



Head Start Herald

From the Desk of Mrs. Tanya Coles, Head Start Director:

As of November 1, we are 67 days into our school year! Our students are adjusting to our routines at York County Head Start! They are enjoying circle time, spending time in centers, and learning how to transition throughout their days-They are working hard to get Kindergarten Ready!

Surprisingly enough, becoming Kindergarten Ready involves a lot of PLAY! According to the American Academy of Pediatrics, play is fundamentally important for building the brain and the body. Play also helps children develop and maintain safe, stable, and nurturing relationships, supports developmental milestones and mental health. Learning through play also gives children the opportunity to practice the skills they are developing.

As your child's first and best teacher, you are a key factor in helping your child become Kindergarten Ready, this can be accomplished by promoting learning at home through play. You don't need expensive toys or expensive experiences, all that's needed is time with caregivers and peers and intentionality. Here are a few fun ways to promote learning through play:

Make-believe play such as dress-up, dressing, and feeding a doll- let your child lead the story

Your child enjoys sorting objects into groups or creating simple crafts. Allow them to sort everyday objects such as kitchen utensils, cardboard boxes, shoes, etc.

Simple board games

Make a game out of dressing- ask your preschooler to name their body parts

Turn everyday activities into opportunities for play. Play make-believe while cleaning the house; take turns making a story while running errands, sort foods into colors or shapes while shopping.

For more information and ideas, visit [The American Academy of Pediatrics](#) and explore their information on [Early Childhood and Development](#).

PLAY TURNS OUT TO BE
stunningly

essential in childhood
IT'S LIKE:



SUNSHINE



AND

BROCCOLI

all juiced together

LENORE SKENAZY

Come and PLAY with York County Head Start by joining some of our upcoming events and volunteering in our classrooms and as always, THANK YOU for gifting us with the opportunity *to serve your family!*

Tanya Coles,

Head Start Director



Important Dates and INFORMATION

Day	Date	Time	Event
Monday & Tuesday	November 4 & 5	— —	No School for Students: In-service Day
Monday	November 11	— —	Veteran's Day: School Closed
Friday	November 15	4:15 pm	Male Involvement Activity (Fall, Father Figures and Football)
Tuesday	November 19	3:00 pm	GYC Parent Connections
Wednesday	November 20	10:00 am 3:00 pm	Policy Council @ GYC or  YKT Parent Connections
Thursday	November 21	3:00 pm	BM Parent Connections
Wednesday	November 27	— —	No School for Students: In-service Day
Thursday & Friday	November 28 & 29	9:00 am	Thanksgiving Holiday: School Closed

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.

****Facebook****

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

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

EDUCATION

We had a full schedule this month with fun fall activities! Our teachers are in full swing using the Creative Curriculum and Teaching Strategies Gold in your child's class. Through observations taken by each of our teachers, we are able to look at the developmental progression of the students in each class. The wonderful thing about Creative Curriculum is that through our observations we can adjust our teaching in each class to make sure that the children are receiving instruction related to where they score within the developmental ranges. We can really individualize our instruction in classrooms. If you have any questions about the curriculum in your child's classroom, please ask your child's teacher! They would love to share!

This month, your child's teacher will be contacting you to set up a time for your first Parent Conference. During your conference, you will learn how well your child is doing and help the teachers write three goals for your child for the 2024-2025 school year. You will also have the opportunity to see some of the work that your child has completed and receive a progress report for your child. When parents and teachers work together, children benefit more their experiences in Head Start. Please be sure to join teachers this very important meeting.



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**.



We live in a fast-paced world. Technology makes everything available at our fingertips. We can do almost anything on our cell phones. While technology is great and gives us many advantages, it can take away from our meaningful family connections. There are so many things seeking our attention like after-school sports, work, and electronics that a family can get lost in the shuffle. Family connections are crucial for our children because children learn how to interact with others by watching their parents. Here is a list of affordable and easy ways to spend purposeful family time together.

- 1) Create Phone Free Zones: Block off times of day when no electronics are allowed
- 2) Play Board Games
- 3) Take a walk
- 4) Plan Family Meals
- 5) Take Turns Sharing a Hobby
- 6) Ask Fishbowl Questions: Put questions on a paper and take turns answering them
- 7) Enjoy New Experiences: Visit local farmer's markets and explore new things in your community
- 8) Learn Something New Together: Try a new recipe or plant a garden
- 9) Read Out Loud: Grab a book and read together
- 10) Play Together: Laughter and play go hand and hand

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.

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.

Family Service



SUPPORT SERVICES ENHANCEMENT AGREEMENT

York County Head Start

York County Head Start and Abundant Life Partners counseling services have developed a new program this school year, in which Abundant Life Partners staff members will come to the classroom at least once a week. Abundant Life Partners staff will support the classroom with social-emotional support, and assist with transitions, classroom socialization, and social-emotional lessons. Also new this year, parents can consent to having Abundant Life Partners Staff work with their children individually. This level of support would help students regulate and help them develop skills that would enhance their social-emotional development. With the parent/guardian consent, the Abundant Life Partners Staff may work with children individual services in the classroom or pull out of the classroom to help students regulate.

If I accept this service, I understand these short-term services are designed to support my child in the educational setting, building their regulation and socialization skills. I understand that these services are not intended as a substitute for diagnosis or treatment for any mental health disorder. I acknowledge that it is my responsibility to determine whether additional or different services are necessary, and whether to seek them for my child.

In order to build trust with the child, Abundant Life Partners Staff members will keep information confidential, with some possible exceptions. Because these services are provided to minor children in the school setting, information will be shared with parents/guardians, the child's teacher, and/or administrators or school personnel who work with the child on a need to know basis, so that we may better assist the child as a team. As Mandated Reporters, the staff are also required by law to share information with parents or others in the event the child is in danger of harm to self or others. If you wish to share information with a third party, such as a community counselor, psychiatrist, social services worker, or pediatrician, you will need to sign an additional release of information form.

I, _____, am the legal parent/guardian of _____. I have read, understand, and agree to the terms of the attached **Support Services Enhancement Agreement**.

Please check one:

- I give permission for my child to receive school counseling services. I understand that I may withdraw my consent at any time by signing and dating a written note requesting termination of services.
- I choose to decline these support services for my child at this time. I understand that I may initiate consent later if needed.

Parent/Guardian (Signature) _____ Date _____



November 18–24, 2024

U.S. Antibiotic Awareness Week (USAAW)

The goal of USAAW is to raise awareness of the importance of using antibiotics correctly and to highlight the threat of antimicrobial resistance.

Will **antibiotics** help my child?

Common Infection	Bacteria or Virus	Antibiotics Needed?
Strep throat	Bacteria	Yes
Urinary tract infection	Bacteria	Yes
Abscess	Bacteria	Yes
Ear infection	Either	Maybe
Pneumonia	Either	Maybe
Common cold (runny nose, cough)	Virus	No
Sore throat not due to strep	Virus	No
Chest cold (bronchitis)	Virus	No
Bronchiolitis	Virus	No
Stomach flu	Virus	No

Take Antibiotics Exactly as Prescribed

If antibiotics are the best treatment when you're sick:

- Take them exactly as prescribed.
- Do not share your antibiotics with others.
- Do not save them for later. Taking the wrong medicine for a future illness may delay correct treatment and can cause severe side effects.
- Do not take antibiotics prescribed for someone else. This may delay the best treatment for you, make you even sicker or cause side effects.