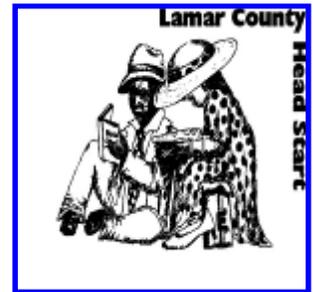


STARTING POINT

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



MAY 2018

Notes From the Director...

Our 2017-2018 journey is coming to a close. As I reflect over this past year, many goals were reached, students were involved in serving our community via presenting programs and we launched a new parent program entitled "Empowering Parents". We have thoroughly enjoyed serving our students and parents. We appreciate our families for supporting our workshops, programs and fieldtrips.

Our four year old students will be moving on to Kindergarten where a new adventure awaits. Both Principals, at Justiss and Aikin, will ensure that students receive a high level of education. We wish you well!

Eva Williams Director

MAY CALENDAR OF EVENTS

May 3, 2018

Head Start Visits Justiss Elementary - 9:00
Healthy Living Workshop - 12:00

May 4, 2018

Cinco de Mayo Celebration - 9:00

May 8, 2018

Head Start Visits Aikin Elementary - 9:00
Meet the Principal Workshop 5:30

May 9, 2018

Getting Ready For Kindergarten Workshop - 12:00

May 10, 2018

Policy Council Meeting - 12:00

May 15, 2018

Last Daddy Zone - 5:30

May 16, 2018

Picnic at Wade Park 10:00

May 22, 2018

Field Day for Head Start Students at PHS - 9:00

May 24, 2018

Head Start Graduation 10:00 at PJH

May 25, 2018

Early Dismissal 11:30
Last Day of School



STARTING POINT

EDUCATION COMPONENT

This month, our themes are “Changes” and “Animals”. Students will continue their study on animals and the changes that happen to them. Four year old classes will learn about what changes to expect in their new Kindergarten class. We will be reading books to familiarize the students with Kindergarten activities and routines. They will, also, be learning about fun and exciting things to do over the summer break, including books to read and activities to have fun with learning.

Wave 3 of the CLI assessments began April 15th and will be completed by May 15th. Information from these assessments will be available in the Parent/Teacher Conference. Teachers will be meeting with parents this month for our final Parent/Teacher Conference. This meeting is designed to share information about each child’s developmental gains during this school year.

Our field trips in May include trips to Aikin and Justiss elementary schools to tour Kindergarten classrooms. There will, also, be a “Getting Ready for Kindergarten” workshop that will provide parents with valuable resources to keep your child’s education continuing throughout the summer months. End of the Year celebrations will include a trip to Wade Park and Field Day. Look for more information as we get closer to these events.

POLICY COUNCIL PERSPECTIVE

The Parent Policy Council met Thursday April 11, 2018. The next meeting will be May 10, 2018 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 information while visiting our campus.



HEALTH NEWS

Poison Safety

Medications

- Medicines should be stored out of reach, out of sight in a cabinet with a child-resistant closure.
- Take care when giving medicine to one child that it is not accessible to other children.
- Read the label. Especially at night, make sure you are giving the correct medication and dosage.
- Dispose of unwanted or out-of-date medications by returning them to your pharmacist.
- Do not confuse children by referring to medicines as candy.
- Avoid giving non-prescription medications routinely without consulting your doctor.
- When visiting, especially the elderly, make sure your children don’t have access to medications eg. on bedside tables, in handbags, or on bench tops.

Household products

- Bleach, oven cleaner, dishwasher detergent, weed-killer, insecticides and paints are found in most homes and are poisonous.
- Safely dispose of products no longer in use.
- Use products which are less dangerous. Vinegar and bicarbonate of soda cleans most surfaces.
- Store dangerous products in a cabinet with a child resistant closure.
- Leave chemicals in original containers. Do not store into drink bottles.
- When buying these products choose containers with child resistant closures.

Dishwashing machines

- The powder or liquid used in dishwashing machines is extremely dangerous if swallowed. It is corrosive and burns. Buy it in a child resistant container and store in a locked cabinet.
- When filling your machine put detergent in last and close it immediately. Keep children away while adding detergent to the machine.
- When emptying the machine, check for sludge or caking of powder in or near the dispenser, especially if young children are helping to unload. The sludge can cause serious mouth burns.

STARTING POINT

Pediatrics' Corner by Dr. Clark

Healthy Active Living for Families, adapted from healthychildren.org

Healthy nutrition starts as early as infancy with breastfeeding. Once your baby begins eating solid foods, introduce nutritious foods early on and often. Sometimes toddlers need to try a food 10 times before they actually accept and enjoy it.

To lead a healthy active life, families can strive to reach these goals:

- 5 fruits and vegetables a day,
- 2 hours or less of screen time (TV, computer, video games) per day,
- 1 hour of physical activity a day, and
- 0 limit sugar-sweetened drinks – no sweet tea, no sodas, maximum 8 ounces of juice per day

To help children live healthy active lives, parents can:

be role models themselves by making healthy eating and daily physical activity the norm for their family.

- create a home where healthy choices are available and encouraged.
- make it fun - find ways to engage your children such as:
 - * playing a game of tag,
 - * cooking healthy meals together,
 - * creating a rainbow shopping list to find colorful fruits and vegetables,
 - * go on a walking scavenger hunt through the neighborhood, or
 - * grow a family garden.
- Eating breakfast every day;
- Eating low-fat dairy products like yogurt, milk, and cheese;
- Regularly eating meals together as a family; with no TV or other distractions
- Limiting fast food, take-out food, and eating out at restaurants;
- Preparing foods at home as a family;
- Eating a diet rich in calcium; and
- Eating a high fiber diet.



Help your children form healthy habits now. Healthy active children are more likely to be healthy active adults!

SOCIAL SERVICES

Are you ready for Summer?

Join us for our May 9th noon workshop. Our Social Workers have collected flyers for every summer activity available in the Paris area. They will be giving out this great info and answering any questions you may have about getting your children signed up for a fun summer!

PARENT INVOLVEMENT

Over the school year we have provided a tremendous amount of training to families about transforming your play activities into learning opportunities. Hopefully, you have collected lots of great ideas and supplies in your FISH backpack. We encourage you to put those activities into your daily routines during the summer months. So go for it! Build volcanos, write story books and play kick ball to keep your child learning the essentials. Don't forget the Early Learning Framework Domains and keep learning from the Head Start Frameworks!! A link to the Domains and other great info is located at

<http://eclkc.ohs.acf.hhs.gov/hslc>

STARTING POINT

Math in Play

A child's natural curiosity and inborn desire to explore their environment enables them to make sense of mathematical concepts. You can encourage your child's understanding of math through every day play experiences.

Numbers

Learning to recognize numbers is a skill that young children learn by repeated exposure. Numbers are all around you – draw them to your child's attention. Look at numbers on signs, letterboxes and car license plates. Write down your telephone number and teach your child to read it.

Adding & Subtracting

Simple adding and subtracting skills can be learned during everyday play experiences. Invite your child to build a tower with six blocks – now take one away – how many are left? How many plates do you need for dinner tonight? What if an extra person is coming for dinner – how many plates do you need now? There are six toys on the floor – put three away – how many are left? Count out how many pieces of bread you need for lunch – add two more for another sandwich – how many pieces of bread do you have now?

See How We Learn !



Building a Nation.. one child at a time