



February

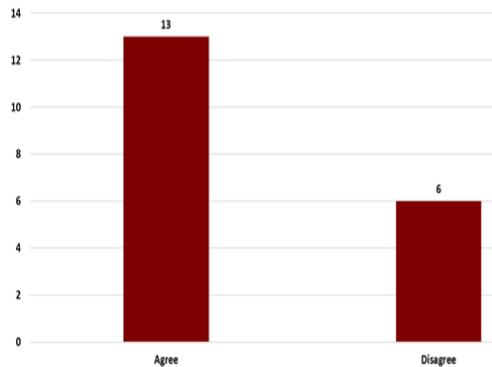
Head Start Herald

From the Desk of the Director:

York County Head Start provides children and families with quality early education and family support services. Families are empowered to participate in the decision-making process concerning their child's education and our program activities. This fall, parents were asked to complete a parent satisfaction survey to give their feedback and help us in our planning. We only had 19 families complete the survey, and I want to share some of the results. We will use survey information and parent feedback in our planning. We want to give a special thank you to all who participated.

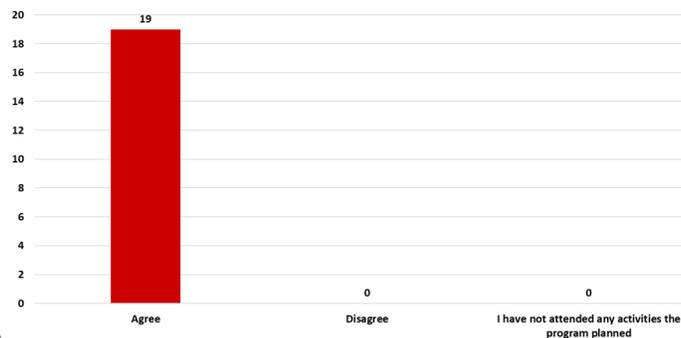
Dr. Amber Richey

QUESTION: I gave ideas to Family Services or my child's teacher about activities that can be used in the classroom to help my child learn.



COMMENTS: Parents are welcome to give their ideas to teachers and family services anytime. Families can suggest parent training topics, classroom materials, and program activities. Using suggestions from families helps us ensure that we collaborate with families and meet their needs.

QUESTION: I am satisfied with the Head Start activities I have attended with my family.



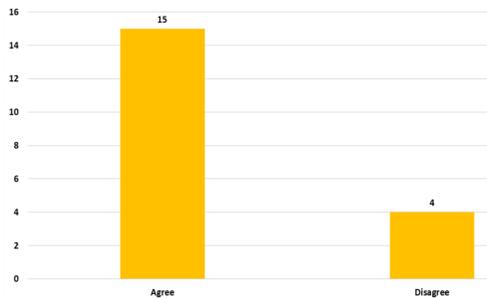
COMMENTS: Head Start offers a variety of training and activities for families. In the coming months, we will have library tours that parents can attend, Literacy Night, Parent Curriculum training, onsite and offsite field trips, and Kindergarten Round-up meetings. We hope you can attend!



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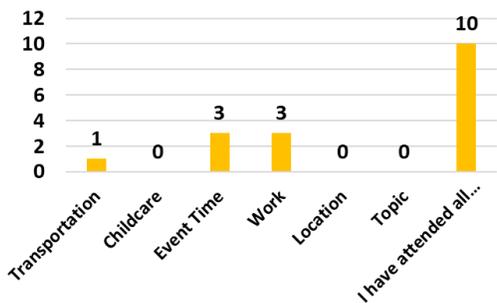
Head Start Herald

QUESTION: I have used resources from the parent handbook.



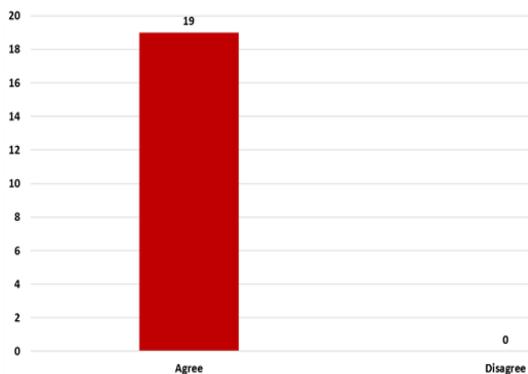
COMMENTS: Head Start includes a list of community resources that families can use to assist in locating services to meet their family's needs. Contact your Family Services Specialist if you want a copy of the Community Resources Directory

QUESTION: I did not attend parent education meetings (i.e., parent connection meetings, back to school night, education review meetings, etc.) because of



COMMENTS: Activities were held during the day and at night. Some are held virtually, and others are in-person. We also offered activities that families could complete at home, on their own. Feel free to suggest more morning, afternoon, or evening events. We want to consider parent's needs so more families can attend our program activities.

QUESTION: My child's teacher keeps me informed of my child's progress.



COMMENTS: Teachers inform parents of their child's progress and educational needs throughout the year. Teachers discuss their children's school readiness with parents at the two parent-teacher conferences and two home visits conducted each year. Teachers can also meet with parents at any time. Feel free to contact your child's teacher to schedule a meeting



Important Dates and INFORMATION

Day	Date	Time	Event
Friday	February 9	6-7:30 pm	Sweetheart Dance @ GYC
Tuesday	February 13	— —	100th Day of School
Friday	February 16	— —	No School for Students: In-Service Day
Monday	February 19	— —	School Closed: President's Day
Wednesday	February 21	10:00 am	Policy Council @ GYC or 
Monday	February 26	— —	Parent/Teacher Conference Begins



February



****Facebook****

Like us on Facebook and keep up-to-date on all events and school closures.

<https://www.facebook.com/YorkCountyVirginiaHeadStart>



York County Head Start School Readiness Goals

School Readiness is a partnership between families, communities, and schools to provide the necessary support, services, and environment to ensure all children begin school ready and eager to learn.

Physical Goal: Children will increase physical development and health in the areas of physical wellbeing, knowledge of healthy habits, gross motor, and fine motor.

Health Goal: Children and families will demonstrate an understanding of healthy and safe habits by participating and attending workshops about basic health and safety practices and by participating in their own preventive health care.

Social and Emotional Development: Includes children's feelings about themselves and other, the ability to form relationships, interest in and skills needed to maintain positive relationships with adults and children, ability to understand the perspective and feelings of others, and skills needed to get along well in a group setting (for example, conflict resolution skills).

Social Goal: Children will feel comfortable in school, trust their new environment, make friends, and feel they are a part of a group.

Emotional Goal: Children will demonstrate increasing ability to identify, label, describe and manage their emotions (can the child interact peacefully with others).

Language Development and Communication: This includes verbal and nonverbal skills to convey and understand others' meaning (for example, speaks clearly or uses a nonverbal system of communication) as well as early literacy skills (example, aware of print, understands that writing means something). These skills and competencies apply to all languages; we should expect children who do not speak English in their home to demonstrate these skills in their primary language before they do so in English.

Language Goal: Children will increase their abilities to write recognizable letters, especially those in their first name, and use letters that represent sounds when writing other words. Children will use conversational and other communication skills.

Cognitive Goal: To help children become confident learners by letting them try out their own ideas and experience success and by helping them acquire learning skills such as the ability to solve problems and ask questions.

We will be starting our Parent/Teacher conferences this month. During the conference, teachers will share with parents all the exciting things that their child has been doing here at school. We look forward to meeting all of our parents. Please ensure that you schedule a time to meet with your child's teacher!



Head Start Teaching Staff

Don't miss out on important information and meetings and exciting events! Check your email frequently for important information from Head Start!

You will be receiving **emails** and **text messages** from SchoolMessage@childplus.net

You will also receive emails from various Head Start staff members.

All of their emails will end with @yorkcounty.gov.

Family Service



It is with great pleasure that I introduce you to our two new staff members who will assist on our Family Services team. We have Mrs. Jenean Flanagan who will serve as our Early Childhood Intervention Specialist, and Mrs. Kathy Domond who will serve as our Family Services Specialist.

Mrs. Jenean



I am excited to work with the staff and families of York County Head Start. I moved to the County over 15 years ago as a military family and we chose to call the peninsula home as we loved it so much. I look forward to be able to support families in our area and give back to an area that has been so welcoming and supportive to us. I was most recently a science and math teacher for middle and high school, with Life Science and the brain being my true love. I have worked with families in public health and in education by supporting them when making difficult medical and education decisions and transitions. I have a college daughter, who I love sharing life's adventures with.

Mrs. Kathy



Thank you,
York County Head Start Family Services Team

Please bring your child's backpack to school every day and ensure that you check it every morning and evening. For safety and security, children are only allowed to bring clear backpacks to school provided by Head Start. No toys, food, medication, or other items should be brought to school in your child's backpack.

REMINDER

Please call 890-3888 to discuss your child's health status before coming to school, if your child or anyone in your household has been diagnosed with or exposed to RSV, COVID-19, or another communicable disease. We want to do all that we can to continue to protect Head Start's children and staff. It is a confidential matter but it is our reality. We cannot protect your child, other children, and our dedicated team if we are not aware. We ask that you please make us aware so that we can problem-solve together. It is the only way that we can limit the spread of viruses that are spreading in our community. Thank you for your cooperation.

Stay safe, stay healthy, and stay well

Family Service



Breathing
Techniques



S.T.A.R



Drain



Balloon



Pretzel

ARE YOU INTERESTED IN WORKING OR VOLUNTEERING AT HEAD START?

Head Start Parents/Guardians/Family Members are encouraged to apply to work or volunteer for the program.

Individuals can serve as a classroom substitute, assist at meal time, and help with arrival/departure!

WE CAN TRAIN YOU & EMPLOYEES ARE ELIGIBLE FOR TUITION ASSISTANCE!

WE ARE FLEXIBLE!

You can commit 30 minutes, 1 hour, or more a day or each week.

YOU WILL HAVE STAFF TO SUPPORT YOU! No one is ever left alone with students!

Call 757-890-3888 for details!

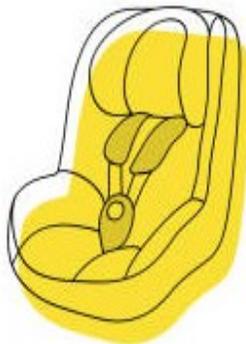
BABY CAR SEATS



Group 0+

0-13kg

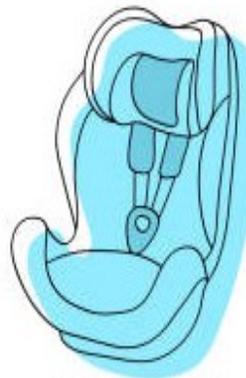
from birth to
12-15 months



Group 1

9-18kg

from 9 months to
4 years old



Group 1/2/3

9-36kg

from 9 months to
12 years old



Group 2/3

15-36kg

from 3 years to
12 years old



healthpoweredkids™



Tips for keeping kids healthy at home

PICKY EATING



Picky eating is not uncommon. It often occurs from age 3 to 5, but can continue for many years.

Children often like to explore food rather than eat it. Usually it is a phase that children go through and then grow out of over time.

Children often refuse foods because of color or texture rather than taste. Teaching your child to explore foods and describe them rather than just judge "like or dislike" can help him or her learn to enjoy wide variety of foods. Here are some other suggestions for helping raise an adventurous eater:

- Offer new foods many times. It may take up to a dozen tries for your child to accept a new food.
- Small portions = big benefits. Let your child try small portions of new foods that you enjoy. Give him or her a small taste at first and be patient.
- Be a good role model by trying new foods yourself. Describe tastes, textures and smells.

- Offer only one new food at a time. Serve something that you know your child likes along with the new food. Offering too many new foods all at once can be overwhelming.
- Offer new foods first, at the beginning of a meal, when everyone is the most hungry.
- Serve food plain if that is important to your child. For example, instead of a macaroni casserole, try meatballs, pasta, and a vegetable. To keep different foods separate, try plates with sections. For your child, the opposite might work and serving a new food mixed in with a familiar item could be helpful. Get to know your child's preferences.

AT HOME ACTIVITY

Who usually does the shopping in your family? If your child rarely or never goes to a grocery or market he or she may not have a sense of the array of food choices available to him or her. Next time you go shopping bring your child with you and let him or her choose one healthful food he or she has never eaten before.



LOVIN' LUNCH

Lunch is an important daily event, but for picky eaters this can sometimes be a challenge! Talk to your child about his or her lunch preferences. If your child prefers cold lunch, is there a fruit or vegetable you could add to his or her bag? If your child prefers hot lunch, encourage him or her to try the fruits and vegetables offered. Check your school district's website for lunch menu nutritional information. Don't forget the low-fat milk. It's a great choice with hot or cold lunch.

Safety

Safety

Baking Food Safety 101

Home Baking Association



Food safety in the kitchen is very important. When children are around, it is essential to maintain safe food preparation and baking habits.

Baking Food Safety Checklist

- * Tie back or cover long hair and beards and remove jewelry
- * Wash hands with warm water and soap
- * Change dish cloth and sanitize sponges daily
- * Wash baking surfaces and appliances with warm, soapy water
- * Re-wash hands before beginning to measure and mix
- * Use clean hot pads or gloves to handle baked food
- * Break eggs into a separate bowl to avoid getting eggshell into the mixing bowl
- * Re-wash hands after handling eggs
- * Keep bowls and utensils being used for eggs and raw batter/dough separate from the cooling rack and finished baked goods
- * When chopping nuts, fruits, or vegetables, use a cutting board that is never used for cutting meat and fish

This institute is an equal opportunity provider.