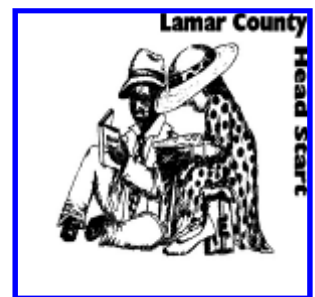




STARTING POINT

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



December 2016

Notes From the Director

This year has gone by so quickly on our campus. It seems like we were just getting the little ones accustomed to the daily routines and before you know it December and Christmas break has rolled around. Just like you, we are so busy going about the day, that we often have to remind each other to slow down and enjoy these moments; they won't come again. Children are not like that they take in every thing happening around them. They savor the moments and talk endlessly about what they did or who they saw. At Head Start, that is especially true during the month of December. It is a month of endless wonder as we transform our school into a winter time fairy tale. The adults, in our building , are as excited about creating this moment as the kids will be about seeing the decorations, snow and glitter-rama that magically pop up each day. I hope you will create some holiday magic of your own this year. When you do, remember to stop and enjoy the moment.

Eva Williams

DECEMBER CALENDAR

12/01/16
Holiday Safety Workshop - 12:00
FISH 101! Family Evening Workshop - 5:00

12/06/16
"Learn With Me" - 11:00

12/07/16
Lifetouch Fall Pictures Retakes
Holiday in a Mason Jar - 11:00
Last Day to Earn FISH Points

12/08/16
Stop, Drop & Read - 9:30
Policy Council Meeting - 12:00

Happy Holidays!

12/13/16
Lamar County Head Start
Christmas Store - 3:00-5:00

12/14/16
Lamar County Head Start
Students Christmas Performance - 10:30
Open House - 8:00-4:00

12/15/16
Justiss Choir Sings at Head Stat - 11:30

12/16/16
PISD Early Dismissal - 11:30

12/19/16 - 1/2/17
Christmas Holidays

Feliz Navidad

EDUCATION COMPONENT

Curriculum Report

We began our mid semester Parent/Teacher Conferences last month. Teachers met with parents/guardians to discuss their child's progress and the goals listed on their School Readiness Plan. These conferences took place at home or school.

In December, we will begin a new learning investigation entitled "Music". We will use music to learn new words, sounds, and types of physical movement. The children will be experimenting with a variety of musical instruments through out the month. It is, also, an opportunity to learn about music in other cultures and countries. This month will end our second nine weeks; report cards will be sent home after the Holiday break.

For more information about the Education Component, please contact Mrs. Barker at 903-737-7469 or samantha.barker@parisisd.net.

POLICY COUNCIL PERSPECTIVE

The Parent Policy Council met Thursday, November 3rd, 2016. The next meeting will be December 8th, 2016 at 12:00pm. Policy Council minutes are posted on the Head Start main information board in our front hallway. Please take time to read over the minutes while visiting our campus.



HEALTH

Asthma Management Goals:

Know your child's triggers and seek to avoid them

If your asthma is well controlled, you should expect:

*Few, if any, asthma symptoms.

*Few, if any, awakenings during the night caused by asthma symptoms.

*No need to take time off from school or work due to asthma.

*Few or no limits on participation in your usual daily activities.

*No asthma-related emergency department visits.

*No asthma-related hospital stays.

If your asthma is not well controlled, talk to your primary care provider. For more information about living with asthma visit www.asthma.com

STARTING POINT

Pediatrics' Corner by Dr. Clark

Tips to keep your child healthy

Sleep is important.

Somewhere between ages 3-5, your child will likely stop napping. Move his bedtime earlier so he still gets plenty of sleep.

Preschoolers need 10 to 12 hours of sleep a night.

Skip watching TV before bed. It can affect your child's sleep and make bedtime more difficult. Instead, have a bedtime routine that you do every night to help your child unwind and get ready for bed. Give him a warm bath, brush his teeth, and read books.

Keep a regular bedtime and wake-up time, even on weekends and during vacations. This helps your child keep a regular routine and get enough sleep.

Keep the noise down in the rest of the home.



SOCIAL SERVICES

Ways to Save on Energy Costs

- **Use the sun for free heat:** Open the curtains on your south-facing windows during winter days to bring free heat into your home. Close your window coverings when the sun goes down to keep the heat inside.
- **Bundle up with warm accessories:** Instead of turning the heat up, put on a cozy winter sweater and warm socks. Keep throw blankets on your couch, and add an area rug to insulate the floor.
- **Adjust the thermostat at night:** According to the U.S. Department of Energy, you can save about 10 percent per year on your heating bills by turning your thermostat down 10 to 15 degrees for eight hours. Consider investing in flannel sheets and a warm comforter for your bed and keeping your apartment cooler when you sleep.
- **Only heat the rooms you use:** If you have rooms that you never use, close and seal off the vents in those rooms to be more energy efficient and direct the flow of air to the rooms you use most. Energy bills run, on average, \$183 per month. By using a space heater in the rooms where you need it and setting the thermostat to 62 degrees, you can save approximately \$200 each year.
- **Only use exhaust fans when necessary:** Exhaust fans in your kitchen and bathroom pull the hot air that rises to the ceiling out of your apartment. Use exhaust fans sparingly, and shut them off when you are done with them.

PARENT INVOLVEMENT

Building Family Bonds

Family Holidays are one of the threads that bond families together. Holiday traditions in your home can become very special memories that children cherish well into their adulthood.

Some of the family activities that your children might enjoy include:

- Making homemade Holiday cards for the grandparents.
- Watching special Christmas cartoon shows (Rudolph and How the Grinch Stole Christmas).
- Help you child decorate holiday cookies.
- Let your children create their own ornaments to add to the tree.
- Read holiday stories with your child

It is important, also, that you remember that the time you spend with your family is what makes the Holidays special. Children will see a million toys on television and in the stores this month. They will ask for everything they see. It's what children do! They will not remember those toys after the holiday passes. Try hard not to overdo the family budget with buying gifts. Your children will remember feeling cherished as they spend time with you much longer than they will play with this years hottest toy!

Remember the last day for F.I.S.H. points is Wednesday December 7, 2016.

STARTING POINT

F.I.S.H. TIPS !

The more words we use when our kids are acting up, the less effective we become.

Communication with young children can be challenging. As discussed previously, pictures are sometimes useful when trying to convey a message. Also beneficial are clear, concise statements. Below are a few examples of ineffective and effective techniques when talking with your child. This technique is called "Rephrasing".

Ineffective technique

Please sit down. We're going to eat now.

Don't shout at me.

Don't talk to me in that tone of voice!

Don't be bothering your sister.

Effective technique

We will eat as, soon as you are seated.

I listen to people who do not yell at me.

I'll listen, as soon as your voice is as calm as mine

You are welcome to sit with us, as long as you are not bothering your sister.

-excerpts taken from Love and Logic

See How We Learn !



Building a Nation.. one child at a time