



STARTING POINT

Lamar County Head Start
1350 NE 6th Street
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MARCH 2018

Notes From the Director ...

March is a fantastic experience on our campus. This month is so exciting for us every year. The sound of music, singing and dancing feet echo throughout the neighborhood. It is hard to believe we are learning when we are having such a great time. Students are busy preparing for our upcoming spring show, "How Does Your Garden Groove?" The vegetables are singing and dancing, developing their cognitive and motor skills. Please join us on March 6, 2018, 6:00 p.m., at the Paris Junior High School Auditorium. Please bring the whole family to enjoy this spectacular event!

Eva Williams Director

MARCH CALENDAR OF EVENTS

3/1/18
Healthy Living with Sharmila Franklin - 12:00

3/5-9/18
Texas Public School Week

3/5/18
Balloon Launch - 1:15
Wear Red, White & Blue

3/6/18
The Kiwanis Club Pancake School Day
10:10: 210, 211, 212, 213, 214 & AP
11:00: 205, 206, 207, 208, 209 & 234

Head Start Spring Play - 6:00
"How Does Your Garden Groove"
Tuesday Night PJH Auditorium
Students arrive at 4:45pm

3/7/18
How to Be a Superhero for Your Child - 12:00

3/8/18
Policy Council Meeting - 12:00

3/9/18
Bus Emergency Evacuation - 9:00

3/12-16/18
Spring Break

3/19/18
LCHS Enrollment Begins
Monday-Friday - 8:30 - 12:00

3/27/18
American Red Cross Fire Safety - 12:00

3/28/18
Parent Committee Meeting - 11:00

3/29/18
Spring Egg Hunt - 9:00
Empowering Parents Workshop - 12:00

3/30/18
Weather Day/No School

4/2/18
Weather Day/No School

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EDUCATION COMPONENT

This month we will continue our theme “Thing that Move”. The study of moving objects offers opportunities for children to explore a topic that interests them and gather more information. Our goal is to become more aware of our world. In this study we observe, gather data, explore our communities, interview experts, learn new information, and propose solutions to problems. The children will use skills in mathematics, literacy, the arts, and technology to enhance their understanding of important concepts related to science and social studies. Children are fascinated by things that move, either by the child moving it or it moving itself.

During the week of our Annual Spring Play, we will learn about movements in dance and how it is not only beautiful to watch it is healthy for the body.

We have been busily practicing our songs for our Spring Play. We will be performing “How Does Your Garden Groove?” On March 6th at PJH. The students are very excited and ready to perform for their parents and show you the results of all of their hard work!

We have begun scheduling our second Home Visit for this school year. Parents and Teachers will review the children's Individualized School Readiness Plans to determine which skills have been mastered and plan additional activities for the children for the remainder of the school year.

POLICY COUNCIL PERSPECTIVE

The Parent Policy Council met Wednesday, February 7, 2018. The next meeting will be March 8, 2018 at 11:45 am. Policy Council minutes are posted on the Head Start main information board in our front hallway. Please take time to read over the information while visiting our campus.



HEALTH NEWS

5 Steps to a Healthy Smile

- ◇ Don't wait until it's too late: Visit your dentist regularly for preventative checkups and cleanings
- ◇ Floss is the Boss: Floss your teeth once everyday
- ◇ Eat and Drink, but be sure to think: eat a well-balanced diet and avoid excessive snacking between meals especially sticky, sweet things like candy
- ◇ Be good to those gums: Keep an eye on your gums for signs of gum disease. Puffy, red, or tender gums, gums that bleed or persistent bad breath are signs that you need to see your dentist right away.
- ◇ It takes a while to brush your smile: Brush your teeth carefully at least twice a day. Remember, a thorough job takes 2 ½ to 3 minutes.

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Pediatrics' Corner by Dr. Clark



Eating Healthy

Our goal is to have the best diet for our children. That goal is easier to accomplish in our home rather than eating out. Sometimes that is difficult to do because of work or with sporting events. Soccer, softball and baseball games can make it hard to get home and cook. Try to have something cooked beforehand that you can come home to.

If you do eat outside the home there are things you can do to try to be healthy. Try to avoid the most common foods for kids that tend to be in “kids meals”-French fries, chicken nuggets, hamburgers, pizza and ice cream. You may order from the adult menu or share a meal with a child. There are many substitutes for the French fries like fruit, salad or another vegetable. Avoid unlimited refills of drinks. Order milk instead. Buy grilled chicken instead of fried or crispy. Eating healthy may also help save money by drinking water instead of sweet tea or soda. Share a meal. Don't order chips.

Remember when eating at home, to watch what you drink. Don't make sweet tea and don't buy soda and chips for home. That makes the whole family healthier.

SOCIAL SERVICES

Parent Tips: Help Your Child Have a Good School Year!

Here are a few ways to get started:

As a parent, there are many things you can do at home to help your child have a good school experience. Some of these include making sure your child gets enough sleep, get them to school on time, and reading at home each day. Also, children need regular medical checkups and need to have a healthy diet and exercise. It is also a good idea to limit the time they watch TV and play video games. Another idea is to help your child get to know the library and what you can find there, including books, audio books, CDs and DVDs.

PARENT INVOLVEMENT

In the Spotlight

Think about your child's behavior. What thoughts come to mind? When we focus on behavior, all too often we consider the negative aspects only. We know which behaviors we don't like, but we don't always think about the positive behaviors our children exhibit. We also tend to react to negative behavior most often.

The problem with this is that when we lose sight of what we admire in our children, and fail to express our pleasure at positive behaviors, the relationship we share with our child begins to deteriorate. It takes a conscious effort to turn this situation around – but it can be done.

Put fresh batteries in your spotlight (focus your mind) and highlight the good qualities you see in your child. Consider some examples of your child's 'good behavior' and compliment your child every time they exhibit this behavior.

Choose a new behavior every week – and tell your child how much you like it! Bring out the best in your child by aiming your spotlight at their positive qualities.

Remember – the rules for making mistakes are the same for parents as they are for children:

“It's OK to make mistakes – they help us to learn, and become better people.”

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F.I.S.H. TIPS !

Nurture children's confidence and self-esteem.

- Praise Them - Encouraging children's first steps or their ability to learn a new game helps them develop a desire to explore and learn about their surroundings. Allow children to explore and play in a safe area where they cannot get hurt. Assure them by smiling and talking to them often. Be an active participant in their activities. Your attention helps build their self-confidence and self-esteem.
- Set Realistic Goals - Young children need realistic goals that match their ambitions with their abilities. With your help, older children can choose activities that test their abilities and increase their self-confidence.
- Be Honest - Do not hide your failures from your children. It is important for them to know that we all make mistakes. It can be very re-assuring to know that adults are not perfect.
- Avoid Sarcastic Remarks - If a child loses a game or fails a test, find out how he or she feels about the situation. Children may get discouraged and need a pep talk. Later, when they are ready, talk and offer assurance.
- Encourage children - To not only strive to do their best, but also to enjoy the process. Trying new activities teaches children about teamwork, self-esteem and new skills.

See How We Learn !



Building a Nation.. one child at a time