



Head Start Herald

Each New Year brings a chance to make new resolutions and set new goals. For us at Head Start, one of our goals is to create opportunities for parents to socialize and build positive relationships with other Head Start parents. We are planning our next COFFEE & TEA TIME and our first Parent Support Group to achieve this. Both groups will offer a time for parents to get together to talk and share resources, community happenings, and what they may be experiencing as a parent of a preschooler. We will also begin posting videos and resources for families on our Facebook page! Parent Connection Meetings are also a way for families to build new connections with other parents and obtain information to help parents improve their parenting skills and accomplish their family partnership goals.

We know that life and parenting can be demanding and stressful. However, you are not alone. Michael Jordan once said, "Some people want it to happen, some wish it would happen, others make it happen." I challenge you to MAKE IT HAPPEN this year. The choice is yours! Head Start is here to support you.

Will you join us? I hope to see you there!

Amber Richey
Dr. Amber Richey
Head Start Director

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!



Important Dates and INFORMATION

| Day | Date | Time | Event |
|---------------|---------------------------|---------------------------------|---|
| Wednesday | January 3 | 8:30 am | Students Return: All Sites |
| Tuesday | January 9 | 3:00 pm | Parent Connections: GYC/YKTN @ GYC |
| Wednesday | January 10 | 3:00 pm | Parent Connections: BM |
| Monday | January 15 | — — | School Closed: MLK Day |
| Wednesday | January 17 | 10:00 am | Policy Council @ GYC or  |
| Wednesday | January 17 | 9:00 am 10:00 am 11:45 am | Yoga @ BM Yoga @ YKTN Yoga @ GYC |
| Wednesday | January 24 | 5:30 pm | Literacy Night: Pretzel Yoga @ GYC |
| Thursday | January 25 | — — | No School for Students |
| Friday | January 26 | — — | No School for Students |
| Monday-Friday | January 29- February 2 | — — | Health and Wellness Week |

We would like to inform you of a parental learning opportunity sponsored by CHKD.

Topic: Helping young children (ages 2-6) manage emotions.

Wednesday, January 10, 2024 from 6:30-7:30 pm.

Please see the link below to register or obtain more information.

https://events.com/r/en_US/registration/helping-young-children-manage-emotion-ages-2-6-11024-916904

****Facebook****

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

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

EDUCATION



We hope that everyone had a safe and happy winter break! The year 2024 is already upon us. January is the beginning of the New Year, and the teachers will be working diligently on the goals you set at the parent conference.

We want to ensure that we are doing everything to help your child reach their goals and would appreciate your help. So, please keep up all the excellent work you are doing to help your child's reading, counting, and handwriting. Practice rhyming, letter recognition, and letter sounds with your child regularly to help your child at home. Doing so, will help your child's learning and Phonological Awareness Literacy Screening (VLP) scores. We had to cancel our Education Review Meeting in November for lack of attendance. We plan to schedule another one in the future, so plan to mark your calendar.

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



Did you know the program can provide transportation for parents to Parent Connection Meetings? We will happily coordinate transportation for any parent who calls us to RSVP for a Parent Connection Meeting, Education Review Team Meeting, and Health Services Advisory Meeting and requests transportation.

Did you know that the program requires you to call you if your child is absent or late, and you did not call to let us know? Parents are asked to call if their child will be absent or late for school to ensure their child's safety and comply with Head Start federal requirements.

Did you know that volunteering in the program helps to fund your child's Head Start classroom? There are many reasons why volunteering in your child's classroom benefits you, your child, and the program. Volunteering helps your child see that you care about their education and learning. We enjoy having our parents in the classroom because they are role models for students. Volunteer hours help the program meet the in-kind match requirement for the grant funds that we receive from the federal government.

Did you know you can help us decide how services are provided to you and your child? We have several committees that parents/guardians can be a part of that help us determine our program's policies, goals, practices, and activities. For example, parents can attend Education Review Team meetings to discuss and plan education services and Health Services Advisory meetings to help the program plan health services. No experience is necessary. We just ask that you come with the intent to help us ensure that we are providing quality services for all children in the program.

Did you know that we have a food pantry onsite? The program partners with the Peninsula Food Bank to have a food pantry at the Griffin-Yeates Center that our family services staff can use to help you if you have an emergency need for food. All it takes is a parent contacting their Family Services Specialist to let them know that they have a need.

Did you know that the Griffin-Yeates center has a designated computer for parents? The Griffin-Yeates Center has a computer that parents can use anytime between 8:00 a.m. and 5:00 p.m. The parent computer can be used to create and print a resume', complete online applications, locate resources in the community, and find employment.

If you would like additional information about our program services or need assistance, don't hesitate to contact your Family Services Specialist.

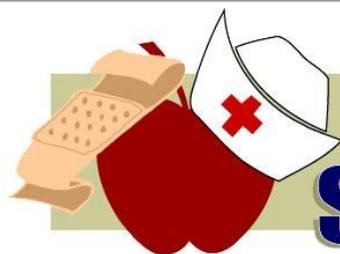
Thank you,
York County Head Start Family Services Team

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



Health Services

10 tips
Nutrition
Education Series

be a healthy
role model for children

10 tips for setting good examples



You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1 show by example
Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together
Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3 get creative in the kitchen
Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone
Stop being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.

5 reward with attention, not food
Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.

6 focus on each other at the table
Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



7 listen to your child
If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

8 limit screen time
Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9 encourage physical activity
Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



10 be a good food role model
Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.



Safety

SAFE WINTER DRIVING



Safety

Winter driving can be hazardous and scary, especially in northern regions that get a lot of snow and ice. Additional preparations can help make a trip safer or help motorists deal with an emergency. This sheet provides safety information to your residents to help prevent motor vehicle injuries due to winter storms.

The three P's of Safe Winter Driving:

PREPARE for the trip; **PROTECT** yourself; and **PREVENT** crashes on the road.

PREPARE

Maintain Your Car: Check battery, tire tread, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.

Have On Hand: flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. *For long trips, add* food and water, medication and cell phone.

Stopped or Stalled? Stay in your car, don't overexert, put bright markers on antenna or windows and shine dome light, and, if you run your car, clear exhaust pipe and run it just enough to stay warm.

Plan Your route: Allow plenty of time (check the weather and leave early if necessary), be familiar with the maps/ directions, and let others know your route and arrival time.

Practice Cold Weather Driving!

- During the daylight, rehearse maneuvers slowly on ice or snow in an empty lot.
- Steer into a skid.
- Know what your brakes will do: *stomp on antilock brakes, pump on non-antilock brakes.*
- Stopping distances are longer on water-covered ice and ice.
- Don't idle for a long time with the windows up or in an enclosed space.

PROTECT YOURSELF

- Buckle up and use child safety seats properly.
- Never place a rear-facing infant seat in front of an air bag.
- Children 12 and under are much safer in the back seat.

PREVENT CRASHES

- Drugs and alcohol never mix with driving.
- Slow down and increase distances between cars.
- Keep your eyes open for pedestrians walking in the road.
- Avoid fatigue - Get plenty of rest before the trip, stop at least every three hours, and rotate drivers if possible.
- If you are planning to drink, designate a sober driver.