

Head Start Parent Newsletter

Wills Point Primary School

September



Welcome Back to School!

Making the Most of Your Home Visit

Head Start requires teachers to conduct home visits twice per year; once in the fall, and once in the spring. What does this mean for parents? Many parents find it more comfortable to meet with teachers in the comfort of their own home. There is no need to worry about transportation, finding a baby sitter, or trying to arrange a meeting during the teacher's conference period.

The goal of the home visit is for the teacher to get to know you and your family and also for the two of you to make a plan and set some goals for your child's progress during the school year. Additionally, children take great pride in hearing that the teacher has been to their home and met the family dog or seen their room.

When students learn that their parents and teachers are working together as a team, they generally feel more comfortable at school. Lastly, home visits are a great way for teachers to pick up some ideas for lesson planning. For instance, the teacher may see that your child loves baseball or bike riding at home and incorporate some of those activities into outdoor play at school. Remember, you are your child's first teacher, so get ready to share what you know and help get your child off to a great "Head Start"!

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Disabilities for Parents-DEVELOPMENTAL DELAYS



As you watch your child grow, remember that each child is different and will develop at different rates. Pay close attention to your child's development in hearing, vision, motor skills, social-emotional skills, and thinking and problem solving skills. If you suspect your child is more than one year behind in development, have your Family Service Worker contact the Disabilities staff for help.

Parent Activity—Spend special time with your child each day looking at pictures and reading books!

Featured Community Resource

Dr. Gwendolyn D. Kines, DDS
401 N. Ann, Suite B
Terrell, TX 75160
972-524-5347

Dr. Kines provides our free visual dental exams at school for all Head Start and Pre-K students.

HeadStart Nutrition

Head Start's child nutrition services assist in meeting each child's nutrition needs and in establishing good eating habits that nurture healthy development and promote lifelong wellbeing. During the first 45 days of enrollment the Family Service Worker will complete a Child's Nutrition Information form for each child. The information is obtained/signed from the child's parent/guardian. Child's Information form includes some of the following:

- Special dietary needs and special needs for children with disabilities
- Family eating patterns
- Cultural, religious and ethnic preferences
- Medically-based diets, such as food allergies, which require medical documentation

A variety of opportunities exist for parent's to discuss each child's nutritional needs with the Nutrition Coordinator.



*Who are Family
Service Workers
and
what is their role?*

The Family and Community Partnership Component of Head Start is designed to inform, provide strategies, and support the Head Start and early childhood communities in their continued commitment to build strong and supportive relationships. In our region, we have staff in Kilgore who support the Family Service Workers on your campuses.

A Family Service Worker is assigned to each family to provide support, resources, and assistance with setting goals. They are available to assist families in a number of situations including classroom concerns, crisis situations, and everyday issues.

We strive to empower Head Start families towards greater confidence, self-reliance, and independence to seek out necessary resources, thus becoming their family's own advocate.

2017-2018
Upcoming Parent
Meeting Plans

09/18/2017

9:00am

Primary School Cafeteria

Volunteer Training
Election of officers



Head Lice ~ Every school year, many children get head lice.

A louse is a bug that has a slender body with 3 pair of legs. The color is grayish-white to reddish-black. It likes to hide in warm places on the scalp, especially behind the ears and on the back of the neck. The louse bites the scalp which causes itching.

The eggs of head lice are called nits. They are silver, oval shaped eggs attached to hair close to the scalp. They are about the size of a grain of sugar and do not come off unless pulled off with your fingernails or a fine toothed comb.

A nit hatches in 7-10 days and a louse can live on the head for 30 days and lay eggs. The eggs can live 10 days and the louse can live 2 days off of the body.

They are transmitted from one person to another by contact with articles that have lice such as coats, hats, combs, brushes, beds, furniture, and car seats.

There are shampoos that can treat head lice. Please contact your child's doctor or the school nurse for more information or if you have questions.

"A wise parent listens 'with interest' to what the child has to tell."

Brain-Based Learning

This information is from ECLKC website

(www.eclkc.ohs.act.hhs.gov)

Children learn by example. Here are ten things you can do every day for yourself and your child. Use these tips to help your child develop positive and healthy habits. **1) Bed on time:** Sleep is brain restoration time. The brain's systems do not function very well without sleep. **2) Normal nutrition:** The brain requires normal nutrition to develop normally and replenish the brain's chemicals. **3) Regular exercise:** Endorphins are the brain's built-in stabilizers. Exercise and physical work stabilize the brain's systems, especially the emotion response and mood regulation systems. **4) Regular outdoor time:** Being outdoors is therapeutic. We humans were not meant to be indoors all the time. **5) Regular chores and responsibility:** Teach your child how to work. Work keeps a child connected to the reality of life. Teaching a child by example how to work helps the brain develop normally. The opportunity to learn to work is crucial. Children who never work never mature. **6) Tie all privileges to responsibilities:** This keeps the child connected to the reality of life, and what life requires for success. **7) No exposure to violence, in any form:** Violence in the family, violence in the environment, violence in TV, videos, video games and movies. Repeated and continual exposure to violence, whether in person or in the media, reprograms the child's primitive brain systems. We want to maintain the normal ecology of our children's brains. **8) No exposure to greed, extravagance, explicit sex:** These are major problems with the media and our value systems, both of which have disconnected our children from reality. **9) Simplify your life and your family's life:** Make your family's life more personal and less driven. **10) Get in tune with your real values and priorities:** Get off the rollercoaster of materialism.



How to Help Your Child Have a Successful Morning

Getting your entire family up and out the door is no easy task! It is important to understand that your morning routine serves as the foundation for your family's entire day. You can create a morning routine that not only helps your day to begin more smoothly, but also teaches your child important skills that he needs to become more independent and confident. A morning routine can also reduce challenging behavior such as crying, whining and tantrums.

Try This at Home

Use a visual schedule with items such as photos, clipart, or objects that shows your child the steps in his morning routine. This visual schedule can help him to understand the expectations of the morning routine.

If your child has trouble waking up in the morning, it might be because he is not getting enough sleep at night. Set a consistent bedtime and stick with it. When a child's bedtime changes it can make it harder for him to wake up in the morning.

Plan Ahead. Use your bedtime routine to plan for the next day. Give your child some power over his morning routine by offering reasonable choices. For example, First, get dressed. Then, you get a choice! Would you like to have cereal or pancakes for breakfast?

To learn more about how to create a visual schedule or bedtime routines, go to www.challengingbehavior.org and search the site for "visual schedules" or "bedtime routines" in the search box located in the upper right-hand corner of the screen.

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:
09/04-Labor Day-NO SCHOOL 09/18-Parent Meeting	09/22 Aldo M.	Please schedule upcoming dentals and physicals in advance. When you have your appointment set, please send the date to Ms. Sina