Message from the Director

Welcome to the 2017-2018 school year!

Thank you for trusting us to teach your children. We want to help you do great things for your family.

October is Head Start Awareness month! Head Start has been leading early education for over 50 years!

Head Start has taught more than 31 million children! Many are now professionals, teachers, lawyers, mayors, politicians, athletes, musicians, poets, and parents.

Support Head Start and use #HeadStartAwarenessMonth to post on social media.

“Children are likely to live up to what you believe of them.” - Lady Bird Johnson

(continued on next page)
Don’t Miss Out!!

A child who is absent in preschool will have lower scores in kindergarten. They also score low in reading as they get older!

The most important thing you can do is bring them to school every day. If your child is having a hard time, please talk with their teacher or family worker.

Here are some ideas that can help:

- Set a regular bed time
- Lay out clothes for school the night before
- Follow the same schedule every day
- Ask your child about school

The Parent Handbook lists when to keep your child home if they aren’t feeling well. Please only keep them out if they are sick. Remember, good attendance is the first step to doing well in school!
Calendar of Events

October 13th: Records Day, No School
October 20th: TSG Checkpoints Due
October 21st: Oral Health & Physical Fitness Event @ Cloverdale Middle School, 10am-12pm
October 23-27: Parent/Teacher Conferences
November 20-21: Professional Days, No School
November 22: Break, No School
November 23: Thanksgiving Holiday, No School

Touching Lives

**Head Start is not just for Children, it’s for the Whole Family.**

Wanda Corney brought her son to Highland Head Start in 1989. He was 4 years old. She also had a 6-month old baby. She volunteered in the classroom all day, every day. She became the secretary for the Parent Committee.

In 1990 she received a Parent Volunteer Award. She was asked if she wanted to work as a Teacher Assistant in the program.

She worked for Head Start in many roles until she left in 2012.

Wanda is the State Manager for the Parents as Teachers Program at Arkansas Children’s Hospital. She has been on our Policy Council since 2015.

All four of Wanda’s children went to Head Start. Three of them graduated from high school. Her daughter is graduating college in May. She has a grandson who went to Metro Head Start. He is now on the honor roll at Little Rock Prep.

Wanda’s advice for families is, “Go in the classroom. Get to know the staff and the program.”

She also says, “Head Start is not just for children, it’s for the whole family.” She wants families to “get involved in the Parent Committee, it makes a difference for your child.”
Site Happenings....

Chicot had a Glow Family Event in July!

Riley, creator of Rock and Rollin Library, Read with Toddlers at MCH over the Summer.

Kennedy Started Working on their Gardens Again!

Metro invited Grandparents for Breakfast to Celebrate Grandparent Day.
Phenomenal Fathers
Check out all the Fathers, Father Figures and Families that attended our Fishing Derby on Saturday 9/23/17!!
PFCE News...

Father/Father Figure Fishing Derby
Thank you to our families for coming out to the fishing derby!!

We had a great time at the Fishing Derby. We had 59 families, over 200 individuals, attend. We saw families (fathers, mothers, grandparents and children) come together.

“If you teach a man to fish, he will feed himself for a lifetime”

Home Visits & Family Maps - Family Enrichment Specialists and Teachers are completing Home Visits and Family Maps. These are important, so the staff can help you get services and assistance for

POLICY COUNCIL OFFICERS 2017-2018

<table>
<thead>
<tr>
<th>SITE</th>
<th>NAME OF OFFICERS</th>
<th>POSITIONS</th>
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<tbody>
<tr>
<td>Kennedy</td>
<td>Ruthie Childs</td>
<td>Chairperson</td>
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<tr>
<td>Nathaniel Hill South</td>
<td>Annalee Ashby</td>
<td>Vice Chairperson</td>
</tr>
<tr>
<td>Hemlock Head Start</td>
<td>Shanitta Albert</td>
<td>Secretary</td>
</tr>
<tr>
<td>King Early HS</td>
<td>Nomika Gibson</td>
<td>Assistance Secretary</td>
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Parliamentarian and other Committees will be selected by Executive Committee

Managing Finances to Achieve Adult Education Goals
Budgeting as a Tool to Help Achieve Financial and Educational Goals

Budgeting is an important skill for anyone who is learning to manage finances. It can be especially important for family members who are in school and trying to balance family, a job, and school responsibilities. Head Start and Early Head Start staff can play an important role in helping families learn the tools of financial management, including budgeting, in a safe and supportive environment.

Budgeting helps with planning, saving, and managing expenses. When adults know how to carefully budget, they can more easily build credit and avoid unnecessary debt. Knowing how to budget can also help a family become more self-sufficient and confident about the financial decisions they make.

Parents who know how to budget can pass on their knowledge about managing finances to their children. These skills can contribute to more secure financial futures for the whole family.

For more information about budgeting for education goals, check out Preparing for College.
Tips for talking about things in the news

You want to protect your child from the world. However, children hear about things that are happening. What your child hears might not be correct. As a parent, you can give your child correct information in a safe way. Your child needs to know what you think. The best way to reassure him is to talk about it.

Where to start. The first thing to do is to find out what they know. How much they need to know depends on their age – preschoolers don’t need many details but teens do. Listen to what your child says to decide how much they need to know. Always tell your child she is safe and that many people are doing their best to prevent this from happening again.

Turn off the TV. Children are affected by what they see and hear on tv and the radio. It’s OK to turn off the news if you think it is not good for your child. Children should hear and talk about current events, but it is best if you are there to talk about it with them. Children’s magazines or TV shows do a good job of this.

Maintain a sense of normalcy. Try to maintain regular schedules for mealtimes and bedtime. Continue to follow your normal school routine. This lets your child know nothing has changed for them and helps them feel safe.

Look for signs of stress. Even if your child does not want to talk about it, he may be affected by an event that is being talked about around them. A child may be stressed if they are:

- Clingy
- Tearful
- Wetting the bed
- Having nightmares
- Afraid of the dark
- Sucking their thumb
- Biting their nails
- Getting in trouble at school.

Teens are usually more affected by tragic events, and may be more tired and irritable and possibly even try new and harmful things like alcohol or drugs. Talk to your child’s school and pediatrician if you see any of these things and are concerned.

Manage your stress levels. Tragic events also cause stress, anxiety and difficult emotions in adults. Reach out to friends and family to talk about your feelings. However, remember your child is always listening, so make sure what you say does not scare them. Find healthy ways to deal with your feelings. For example, volunteer, journal, or do something you enjoy.

Keep the lines of communication open. Let your child know that she can come to you with any questions. Be careful how you present information, and do not give more information than you think she can handle. Children may bring up questions or comments later. This is normal. No matter how old your child is, she needs you. If you are feeling insecure, talk to another adult and calm yourself so your child does not feel it from you.

Protect their positive views of the world. It is important for your child know what is going on in the world. Tragic events can make all children feel helpless. Let your child know that the world is not a terrible place. Tell them about people who are helping. Talk about what they can do to help. Also discuss stereotypes and prejudice. Many times these issues arise from world events. Children learn tolerance and respect for diversity from adults.

~From onetoughjob.org
Did you know that all UAMS Head Start/Early Head Start staff are required to have an annual flu shot? This helps to protect the children and families in our programs by not spreading the flu. You can help by getting you and your child vaccinated this flu season.

-From cdc.gov
Did You Know?

Children who have their first dental visit early in life are more likely to:

- Get more preventive care
- Have fewer fillings and emergency dental visits
- Have regular dental visits

School readiness begins with health!

Tips to Prepare Children for Dental Visits

- **Be positive.** Dental visits are easy and painless for most children. Be positive by saying things like:
  
  "The dentist will see what a good job you do taking care of your teeth."
  
  "When you leave the dentist, your teeth will be nice and clean."

- **Keep it short and simple.** Tell children what will happen using simple sentences like, "they will count how many teeth you have." Sharing too much information about dental visits may confuse and worry children.

- **Don't bring up shots or possible pain.** Many children worry about getting shots or having their teeth drilled. If the child asks whether he or she will get a shot, a good answer for parents to give is "I don't know, but we can ask the dentist or dental hygienist."

- **Tell parents to keep their fears to themselves.** If you have fears about the dentist, do not share them with your child. It can make children more afraid.

- **Role-play visiting the dentist and dental hygienist.** Have children dress up and pretend they are dentists. Children can use white shirts as lab coats, paper napkins as patient bibs, and coffee filters and yarn as masks. Let children pretend to examine and count their parents', sisters', or brothers' teeth.

- **Read books or watch videos together.** Use age-appropriate books and videos to talk to children about the dentist. Ask a children's librarian, dentist, or your child's teacher to suggest one or two good books and videos about dental visits.
Fall Festival is Coming...

Outside Food Policy—Parents wanting to help their children’s classrooms celebrate special occasions must check with the site manager for recommendations on food and non-food items to bring.

REMINDER: NO OUTSIDE FOOD IS ALLOWED IN THE SITES AT ANY TIME OTHER THAN APPROVED FOOD ITEMS FOR CELEBRATIONS.

Parents must bring enough snack items to feed each enrolled child and teacher in the classroom. The food service staff will prepare additional meal components as needed to meet the CACFP Meal Pattern Requirements.

Non-food items (stickers, pencils, books) are always encouraged.

**ENCOURAGED FOODS FOR SPECIAL OCCASIONS**

- Cheez-It, Goldfish, or Animal Crackers
- Fresh Whole Fruit* or Dried Fruit*
- Pretzels*
- Tortilla Chips & Salsa*
- Cheese (cubes, slices, string)
- Fresh Vegetables*, fruit cups in water or light syrup
- Dips (ranch, cheese, veggie) (all dips must be store bought)
- Yogurt cups, Go-gurt or Frozen Yogurt
- Teddy Grahams
- Vanilla Wafers
- Whole-grain muffins (Must Not Contain Nuts)
- Whole-grain cookies (Must Not Contain Nuts)
- Bagels and low-fat cream cheese
- 100% Fruit Juice
- Jell-O Cups

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**Cook’s Corner: Apple Tuna Bites**

Here’s a delicious healthy snack that staff and children can make in a Head Start classroom or at home with their families.

**Ingredients**

- 1 small can of tuna, drained
- 2 tablespoons low-fat mayonnaise
- 2 tablespoons diced onion
- ¼ cup chopped celery
- 1 teaspoon lemon juice
- 1 apple, sliced, with core removed

**Directions**

1. Place the tuna, mayonnaise, onion, celery, and lemon juice in a bowl and mix well.
2. Spoon some of the mixture on top of each apple slice.

**Makes 2 to 4 servings**

**Safety Tip:** An adult should slice the ingredients.
It’s time to change how we view a child’s growth.

As they grow, children are always learning new things. Below are just some of the things you should look for as your child grows. Use this as a guide, and if you have any concerns, talk with your child’s doctor and call 1-800-CDC-INFO to get connected with your community’s early childhood intervention system.

- **At 6 months, many children**
  - respond to own name
  - respond to other people’s emotions and often seem happy
  - copy sounds
  - like to play with others, especially parents

- **At 1 year (12 months), many children**
  - use simple gestures, like shaking head “no” or waving “bye-bye”
  - say “mama” and “dada” and exclamations like “uh-oh!”
  - copy gestures
  - respond to simple spoken requests

- **At 1 ½ years (18 months), many children**
  - play simple pretend, such as feeding a doll
  - point to show others something interesting
  - show a full range of emotions, such as happy, sad, angry
  - say several single words

- **At 2 years (24 months), many children**
  - say sentences with 2 to 4 words
  - follow simple instructions
  - get excited when with other children
  - point to things or pictures when they are named

- **At 3 years (36 months), many children**
  - show affection for friends without prompting
  - carry on a conversation using 2 to 3 sentences
  - copy adults and friends
  - play make-believe with dolls, animals, and people

- **At 4 years (48 months), many children**
  - tell stories
  - would rather play with other children than by themselves
  - play cooperatively with others

**Questions to ask your child’s doctor:**
- Is my child’s development on track for his or her age?
- How can I track my child’s development?
- What should I do if I’m worried about my child’s progress?
- Where can I get more information?


www.cdc.gov/actearly
1-800-CDC-INFO

Learn the Signs. Act Early.
The Goals of Our Curriculum

In our UAMS Head Start and Early Head Start programs we use the Creative Curriculum. To monitor ongoing progress of individual children we use the Teaching Strategies GOLD Assessment. During Parent Conferences teachers will share the information and work with you to set goals for your child. The most important goals of our program are to prepare children for School Readiness. We want our children to get along well with others and become enthusiastic learners. We want independent, self-confident, curious learners who work well with others.

Did you know that when parents are involved in their children’s education, schools and communities grow stronger? Ask your child’s teacher how you can help in the classroom or school. Your involvement will make a difference in your child’s future and will let your child know just how interested you are in their school and learning.

All Those Kids Seem to do is Play!!

Yes, children at Head Start do play a lot...75 to 90 minutes per session. During this time a lot is going on They Are:

- Meeting friends
- Playing with toys
- Exploring how things work
- Looking at books
- Listening to music
- Sharing
- Pouring and measuring in the sand table
- Having different experiences in a mostly child group situation vs. a mostly adult situation
- Developing and expanding their language abilities
- Having cooperative play experiences

* Learning to share the adult’s attention
* Learning social skills needed to play games and make friends
* Building with materials that may not be available at home
* Using “mess” art materials in a space provided for experimentation
* Trying on different personalities with different clothing
* Becoming independent
* Comparing and contrasting different experiences
* Learning for others while broadening their horizons

So You See...What Looks like Play is Really Hard Work!!

Song to Sing Encourage Self Help Skills :

I Can........

Ask your child what things he/she can do by themselves.

Then sing this song to the tune of:

She’ll be coming around the Mountain..

I can do things myself if I try
I can do things myself if I try
I can do things by myself ; I can do things myself..
I can do things by myself when I try!!!
Some Helpful Tips

♦ Check your child’s folder EVERY DAY for school news!
♦ Dress for play – painting, climbing, water and sand, etc.
♦ Clothing—As the weather turns cooler; please make sure you label all of your child’s clothes. Jackets and backpacks should all have your child’s name on them. Don’t forget to bring covers for nap time (2 towels as they need one to lie on and one for cover) – Take home on Friday to wash – Return on Monday!
♦ Please remember that Head Start provides all food and drink for your child for the day. You do not need to send in any drinks or snacks in your child’s backpack.

We have been busy reading books about school, the bus and learning how to make friends. We have been singing songs and learning rhymes to increase our vocabulary. All of these types of activities help get your child ready to be a reader. Your child will also be involved in small group literacy instruction where we will focus on learning our letters and letter sounds, rhyming words, and making connections to text.

Create a Reader Friendly Home Tips to support reading at home:

⇒ Give your child a special, cozy space and quiet time every day to read or write.
⇒ Point out letters in words around you. Food boxes, sales papers, street signs and store logos are all examples of print that can be found around you.
⇒ Snuggle up with a story often, get comfortable and enjoy the pictures as you read or look at books.
⇒ Read together. Read to your child before bed or while waiting for doctor visits or other appointments. Reading Time is Quality time for you and your child!

Can you Spare 20 Minutes a Day?

Do you sometimes feel that much of your communication with your child is “distanced attention”? You’re there physically, but with meals to fix, laundry to fold, and phone calls to make, much of your talking may sound like “uh-huh” “Is that so?” or “Maybe … later”.

Taking even a 20 minute time out to look at your child with “seeing” eyes and “listening” ears can become a wonderful habit and great quality time with your child and will make your child feel special and loved.

◊ Take a Walk together
◊ Make a snack together
◊ Read A Story
◊ Draw or color together
◊ Giggle, sing and play games
2017 Recommended Immunizations for Children from Birth Through 6 Years Old

- **Birth**: HepB
- **1 month**: HepB
- **2 months**: RV, DTaP, Hib
- **4 months**: HepB
- **6 months**: RV, DTaP, Hib
- **12 months**: Hib, PCV
- **18 months**: PCV
- **2-3 years**: DTaP, IPV
- **4-6 years**: DTaP, IPV, MMR, Varicella

**Influenza (Yearly)**

- Shaded boxes indicate the vaccine can be given during the shown age range.

**Is your family growing?** To protect your new baby and yourself against whooping cough, get a Tetanus vaccine. The recommended time is the 2nd through 3rd week of pregnancy. Talk to your doctor for more details.