



# Head Start Herald



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

We hope that you had an exciting 2024-2025 school year! Students achieved many milestones, and many of our families met their family goals. We are truly delighted to see many of our scholars go to Kindergarten. In preparation for this major milestone, I encourage parents with children transitioning to Kindergarten to attend Kindergarten Readiness events at their home school to obtain valuable information on Kindergarten registration and expectations for your child.

If you have any questions about these events, please do not hesitate to speak with your child's teacher or contact Mrs. Stephanie Barton, Education Coordinator, at 757-890-3888. If you know anyone interested in enrolling in York County Head Start, please spread the word that we are recruiting for the upcoming year! They can call the main office to obtain details.

Our Head Start staff have worked diligently all year to help our children and families grow and learn together. As you know, we are always looking for feedback and suggestions to help us improve our services. Please provide us with your feedback: You can call the main office, submit your thoughts on our end-year Parent Survey, or feel free to reach out to me.

I thank each of you for your ongoing participation in the program. I thank each of you for gifting us the opportunity to serve your families this year. I thank you all for your continuing support for York County Head Start. We hope that you gained something from us this year.

I wish you all the best!

With the deepest gratitude,

*Tanya Coles,  
York County Head Start Director*



# Important Dates and INFORMATION

Day	Date	Time	Event
Friday	May 2	12:30 pm	Early Dismissal @ 12:30p (All-Sites)
Monday- Monday	May 5- May 19	— —	2nd Home Visits (Please schedule with your child's teacher)
Wednesday	May 7	— —	In-Service Day: No School for Students
Wednesday	May 14	10:00 am	Policy Council @ GYC or 
Tuesday	May 20	6:00 pm	Stepping Up at York High School
Wednesday	May 21	12:30 pm	Early Dismissal @ 12:30p (All-Sites)
Wednesday	May 21	2:00 pm	Parent Child Activity: Play Around Family Fun Center



# May



# VOLUNTEERS





We can't believe this school year is almost over. It's been a busy year for all of us, but especially for our students. They have learned so much, and we are all so proud of their accomplishments. Children often make even more progress during the summer with their parents' help. Over the summer, be sure to keep up with the reading that you've been doing. Reading to your child is the number one activity that can help prepare him/her for school, and limit screen time. Encourage them to play with puzzles, look at books, color, draw, or just play.

- Take summer trips to the library for story hour and to check out books. Their website is <https://yorkcountyva.librarycalendar.com/events/month>, and their phone number is (757)890-5100 for more information.
- Go for nature walks and visit parks and beaches. Several parks in the area have fun things to do, and the beach at Yorktown is close by and is lots of fun.
- Check out the York County Parks and Recreation website at <https://yorkcounty.gov/634/Parks-and-Recreation> or call them at (757) 890-3500 for schedules of all the fun activities planned for the summer. Head Start is sending home a summer bag filled with learning opportunities and other ideas that families can work on over the summer with their child to keep the learning going.

**Remember to schedule your home visit to receive your tickets for the Stepping Up Ceremony on Tuesday, May 20, 2025, York High School.**

Thank you for entrusting us with your precious children. We have enjoyed them and loved working with families this school year. To those of you moving on to kindergarten, we wish you the best. If your child is transitioning to Kindergarten for the 202-2026 school year, sign up for "Safety Town" at <https://www.yorkcounty.gov/601/Safety-Town>. To those students returning to the program next year, remember to fill out re-enrollment paperwork, and we will see you in August!

The staff at York County Head Start wishes all of the families a safe and fun summer.

*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 SUPPORT  
SERVICES**



York County Head Start  
**ACCEPTING  
APPLICATIONS**  
For The  
**SCHOOL YEAR  
2025-2026**

Starting March 2025

**ABOUT US:**

York County Head Start helps young children from low-income families and young children with disabilities prepare to succeed in school, promoting their development through early learning and family well-being.

**APPLY NOW!**

[www.yorkcounty.gov/headstart](http://www.yorkcounty.gov/headstart)

**FOR MORE INFORMATION**

☎ 757-890-3888

📍 1490 Government Rd.  
Williamsburg, VA 23185

If you or know a family who is interested in Head Start for their child, please tell them they can visit our website or call us. Applications are available at:

**Yorktown Library**  
8500 George  
Washington  
Memorial Hwy.  
Yorktown, VA 23692

**Tabb Library**  
100 Long  
Green Blvd.  
Yorktown,  
VA 23693



**WHAT DO I NEED TO APPLY?**

- ✓ Most Recent W-2 or 1040 Tax Form
- ✓ 3-6 Months of the most recent paystubs
- ✓ Employment/Unemployment Verification
- ✓ Most Recent SSI/SNAP/TANF Verification
- ✓ Housing Cost Summary: Provide a recent copy of each: Rent/Mortgage Payment, Dominion Energy Bill, VA Natural Gas, and Water Bill



Scan QR  
code to  
go to  
website





**FAMILY SUPPORT  
SERVICES**



## Parent/Child Activity

### Play Around Family Fun Center

5021 George Washington Highway

Yorktown, VA 23692

Wednesday, May 21, 2025

2:00 pm-3:00 pm

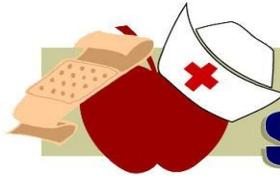
RSVP by Wednesday, May 14, 2025 by

Email: [headstart@yorkcounty.gov](mailto:headstart@yorkcounty.gov) or

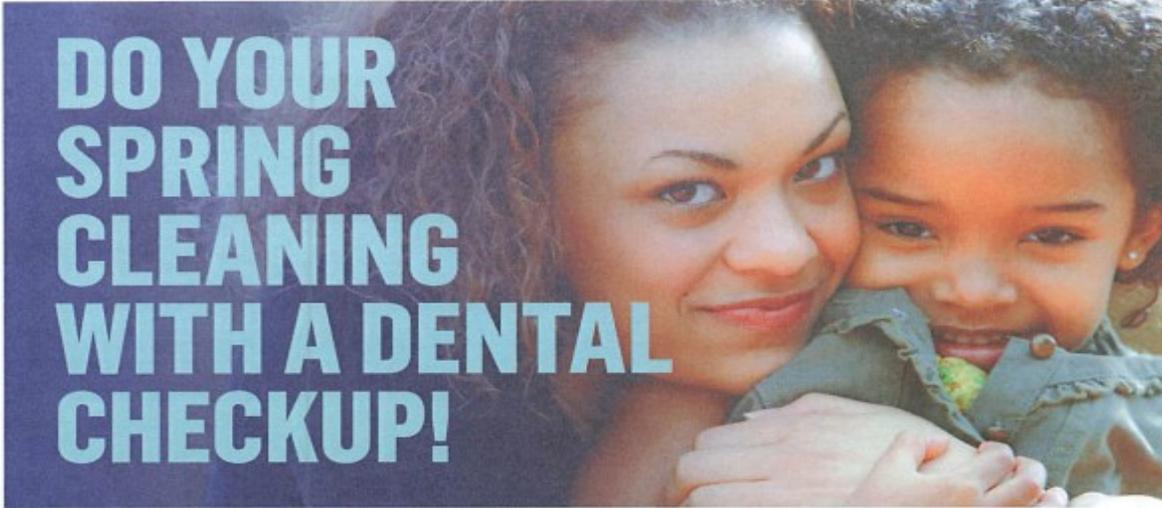
Phone: 757-890-3888.

- The program will pay for Head Start students and one (1) parent/guardian per student.
- Any additional family members will be charged according to Play Around Family Fun Center prices.

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.



# Health Services



## DO YOUR SPRING CLEANING WITH A DENTAL CHECKUP!

### Now is a Great Time to Schedule Your Child's Dental Checkup!

Seeing the dentist every 6 months can keep your child healthy and prevent future dental problems. Ask your dentist how fluoride and sealants can protect your child's teeth.

Your child's dental plan covers 2 dental checkups each year at no cost to you.

**Call your dental home today to get your child's dental checkup scheduled!**

Use the Find a Dentist tool on [DentaQuest.com](http://DentaQuest.com) to find a provider near you or call member services at 1-888-912-3456.

This information is available at no-cost in other formats and languages. For help, call 1-888-912-3456, (TDD/TTY 711 or 1-800-466-7566).

### DID YOU KNOW?

Sugary snacks and drinks can cause tooth decay.

Choose healthy snacks like fruit, cheese and nuts.

Drink tap water instead of soda or juice.

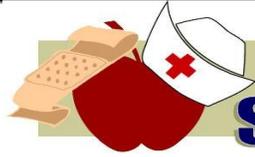
Healthy Foods = Healthy Teeth



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### 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.*



# Health Services

## Keep Children Hydrated and Watch for Signs of Heat Exhaustion

Summer is the time for hot temperatures and outdoor play. When added together, it could also mean dehydration and heat exhaustion or heat stroke. This is especially true for children because their bodies don't cool down as fast as adults. "Make sure children always have a filled water bottle with them," says Brandon Smith, associate medical director of the Harriet Lane Clinic at Johns Hopkins Children's Center. "Allow your child to choose a fun water bottle and/or straw, and stick to water — not soda or juice."

He suggests the following amounts of water each day (depending on exact age, medical conditions, activity levels and the weather):

- 6 months and older: 0.5–1 cup a day
- Toddlers: up to 4 cups a day
- School-aged children: up to 8 cups a day
  - Teens: 8–12 cups a day

Danielle Hirsch, a pediatric emergency medicine physician at Johns Hopkins All Children's Hospital, agrees. "No matter if you are in the backyard, at the beach or taking a walk outside, you need water to avoid dehydration," she says. "When out in the heat, your body loses fluids and electrolytes through sweat, and if you lose too much fluid and salt, you can become dehydrated."

Excerpt from:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-tips-to-help-kids-keep-safe-during-summer>

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## Flavored Water

### Ingredients

1 lime	1 cup watermelon	8 cups cold water (or less, depending on the amount of fruit added)
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### Directions

- Wash hands with soap and water.
- Wash all produce.
- Slice limes.
- Cut watermelon into 1-inch cubes.

Add lime and watermelon, plus enough cold water to fill a 2-quart pitcher. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.

<https://www.myplate.gov/recipes/flavored-water>

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

Like us on Facebook and keep up-to-date on all events and school closures.  
<https://www.facebook.com/YorkCountyVirginiaHeadStart>