorktown Field Trip to Blue Bird Gap Farm after breakfast (parents may meet us there)

April 16 — Positive Solutions for Families Part 6 - 6:00pm at Bethel Manor

April 23 — Griffin-Yeates Field Day at McReynolds Athletic Complex after breakfast (parents may meet us there)

April 24 — Bethel Manor & Yorktown Field Day at McReynolds Athletic Complex after breakfast (parents may meet us there)



Kindergarten Kick-Off

Each local Elementary School will be hosting a Kindergarten Kick-Off/Open House during April or May. If your child will be going to Kindergarten next year, please plan for you and your child to attend the event hosted by your home school.

Waller Mill —April 18th at 4:30pm

Tabb —April 23rd at 4:30pm

Coventry —April 30th at 6:00pm

Magruder —April 30th at 5:30pm

Mt. Vernon —April 30th at 4:00pm

Seaford —May 1st at 5:00pm

Grafton Bethel —May 2nd at 4:30pm

Yorktown —May 7th at 5:00pm

Dare — May 9th at 5:00pm

Bethel Manor —May 9th at 6:00pm

Family Services

Stress is a part of life. Yet, too much stress can have negative consequences. It can cause health problems and can make parenting more difficult. Caregiver stress can even contribute to children's challenging behavior. There are many sources of stress such as conflict with others, challenges at work or limited finances.

Some signs of stress include:

- memory loss
- frequent worries
- feelings of irritability
- headaches, chest pain, stomach pains
- frequent illnesses
- irregular sleeping

Too much stress can take a toll on your health and your ability to parent. Reducing stress can help you spend more time with your child and help your child learn how to deal with stress. Here are seven ways to help you reduce stress:



1. Notice thoughts and feelings without thinking they are wrong
2. Focus on what is in your control, not what is out of your control
3. Spend time with friends
4. Eat a healthy diet and drink plenty of water
5. Spend a few minutes of quiet time each day
6. Exercise and spend time doing things you enjoy
7. "Talk Back" to your unhealthy thoughts

To ensure that we are complying with our licensing requirements, all enrolled children must have a lead screening.

Exposure to lead can cause damage to the brain and other vital organs, as well as intellectual and behavioral deficits. Because children who are exposed to lead often have no obvious symptoms, it is important that children have a lead screening.

This month, we will have free lead screenings for children that we do not have proof of lead screening on file. It will be a quick and easy screening that will be done by a nurse from Old Towne Medical Center.

If your child receives a consent form, please complete the consent form and return it to school ASAP to protect your child against lead poisoning. Contact Julie Conka at 757-890-5286 if you have questions or want to be present when your child is screened.

Education Department

WHY CHILDREN BEHAVE THE WAY THEY DO

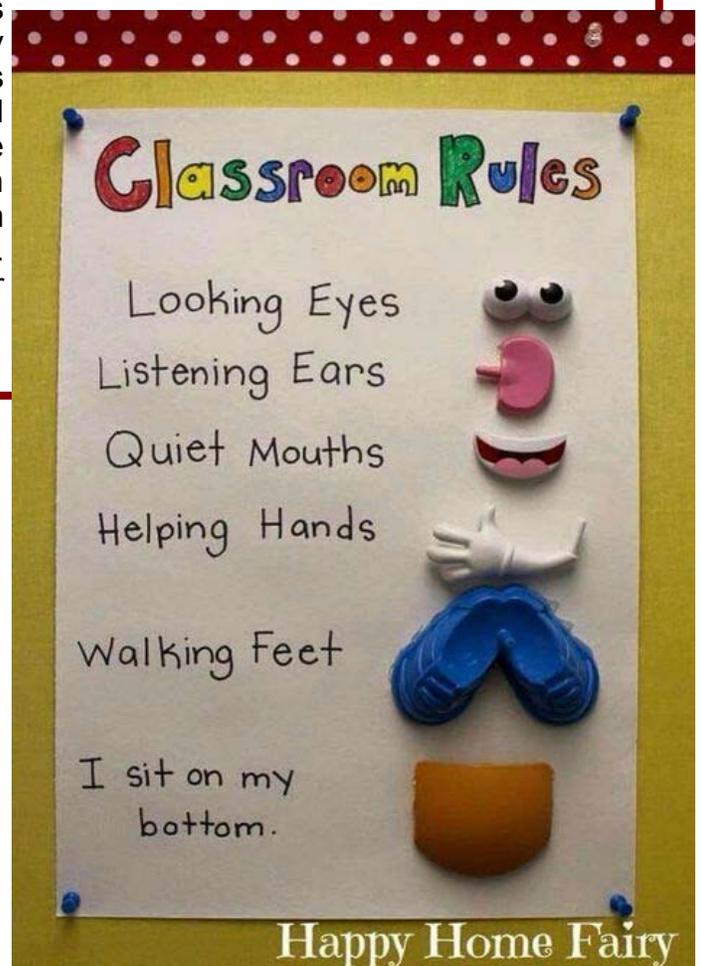
Preschool children's behavior can vary from day to day and minute to minute. There are many reasons for these shifts, and if parents are aware and tuned in to their children, they are better able to help them learn more appropriate ways to handle their stresses. As adults, we sometimes have unrealistic expectations of our children. We must remember that children act their age. Children may express their fears and worries through tantrums, crying, clinging, acting out, and verbal expression. They may also seek attention or test limits and challenge adults. Children may feel stress and discomfort due to change in their environment or new experiences. They may not know how to behave, or clearly understand what is expected and what the limits are.

TIME OUT, WHY NOT?

There are several reasons why time out may not be the solution to get the positive behavior that you are looking for. It may only reinforce negative behavior for children seeking attention by promoting feelings of rejection, humiliation, hostility, or resentment. It may also interfere with the child's efforts to deal with the real problem and diminishes his or her self-concept. Time out is also not typically a logical consequence. Does making a child sit in a chair really teach him/her to not color on the wall? And finally, time out does not model pro-social behaviors.

WHAT YOU CAN DO TO ENCOURAGE POSITIVE BEHAVIOR

Parents can encourage positive behavior by being a role model and understanding the ages and stages of child development. Children need to have a clear understanding of the rules and limits that are set for them. Set a few important rules and explain the reasons for the limits. Parents can help children take ownership when they allow the child to help set the rules. You can offer your child an acceptable behavior to substitute for the unacceptable behavior you want to change. Understand that correcting challenging behavior takes time and you must be consistent with your child every time unacceptable behavior is demonstrated. It is essential to spend time building mutual respect and trust with your child. Take notice, praise appropriate behavior, and use positive language to tell children what to do instead of what not to do. Help children find the words to express themselves appropriately. Foster team efforts to encourage positive behavior with other family members.



Health Services



Sun Safety for the Family

- ◆ The sun's rays are the strongest between 10 a.m. and 4 p.m. Try to keep out of the sun during those hours.
- ◆ The sun's damaging UV rays can bounce back from sand, water, snow or concrete; so be particularly careful of these areas.
- ◆ Wear commercially available sun-protective clothing, like swim shirts.
- ◆ Most of the sun's rays can come through the clouds on an overcast day; so use sun protection even on cloudy days.
- ◆ When choosing a sunscreen, look for the words "broad-spectrum" on the label - it means that the sunscreen will protect against both ultraviolet B (UVB) and ultraviolet A (UVA) rays. Choose a water-resistant sunscreen and reapply every two hours or after swimming, sweating or towel drying. You may want to select a sunscreen that does not contain the ingredient oxybenzone, a sunscreen chemical that may have hormonal properties.
- ◆ Zinc oxide, a very effective sunscreen, can be used as extra protection on the nose, cheeks, top of ears and on the shoulders.
- ◆ Use a sun protection factor (SPF) of at least 15. The additional benefits of using sunscreen with SPF 50+ are limited.
- ◆ Rub sunscreen in well, making sure to cover all exposed areas, especially the face, nose, ears, feet and hands, and even the backs of the knees.
- ◆ Put on sunscreen 30 minutes before going outdoors; it needs time to work on the skin.
- ◆ Sunscreens should be used for sun protection and not as a reason to stay in the sun longer.

American Academy
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DEDICATED TO THE HEALTH OF ALL CHILDREN®

Employee Spotlight

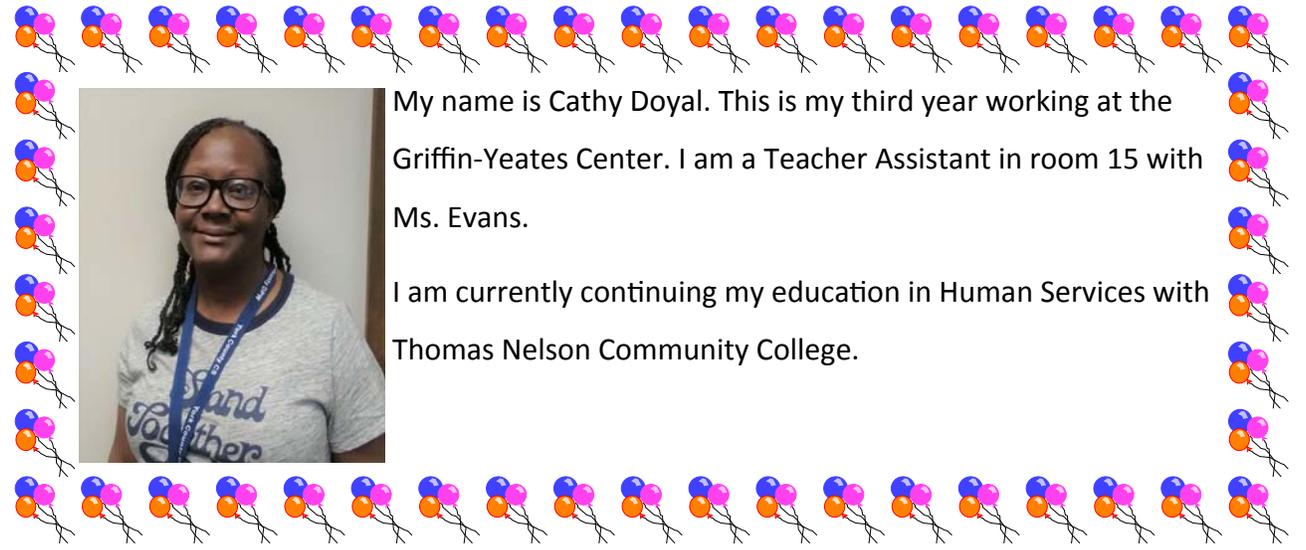


Hello, I am Ms. Evans. I have been with Head Start since 1996. I started as a volunteer then was asked to be a substitute. I worked the first four years at our off site locations.

I went back to school and was then offered the lead teacher position for our all day program in 2000. In 2002, I was promoted to Assistant Education Coordinator.

I have three daughters, Katie, Stephanie and Samantha, and two granddaughters ,Illyana and Kayleigh.

I have enjoyed watching all my students grow up over the years and now have some of their children attending Head Start!



My name is Cathy Doyal. This is my third year working at the Griffin-Yeates Center. I am a Teacher Assistant in room 15 with Ms. Evans.

I am currently continuing my education in Human Services with Thomas Nelson Community College.

Small Hands Crafting

White construction paper, forks, washable paints, and paint brushes are all you need to create tulip art!

Using the back of the fork, rock it back and forth in the paint to cover the tines.

Using the fork as a stamp and with the same motion, print these "tulips" onto white paper. Complete flowers by brushing on stems and petals.



Happy Spring

Did you know that National CACFP Week is held each year the first week of spring?

CACFP Week is a national education and information campaign sponsored annually by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger and bring healthy foods to the table for adults in day care and children in child care homes, centers, and in afterschool and summer feeding programs across the country

When we all join forces and work together the message we provide is stronger and will receive more attention.

Learn more at cacfpweek.org!

Spring Sports Balloon Style: Movement on the First of Spring

Balloon Tennis

Create rackets by taping a stir stick to the back of paper plates. Using only the rackets, have your children try to keep the balloon from touching the ground. Teach tennis style scoring to the kids (who doesn't like to say 40-Love?) or use traditional scoring to keep it simple for younger children. This is also a great physical activity to play inside on a rainy day.

Balloon Soccer

Split the children into two teams. Create a soccer goal for each team by placing a laundry basket on its side. Using only their feet have kids try to get the balloon into the other team's goal.

Simple Spring Snacks

Fruit-a-licious Breakfast Cup

Low Fat Yogurt

Whole-Grain cereal

Fruit

Using a spoon, layer yogurt, cereal, and fruit in a cup to create a fun pattern.

Sassy Fruit Snake

Small bananas

Raisins

Peel bananas and cut in half lengthwise. Place two banana halves on small plate end to end, in a "S" shape. Add raisins to the top half of banana as eyes.

