



APRIL

## Head Start Herald

The Office of Child Care, an Office of the Administration for Children & Families Department, outlines expectations for high-quality childcare programs. York County Head Start (YCHS) meets each of these expectations.

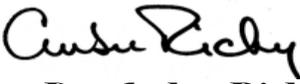
York County Head Start is designed to establish positive relationships with families and provide services that help children and their families be successful. How we achieve each of these expectations is outlined below. Visit <https://childcare.gov> to learn more. If you have questions or want more information, don't hesitate to contact your child's teacher or family services specialist.

- Welcomes all families and ensures you have access to your child at all times.  
**YCHS has an open-door policy that allows parents/guardians to visit classrooms at any time.**
- Support you in developing a strong relationship with your child.  
**YCHS offers resources, information, and opportunities for families to attend special activities and parent training that helps parents build positive relationships with their children.**
- Support you in making connections with other families.  
**YCHS encourages families to connect with other families at Parent Connections and Coffee & Conversations meetings.**
- Include you in activities and programs that support your child's development.  
**YCHS encourages families to view lesson plans on Teaching Strategies Gold and attend Education Review Team meetings, Literacy Events, Earth Day, and other activities that support children's learning and development.**
- Honor your family's culture, language, and experience in supporting your child's learning and development.  
**YCHS recognizes a child's home language. We translate materials, use Language Line, and purchase classroom books, postings, and learning materials in a child's home language.**
- Invite you to provide feedback on the program and how we can improve quality.  
**YCHS surveys parents to help plan activities and use our Parent Activity funds. We also conduct parent surveys each Fall and Spring to obtain parents' feedback and suggestions.**
- Create opportunities for home visits and to share information about your child's learning and development.  
**YCHS shares information on children's learning and development at parent-teacher conferences and home visits. Family Services and teachers can also complete parent-teacher conferences and home visits as needed and at a parent's request.**



# Head Start Herald

- Support you as a decision-maker in the child care program.  
YCHS invites families to join our Policy Council and other decision-making meetings, such as the Education Review Team and Health Services Advisory Committee.
- Help families transition to new learning settings.  
YCHS plans special activities to help families transition into and out of the program. For example, YCHS holds Parent Orientation/Open House and summer events (i.e., summer screenings and special activities), attends York County School Division's Kindergarten Roundup meetings, coordinates spring transition training for families, and plans student transition field trips.
- Ask you to share your knowledge about your child before offering their own solutions. They respect your knowledge and acknowledge your strengths.  
YCHS sets children's goals with families and encourages parents to provide suggestions for lesson plans and classroom activities.
- See you as the expert on your child and support your parenting.  
YCHS recognizes and empowers parents as their children's first and most important teacher.

  
**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	April 1-5	— —	Spring Break: No School for students
Monday	April 8	— —	Kindergarten Readiness Begins
Tuesday	April 9	8:30 am 10:30 am	Picture Day: BMB only Picture Day: GYC 14 only
Wednesday	April 17	10:00 am	Policy Council @ GYC or via  Volunteer Luncheon
Monday	April 22	2:30 pm	Earth Day Activity: All-sites
Thursday	April 25	— —	Health Services Advisory Committee Meeting # 2
Monday-Friday	April 29-May 3	— —	Rev your Bev Week
Tuesday	April 30	9:30 am	Field Day: McReynolds Center

### **\*\*Facebook\*\***

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

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



# Kindergarten Transition Time

It's that time of year for parents and Head Start teachers to start thinking about Kindergarten transition. This can be an exciting but also an anxious time for most parents. Some of you have already started asking about what we will do to help make this change go smoothly for you. In the coming months, we will have several activities to support your child's transition to Kindergarten. The children who will be going to Kindergarten will visit an Elementary School near their center to see what a Kindergarten classroom looks like. When Head Start receives information regarding Kindergarten Kickoff events, we will send the information to the parents who have children going in the fall.

If you need help filling out any Kindergarten paperwork, we will have a York County School Representative along with the Kindergarten Registration Bus to assist you. The date for this event will be Tuesday, April, 29th from 10:30 a.m. to 11:30 a.m. at the Yorktown Library. Additionally, we can make copies of the paperwork you need to give to the schools. If you are moving and/or your child won't be attending a York County school, please let us know so that we can send information to the correct school.

If you need any help or have any questions, please call at 890-3888.

*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



## Family Services

Stress is a part of life. Yet, too much stress can have negative consequences. It can cause health problems and can make parenting more difficult. Caregiver stress can even contribute to children's challenging behavior. There are many sources of stress such as conflict with others, challenges at work or limited finances.

Some signs of stress include:

- memory loss
- feelings of irritability
- headaches, chest pain, stomach pains
- frequent worries
- frequent illnesses
- irregular sleeping

Too much stress can take a toll on your health and your ability to parent. Reducing stress can help you spend more time with your child and help your child learn how to deal with stress. Here are seven ways to help you reduce stress:



1. Notice thoughts and feelings without thinking they are wrong
2. Focus on what is in your control, not what is out of your control
3. Spend time with friends
4. Eat a healthy diet and drink plenty of water
5. Spend a few minutes of quiet time each day
6. Exercise and spend time doing things you enjoy
7. "Talk Back" to your unhealthy thoughts

Thank you,  
York County Head Start Family Services Team

### **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**



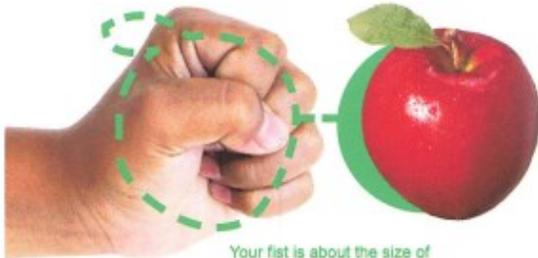
# Health Services



*Eat Smart, Move More* at Home

## Right Size Your Portions!

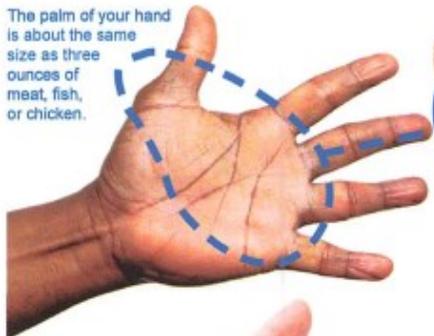
A serving size is what is recommended on a Nutrition Facts label, but what you actually eat is called your "portion." Portions served at restaurants have gotten larger over the years. Here's an easy guide to using your hand to estimate a smart size portion.



Your fist is about the size of one cup or one ounce of cereal.



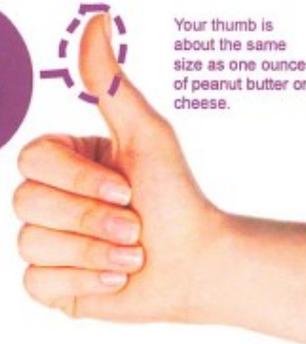
Two handfuls is about the size of one serving of leafy green vegetables. Remember it takes 2 cups of leafy green vegetables to make a 1 cup serving.



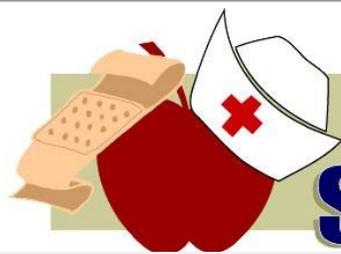
The palm of your hand is about the same size as three ounces of meat, fish, or chicken.



A handful of cheese or nuts is about 1 ounce.



Your thumb is about the same size as one ounce of peanut butter or cheese.



# Health Services

*Eat Smart, Move More* at Home

## Right Size Your Portions!

### Chicken Quesadillas

Serves 4

#### Ingredients:

- 1 cup skinless chicken, precooked and shredded
- 2 tablespoons chunky tomato salsa
- ¼ cup onion, chopped
- ¼ cup green bell pepper, chopped
- ½ cup Monterey Jack cheese, shredded
- 4 whole-wheat tortillas

#### You'll also need:

- Nonstick cooking spray
- Knife and cutting board
- Measuring cups and spoons
- Large spoon
- Skillet

#### Directions:

- Mix chicken, salsa, onion, and green pepper.
- Spray skillet with cooking spray and place it on stove on medium heat until hot.
- Place ¼ of the chicken mixture on the bottom half of a tortilla and top it with ¼ of the cheese.
- Fold tortilla in half, top to bottom, covering filling.
- Place tortilla in heated pan and brown for approximately 2 to 4 minutes. Turn tortilla over and brown other side.
- Cut each folded tortilla into 3 to 4 wedges.

### Nutrition Facts

Serving Size: 1/2 cup chicken mixture on 1 tortilla

Servings: 4

Amount Per Serving

Calories 265      Calories from Fat 45

%Daily Value\*

Total Fat 5g      %Daily Value\*

Saturated Fat 2g      10%

Cholesterol 40mg      13%

Sodium 628mg      28%

Total Carbohydrate 25g      10%

Dietary Fiber 3g      10%

Protein 25g      50%

Vitamin A 4%      Vitamin C 42%

Iron 10%      Calcium 15%

\*Percent Daily Values are based on a diet of 2,000 calories.



Make physical activity a regular part of your day. Choose activities that you enjoy and can do regularly. Every little bit adds up and doing something is better than doing nothing.

For tips visit us at:



[www.movemore.ext.vt.edu](http://www.movemore.ext.vt.edu)



[www.facebook.com/vafnp](http://www.facebook.com/vafnp)



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[www.ext.vt.edu](http://www.ext.vt.edu)

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## April is Distracted Driving Awareness Month

Distracted driving can put you, your loved ones, and others on the road at risk.

### 12 Types of Driver Distractions

- Texting on your phone or device
  - Holding your phone or device
- Calling someone with the phone in your hand
- Trying to settle or attend to children in the car
  - Programming the navigation system or app
- Applying makeup or other personal hygiene tasks
  - Fiddling with music apps on your phone
    - Eating or drinking
  - Grabbing something from your purse or bag
- Reaching in the back seat or to the floor for something
  - Changing channels on the radio
  - Letting a pet ride on your lap

<https://www.infarmbureau.com/inside-story/articles/distracted-driving-safety-tips-that-could-help-keep-you-safe>

