



# Head Start Parent Newsletter

Wills Point Primary School

## May



*Mother's Day*  
May 13

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**National Teacher  
Appreciation Week!**  
**May 7-11, 2018**

### **Head Start Nutrition**



#### **Toddler & Preschooler Tasks in the Kitchen**

Looking for new ways to help your young child become a better eater? You may be surprised by this simple strategy — encourage your toddler or preschooler to help you in the kitchen. Helping with cooking can make your child more curious about different types of foods and more enthusiastic about eating them. The key to success is to pick simple chores that your child can do.



### **Head Start Mental Health**

#### **How to Give Clear Directions**

Listening and following directions are important skills young children must learn. There are many reasons why children do not follow directions. You can increase the chances that your child will listen and successfully follow your directions when you make sure that your direction is clearly stated and you follow through.

#### **Try This At Home**

It is important to follow through when you give your child a direction. A technique you can use to make sure you do follow through when your child has difficulty complying, or following directions is Do-WAWP.

Do—State the “do” direction.

W—Wait for compliance (silently count to 5).

A—Ask the child to restate the direction.

W—Wait for compliance (silently count to 5).

P—Provide encouragement or help (helping will ensure success).

[www.challengingbehavior.org](http://www.challengingbehavior.org)

**Head  
Start**



### **Featured Community Resource**

International Outreach Church  
Shining Light Food Ministry

1404 Lake Dr.

Wills Point, TX 75169

903-873-3078

Tuesdays 8am-12 noon

## *Kindergarten!*

As we close out this school year, you may be feeling a mix of excitement and uncertainty as your child transitions into the next phase of their life. Don't be afraid to ask your Family Service Worker about what to expect as your child moves up. They can often tell you a lot about what to expect within the school district.

Our hope is that you feel your child got a wonderful head start to their academic future and that we have made a positive impact on your family so that you may give back to others in need.

Thank you to your commitment to your child's education this year and we hope that your family will prosper in the years to come. Feel free to come back and visit Head Start — We always welcome volunteers!

*Have a safe and happy summer!*



**May 2018  
Upcoming Parent  
Meeting Plans**

N/A



**Head Start Health  
Here Comes the Sun!**

The most common cancer in the world is skin cancer. More than 1.3 million cases of skin cancer cases are diagnosed in the United States each year. The good news is that researchers are constantly exploring new prevention and treatment strategies such as the possibility of using fruit extracts. While scientists dig deeper into this and other options, the best prevention is shade, clothing (including a hat) and sunscreen above SPF 15.

Keep those children in the shade during playtime and make certain that you wear a hat!! Remember that Head Start and Early Head Start children cannot use sunscreen without a specific order from a physician.

**Head Start Disabilities**

**Transition to Kindergarten**

This school year has passed in a whirlwind of activities and your child will begin Kindergarten in the fall! Talk to your child about Kindergarten as the time approaches. Make sure to attend any Kindergarten parent meetings or open house events. Meet the teacher and let them know you and your child are excited about beginning Kindergarten. Inform the teacher of anything you would like them to know about your child's disability, including speech impairment. It is important to participate in any ARD meetings for your child and be familiar with your child's IEP goals. Call your Head Start Disabilities Specialist before school ends this year if you have specific questions or concerns. See Transition video on the Head Start website!



**Planning for a Successful Start to Kindergarten**

This information is from ECLKC website ([www.eclkc.ohs.acf.hhs.gov](http://www.eclkc.ohs.acf.hhs.gov))

Children learn a lot of new information in preschool and pre-kindergarten. A great way to ensure they retain as much of that information as they can is to practice their new skills over the summer months. With a little bit of planning in the spring, parents and children can build a summer full of fun learning experiences. Reading Is Fundamental has designed a 10-week Summertime Reading Adventure Guide. Each week has six or seven fun and easy ideas for practicing skills that fit right into your own summer adventures. Parents can also use the month of May to speak with their child's preschool teacher about activities to do at home that will help keep learning alive over the summer. If you would like to learn more about summer learning activities, the Michigan Department of Education has developed a guide called, "Family Fundamentals for Summer Learning." This guide stresses the importance of summer learning and provides free activities and other resources.



**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:
06/01 Early Release/Last Day	05/29 Addie P	<p>Please contact Ms. Sina with any upcoming physical and dental appointment dates.</p> <p>Pre registering for Head Start and Pre-K starts 04/09. Your child will be automatically enrolled and promoted to Kindergarten.</p>