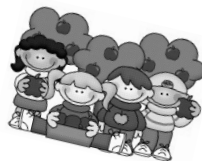


Head Start Parent Newsletter

Wills Point Primary School

OCTOBER



The Magic of Families Eating Dinner Together!

Studies have shown that something as simple as eating dinner together as a family every night can have a major impact upon the happiness and well-being of both parents and children. But with today's busy schedules most families are lucky to eat dinner together.



Benefits of eating together:

- Increases Communication
- Better Academic Performance
- Eat Healthier
- Healthy Child Development

The importance of regular family activities and finding out "what's happening" is a great way for a parent to be involved, discuss rules, monitor activities and friends, and be a good role model. The benefits of eating together will last long after your meal ends, especially if you make family mealtimes a regular activity.



What are Family Partnership agreements (FPAs) and how do they help me?

FPAs are designed to offer parents opportunities to develop and implement individualized family partnership agreements that describe family goals, responsibilities, timetables and strategies for achieving these goals as well as progress in achieving them. In early Fall, your Family Service Worker will begin working with you to establish an FPA that will guide your family in achieving goals and meeting your needs. This will likely occur with home visits and follow-up meetings or phone calls. Many of our families have accomplished so much through the development of these goals with the guidance and assistance provided by their Family Service Worker. This process should be meaningful to the family, ongoing, and designed to meet whatever needs you may have.

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How to Teach Your Child to Appropriately Get Your Attention

You can teach your child the way that you want him to get your attention (such as tapping you on the shoulder) and then reward him when that behavior occurs. When you take the time at home to build on the skills your child is learning at school, you reinforce these positive skills and create a solid foundation for your child which will help to reduce challenging behaviors.

Try This at Home

- ◆ Model the behavior you are teaching and do it often! If you need your child's attention, tap her on the shoulder, move to her eye level and begin your communication from there!
- ◆ Practice, practice, practice! Play with this new skill. Practice with both parents, siblings and friends. Your child can teach her grandparent or teddy bear how to tap on someone's shoulder to get their attention.
- ◆ Remind your child of your expectation. You are on the computer and she whines or begins to cry for attention, remind her, "It looks like you need something. I will respond if you tap on my shoulder and ask me."
- ◆ Celebrate when your child displays this new skill. "Wow, you tapped me on the shoulder because you wanted some milk. I am super happy to get you some. What a great way to get my attention!"

www.challengingbehavior.org



Featured Community Resource

TVCC

Free GED, ESL and college prep classes available call for information

903-675-6398



HEAD START DISABILITIES—FUN FOR FAMILIES

All children learn through exploring and play, using all of their senses. Children with disabilities need repeated and frequent experiences to learn school readiness skills. At this time of year, nature provides opportunities for families to get outside and help build language and readiness skills. Go outside and look around. Ask your child to find objects that are the SAME and then ones that are DIFFERENT. Identify objects that are BIG or LITTLE. Name the COLORS & SHAPES you see!

For more ideas and information—www.eclkc.gov and www.naeyc.org





2017-2018 Upcoming Parent Meeting Plans

**10/16/17
9:00am**

Primary School Cafeteria

**HEALTH
"What to do when your child
gets sick"**

School nurse, Karen Adams RN

Get Prepared to Prevent and Cope with the Flu

"The Flu" is a contagious illness caused by a virus. **Symptoms include:**

- High fever
- Sore throat
- Muscle aches and pains
- Runny or stuffy nose
- Headache
- Lack of energy
- May cause diarrhea, nausea, and vomiting

The flu can lead to possible complications.

To prepare and prevent the flu:

1. Wash your hands often to remove disease-causing germs. Wash your hands:
 - Before and after preparing meals
 - Before and after eating and drinking
 - After using the restroom

- After caring for others who are ill
- After sneezing or blowing your nose

2. Get the flu shot
3. Cover your cough
4. Stay home if you are sick. Return to work or school after you have stopped taking fever-reducing medicine AND do not have a fever for at least 24 hours
 - Stay at home and rest
 - Drink plenty of fluids
 - Take over-the-counter fever reducers acetaminophen (Tylenol) or ibuprofen (Advil, Motrin). Do NOT give aspirin to people under 20 years old.
 - See your doctor if symptoms get worse

Getting Involved in Head Start (This information is from ECLKC website (www.eclkc.ohs.acf.hhs.gov))

Head Start encourages parents and families to become involved in their children's education, both in and out of the classroom. As parents and families of Head Start children, there are many ways for you to become involved and stay engaged in the program, and in your children's education and future. Research shows that children whose parents are involved in their education do better in school. Getting involved at the preschool level will prepare you to be active once your children enter elementary school, middle school, and high school. Schools need parent and family involvement to succeed just as much as your children do. As parents and family members, Head Start welcomes you in the classroom. The program also teaches you how to create a **learning environment at home** in an effort to support classroom learning. To become better role models for your children, Head Start will help you explore opportunities to expand your education, find or get a better job, and tap into support groups where parents and family members encourage each other.

Advocacy

Head Start recognizes that parents and families are the strongest supporters of their children and encourages involvement as their children's advocates. By law, Head Start programs must help parents and families support their children as they enter Early Head Start or Head Start, and as they transition from Head Start to kindergarten, another preschool program, or a child care setting. Some of the ways you can support your children include: attending Head Start staff/parent meetings; attending training to learn the rights and responsibilities concerning children's education in school; getting involved in decisions about your children's education by learning to communicate with teachers and other school staff; serving on a Head Start committee, such as the Policy Council or Health Services Advisory Council; learning how to become involved in developing an **Individualized Education Plan** if your child has special needs; and learning how to tell your **personal story** effectively in front of public officials, school officials, and others who can influence how education and other programs for children operate. Becoming an effective advocate for your children requires becoming involved in their education and their lives. And being involved in your children's lives is what it takes to be a great and successful parent!

Classroom News and Reminders!

Parents, do you have extra time during the day? We would love for you to volunteer in the classroom or offer your time to help our teachers with cutting materials out at home. Please let us know if you would be interested!

Dates to Remember:	Birthdays:	Important Reminders:
10/03 Home visit day 10/05 Home visit day 10/9-10/13 Homecoming dress up week 10/16 Parent training 10/17 Picture day 10/20 Pink out	10/16 Tyler S. 10/17 Juliet C. 10/30 Serenity G.	Please call to set up your homevisit with Ms. Sina if you have not already done so. Schedule annual physicals and dentals as they become due and send appointment date and time to Ms. Sina 903-873-8106