



March Head Start Herald

We recently celebrated our 100th day of school! This milestone means that the school year will be coming to an end soon. Have you accomplished the goals that you set with Family Services? Have you attended a Parent Meeting or Training? Have you talked with your child's teacher about how to promote your child's learning at home? Don't worry if you haven't yet, it's never too late to start! Remember, small steps lead to bigger things, and you have the power within you to make a difference.

We are now accepting applications for the 2024-2025 school year. If you know anyone who lives in York County and has a child between 3 and 4 years old, please tell them about York County Head Start. We want all children to be successful in kindergarten and beyond!

Family Services will begin contacting families currently enrolled in our program in the next few weeks to start the reenrollment process. To ensure that your child is enrolled in Head Start next year, please ensure that you return all required paperwork by the deadline that will be given to you from your Family Services Specialist. For questions, please call 757-890-3888 or visit www.yorkcounty.gov/headstart.

Thank you for being a part of our HEAD START family. Stay healthy and stay safe!

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
Monday-Friday	Feb.26- March 1	— —	Dr. Seuss Spirit Week
Friday-Friday	March 1-8	— —	Parent/Teacher Conferences
Monday-Friday	March 4-8	— —	STEM week
Monday	March 4	10:30 am	Library Tours: Bethel Manor @ Tabb Library Library Tours: Yorktown @ Yorktown Library
Tuesday	March 5	— —	No School for Students: In Service Day
Wednesday	March 6	5:30 pm	STEM Night
Friday	March 8	10:30 am	Library Tours: GYC 14 and 15 @ Yorktown Library
Tuesday	March 12	3:00 pm	Parent Connections @GYC
Wednesday	March 13	3:00 pm	Parent Connections @BM
Thursday	March 14	3:00 pm	Parent Connections @YKT
Wednesday	March 20	10:00 am	Policy Council with Education Review Team @ 
Friday	March 30	— —	No School for Students: In Service Day

****Facebook****

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

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

EDUCATION



The temperature is slowly rising, and patches of green grass are on the playground. It's time to say goodbye to our cold, snowy winter and welcome Spring back again. This month, we will be exploring the many changes during this amazing season of Spring. We will watch and learn as the earth starts to warm and the flowers and trees start to bud with a new life cycle. The students will discover how a tiny little caterpillar can turn into a beautiful butterfly and how other insects grow and mature. We will be planting seeds, learning how to care for our tiny sprouts, and following our plant's progress closely. We will measure their weekly growth and discover the importance of sunlight and water to their survival.

The students will also be learning about weather changes and how these changes can affect all of us. Is it true that the days are getting longer, or does it just seem that way because there are more daylight hours? This is an interesting question that the children have already been exploring through discoveries they had last month. Now, we will continue this exciting adventure as the children are introduced to new and exciting topics every day!

Head Start Teaching Staff

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.

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



Conscious Discipline Corner

Conscious Discipline as an **Adult First Model**

When we talk about Conscious Discipline, the curriculum we use for Social and Emotional Learning in our school, we talk about ALL the wonderful benefits of the curriculum. But being an “**Adult First**” approach is always shared first, which makes me so happy and is a great reminder for those who use it. This means that we, the adults, take care of our needs and maintain our emotions, allowing real change to happen. By highlighting the importance of the adult’s responsibility to stay calm, bring positive energy, and have their own needs taken care of, we can truly be there for our students when they are struggling.

I encourage parents to consider this same approach at home, as it can dramatically change how you respond to your children and how they respond to the world. By not yelling, repeating ourselves many times, or avoiding the conflict, we help our kids feel safe and loved in a world that is big, and sometimes confusing. Mirroring how we want them to respond will positively change how their brain grows, a change they will have for life. It will benefit them in all their future relationships. To learn more about how to be the **Adult First**, watch this video and explore the Conscious Discipline website.

I look forward to learning more about being the **Adult First** with you and your students as we grow as a school family.



Ms. Jenean

Early Childhood Intervention Specialist

Video on **Adult First** with Conscious Discipline:

<https://www.youtube.com/watch?v=NJy1aQcZbio>

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

Healthy Habits

Encouraging Your Child to Drink Water

A child's body needs water to be healthy and active. Many areas have tap water with fluoride. Giving children water with fluoride is one of the best ways to keep their teeth healthy. When children drink water with fluoride throughout the day, their teeth are bathed in low levels of fluoride, which helps to keep teeth strong.

Benefits of Drinking Water:

- Improves brain function
- Increases energy
- Improves physical performance
- Moves nutrients through the body
- Rids the body of waste
- Promotes healthy weight
- Strengthens teeth
- Keeps mouth clean
- Fights dry mouth

HELLO,
I AM POTTER THE OTTER.

I LOVE TO DRINK WATER AND I WANT YOU TO LOVE
TO DRINK WATER TOO!



Tips for Encouraging Your Child to Drink Water:

- Make drinking water fun by using bendy, silly, or colored straws or let your child choose their favorite cup or water bottle.
- Use water bottles that can be carried anywhere. Refill them with tap water. Most bottled water does not have fluoride.
- Be a good role model for your child. Drink water instead of drinks that have sugar.
- Read books or show your child videos about drinking water:

Potter the Otter: A Tale About Water-

<https://www.youtube.com/watch?v=S0kqHHNtvLM>

Potter the Otter Loves to Drink Water-

<https://www.youtube.com/watch?v=aClxVPmzdw>

<https://eclkc.ohs.acf.hhs.gov>