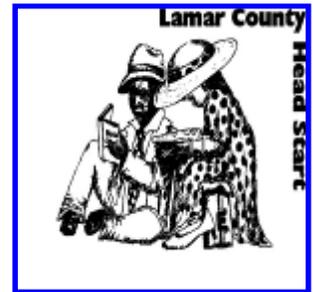


STARTING POINT

Lamar County Head Start
1350 NE 6th Street
Paris, Texas 75460
(903) 737-7469



APRIL 2018

Notes From the Director...

So many great things happen each day on the Head Start campus. What may appear to be just children playing to some is intensive learning on a pre-school campus. So if you see us marching, singing, dancing, taking turns, jumping, rolling, crawling, counting, sharing lunch, swinging, climbing, playing computer games, looking through books, chanting poetry, sharing stories, scribbling on paper, running fast, running slow, riding tricycles, throwing balls, hopping on one foot, racing, cutting up paper, drawing lines, counting trees, making charts, and one hundred other fun things you can be assured that what we are really doing is learning. Look out Kindergarten here we come!

Eva Williams, Director

APRIL CALENDAR OF EVENTS

4/02/18

Weather Day/ No School

4/3/18

Parent Bilingual Class - 12:00

4/4/18

Tips for Knowing your Child is Growing Up - 12:00

4/5/18

Grandparents Raising Children - 12:00

4/6/18

Retired Teachers Visit Head Start - 9:00

4/10/18

Parent Bilingual Class - 12:00

4/11/18

Policy Council Meeting - 12:00

4/12/18

Financial Management - 12:00

4/13/18

The Results Co. Reads to Head Start Students - 9:30

4/16 - 22/18

WEEK OF THE YOUNG CHILD

4/16/18

The Annual Great Bean Race - 9:30
Reading With Dad - 11:30

4/17/18 Field Trip to Neighbors ER

Brown, Blackmon, Dingman & Hutcheson - 9:00

Moore, Raper, Vanderschaaf & Black - 9:30

Carter, Taylor, Jones & Briggles - 10:00

Parent Bilingual Class - 12:00

4/18/18

Getting Your Child Ready For Kindergarten - 12:00

4/19/18

Livestock Show Field Trip - 9:30

ABC's of Disabilities - 12:00

4/23/18

Last FISH Workshop - 5:00

4/24/18

Lifetouch Spring & Group Pictures - 8:00

Parent Bilingual Class - 12:00

4/25/18

Parent Committee Meeting - 12:00

4/26/18

Empowering Parents Workshop - 12:00

STARTING POINT

EDUCATION COMPONENT

In April, we will start a new Frog Street Theme "Amazing Critters." Both our three year old and four year old classes will be investigating different kinds of animals. Everything from farm and zoo animals to insects. Lessons will include some outdoor activities to learn about habitats. We will visit the Red River Valley Livestock Show and discuss the different animals we see there. Our final CLI assessment will begin in mid April, results will be discussed at the final Parent/Teacher Conference planned for May.

POLICY COUNCIL PERSPECTIVE

The Parent Policy Council met Thursday March 8, 2018. Council members approved the submission of the 2018-2019 Head Start grant application. For more details of the meeting you may read the minutes which are posted on the Head Start main information board in our front hallway. The next meeting will be April 11, 2018 at 12:00pm.



HEALTH NEWS

Cut Back on Your Kid's Sweet Treats (by choosemyplate.gov)

Limit the amount of foods and beverages with added sugars your kids eat and drink. If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories, but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

10 tips to decrease added sugars in your child's diet

serve small portions: Use smaller bowls and plates for these foods. Have them share a candy bar or a large cupcake.

sip smarter: Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.

use the check-out lane that does not display candy: Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

choose not to offer sweets as rewards: By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

make fruit the everyday dessert: Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.

make food fun: Make nutritious foods fun by preparing them with your child's help and being creative together. Cut fruit into fun and easy shapes with cookie cutters.

encourage kids to invent new snacks: Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds.

play detective in the cereal aisle: Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

make treats "treats" and not everyday foods: Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

if kids don't eat their meal, they don't need sweet "extras": Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

STARTING POINT

Pediatrics' Corner by Dr. Clark

HOW CAN I CONNECT WITH MY KIDS WITHOUT THE DISTRACTIONS OF CELL PHONES, COMPUTERS AND TV?

Adapted from David Walsh, PhD.

Many of these suggestions may apply to older children (such as your Head Start child's brother or sister). The important thing to remember is that you are serving as a model for your children. So if you have good screen habits, your children will too. If you don't follow the rules, neither will they. Below are a few tech tips to use.

- When you are with someone and your phone rings: Let the phone ring and tell the person you are with that they are more important.
- Teach your kids to always say, "Excuse me," or "May I?" when answering a phone call.
- Have dinnertime be tech-free time: No TV, computers or cell phones.
- If your son or daughter has a Instagram, Snapshot, Twitter or Facebook account...it's not a diary. Check it regularly.
- Keep TVs, video games and computers out of bedrooms.
- Know what they are watching.
- Negotiate when and how much screen time they get: No more than 2 hrs a day.
- Limit video-game playing time (No more than one hour per day).
- Check the age game rating on the game box and become familiar with the game before you buy it. (Some T(een) and E(veryone) rated games have a level of violence and sex that you may not be comfortable with.) Require that homework and chores be done before game-playing. Playing games should be a reward.

SOCIAL SERVICES

March into Kindergarten

Is your child ready to make the transition from pre-school to elementary school? Here are some tips to help him or her get ready for kindergarten!

Answer your preschooler's questions. All of them. You know how your preschooler likes to ask questions? Endless amounts of why and how come all day long? Do your best to answer them. Use each query as an opportunity to not only teach your little one something she wants to learn about, but to get them excited about learning and finding out facts.

Read to your child. Read, read, read! Be sure to read to your child every day. When you read, try enriching the process even further by asking your child what he thinks about a book. For more fun, try reading using funny voices, or if you are reading a rhyming book for example, encourage children to come up with their own silly rhymes or to act out what is going on in the story.

Encourage independence. When you see your preschooler struggling with a certain task -- pulling up their pants after using the bathroom or even trying to open their own juice box -- it is easy to swoop in and fix the situation. The next time you see your child struggling with a self-care task, give it a minute or two. If your child is still having trouble, help them, but don't do it without letting them try it alone first. One of the most important things you can do for your child is to give them the age appropriate opportunities they need to improve their self-help skills.

Play (well) with your child. You probably know by now that you are your child's best teacher and greatest influence. Help your child hone their social skills (like taking turns, sharing, and other social niceties) by modeling for your child how to act. For example, if you are playing a game together, you can point out what a good job your child is doing waiting for his turn to go (or gently correcting him if he has trouble with this behavior).

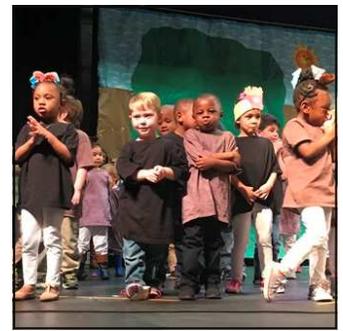
STARTING POINT

F.I.S.H. TIPS!

Even the most routine task at home can be a fun learning experience for your pre-school aged child. If you want your child to be a stellar student, don't limit learning to the walls of his classroom. Practice new words and the give and take of conversation as they help you sort clothes while doing the laundry. Practice math skills by counting and matching socks. Sort shirts by colors as you fold them to help children learn to identify colors. Letting your child help you dust furniture promotes good eye hand coordination (No furniture polish please!). Planting flowers in the yard can turn into a great science lesson about how things grow. Create a learning opportunity in every day tasks and have some fun while you get things done!



See How We Learn !



Building a Nation.. one child at a time