



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

We are moving right on through our school year with our first month completed! As I greet students during morning drop-offs and wish them well during afternoon pick-ups, I hear the growing language of our students—they are laughing, sharing stories about their families, and having conversations with their friends and teachers. It is truly amazing to see their little personalities flourish! As their personalities and connections to peers grow, at times, we see the development of conflict. As Early Childhood Educators, we know that challenging behaviors and conflicts between students are a part of the developmental process for children. Our program utilizes Conscious Discipline to support our strategies in helping students manage conflict and redirect them when behaviors are challenging. One great tool in our toolkit is the use of S.T.A.R.:

★ **S - SMILE**

★ **T - TAKE A DEEP BREATH**

★ **A - AND**

★ **R - RELAX**

### Words of Affirmation

- I am safe
- Keep breathing
- I can handle this



I've witnessed our amazing Educators helping students to breathe deeply when they are experiencing challenges with regulating their bodies and behaviors. Additionally, using Conscious Discipline, we encourage "helpful" words and actions, model these helpful tips for our students, and create visual schedules to help them learn the classroom rules. Consistent routines, deep breathing, and helping students learn helpful words build a safe place in our classrooms and all contribute to positive behaviors.

These strategies can also be implemented at home! Families can use S.T.A.R. and words of affirmation to help children lower their stress levels and help them think about behaviors and conflicts. Also, Conscious Discipline has wonderful free resources for families that can be implemented at home. To learn more, visit: <https://consciousdiscipline.com/free-resources/shuberts-home/>.

We are thrilled to be able to support the development of our students and as always, THANK YOU for gifting us with the opportunity to serve your family!

- Tanya Coles, Head Start Director



## IMPORTANT DATES TO REMEMBER

Day	Date	Time	Event
Thursday	October 2	4:45 pm - 5:45 pm	Back to School Night @ each site
Friday	October 3		No School: Staff In-Service Day
Monday	October 6	9:30 am - 10:30 am	Firehouse Visit for GYC room 15 students
Tuesday	October 7	9:30 am - 10:30 am	Firehouse Visit for GYC room 16 students
Tuesday	October 7	Starting at BM @ 9:00 am	Dental Visit w/ Dr. Oakes BM      YKT      GYC
Wednesday	October 8	9:30 am - 10:30 am	Firehouse Visit for Bethel Manor
Thursday	October 9	9:30 am - 10:30 am	Firehouse Visit for Yorktown
Wednesday	October 8	9:30 am	Policy Council Breakfast/Training at IHOP in Grafton
Friday	October 10	Starting at GYC @ 9:00 am	Sparky Visits Classrooms GYC      YKT      BM
Monday	October 13	6:00 pm	Housing Division Presentation via Zoom
Wednesday	October 15	10:00 am	Policy Council @ GYC or via Zoom
Monday	October 20		Yorktown Day - No School
Thursday	October 30	5:30 pm - 7:00 pm	Harvest Festival @ Griffin-Yeates
Friday	October 31		No School: Staff In-Service Day

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>



## York County Head Start Classroom Would Like To See You

York County Head Start Classrooms would like to invite you to participate.

Parents are a child's first and most important teacher and parent involvement is linked to a child's educational success and positive self-esteem. York County Head Start prioritizes parent involvement, as our success depends on it. The more involved in you are in your child's education, the more successful your child and our program will be. We are a "parent-driven" organization and encourage you to say yes to getting involved. The children love to see family members in their classrooms.

Look at all the opportunities to volunteer:

- ◆ Volunteer in the classroom
- ◆ Help out during meal times
- ◆ Participate on the Parent Committees
- ◆ Become a Policy Council Member
- ◆ Volunteer to read
- ◆ Volunteer on the Education Review Team or Health and Mental Health Advisory Committee
- ◆ Attend field trips
- ◆ Work a special event
- ◆ Help with recruitment
- ◆ Volunteer to decorate a bulletin board

***Any amount of time you can volunteer is greatly appreciated and thank you to all those parents who have already committed to your child's success and the success of the York County Head Start Program.***

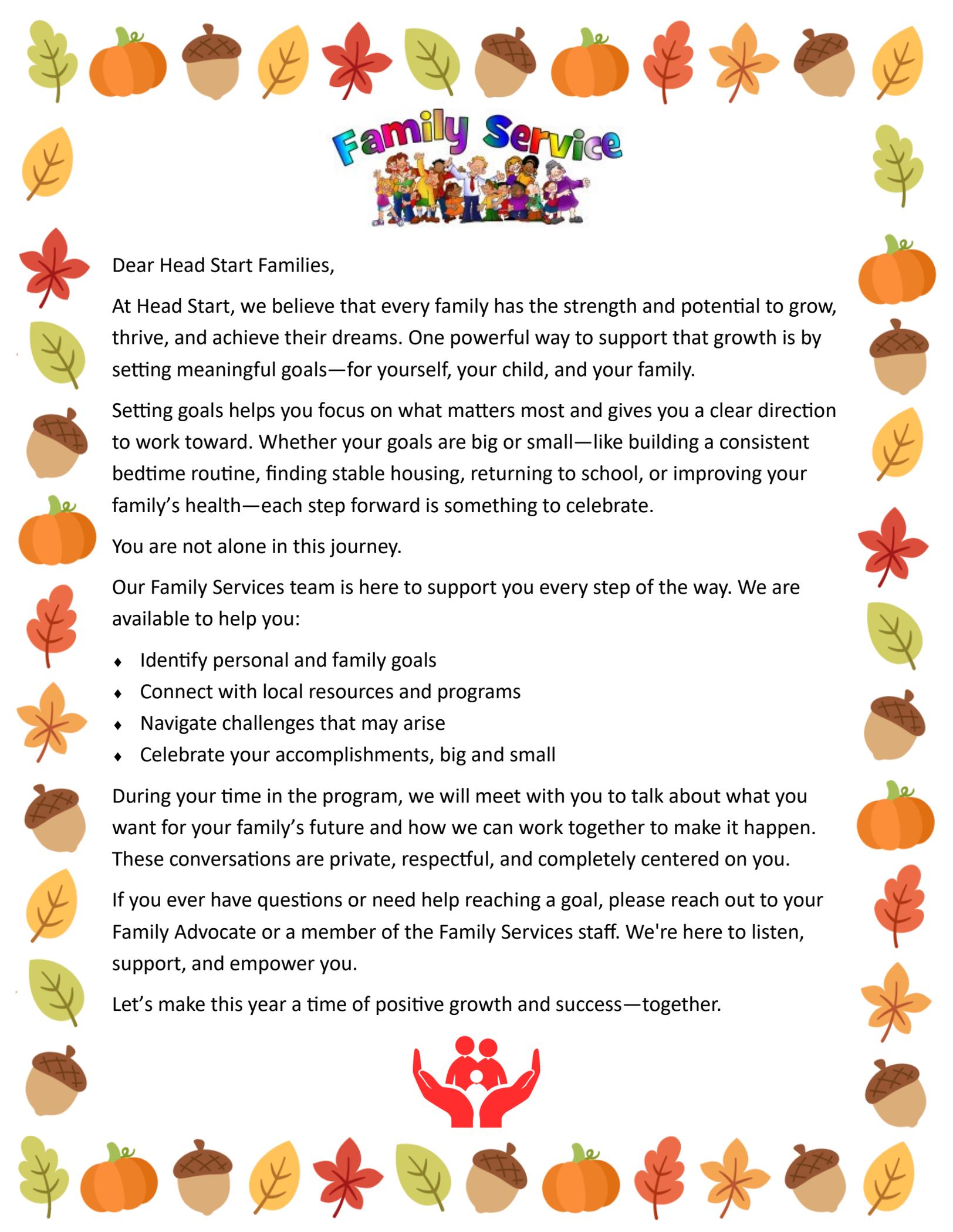
Head Start Teaching Staff

**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



Dear Head Start Families,

At Head Start, we believe that every family has the strength and potential to grow, thrive, and achieve their dreams. One powerful way to support that growth is by setting meaningful goals—for yourself, your child, and your family.

Setting goals helps you focus on what matters most and gives you a clear direction to work toward. Whether your goals are big or small—like building a consistent bedtime routine, finding stable housing, returning to school, or improving your family’s health—each step forward is something to celebrate.

You are not alone in this journey.

Our Family Services team is here to support you every step of the way. We are available to help you:

- ◆ Identify personal and family goals
- ◆ Connect with local resources and programs
- ◆ Navigate challenges that may arise
- ◆ Celebrate your accomplishments, big and small

During your time in the program, we will meet with you to talk about what you want for your family’s future and how we can work together to make it happen. These conversations are private, respectful, and completely centered on you.

If you ever have questions or need help reaching a goal, please reach out to your Family Advocate or a member of the Family Services staff. We're here to listen, support, and empower you.

Let’s make this year a time of positive growth and success—together.



## Health & Nutrition Department

### *Oral Health in Schools*

This information outlines the key components of effective school-based oral health practices and provides practical tips and resources to help schools and primary care providers improve oral health for students.

- Early childhood caries (ECC) are the most common chronic childhood disease in the United States. Left untreated, tooth decay (dental caries, cavities) can lead to infection and pain that inhibit a child's ability to eat, sleep, speak, play and learn.
- Students miss an average of more than 34 million school hours each year because of acute/unplanned dental care.
- Dental disease is often accompanied by other chronic childhood comorbidities such as diabetes, heart disease and food insecurity/malnutrition.
- Persistent oral health disparities result from the same social determinants of health that drive other disparities affecting children, families, communities and the health care system. For more information about these impacts, see the Centers for Disease Control and Prevention (CDC) resource on Disparities in Oral Health.
- According to the most recent surveillance data from the National Health and Nutrition Examination Survey (2011-2016) 23% of children aged 2-5 and 52% of children aged 6-8 have cavities in their primary teeth. Additionally, 10% of tooth decay in children aged 2-5 and 16% of tooth decay in children aged 6-8 went untreated. In permanent teeth, 17% of children aged 6-11 had cavities, and 57% of adolescents aged 12-19 had cavities.

## Diet Tips to Prevent Dental Problems

A balanced diet, with plenty of calcium and vitamin D to increase calcium absorption, should provide all the nutrients necessary to build strong teeth and keep gums and mouth tissues healthy. Young people can get adequate calcium from 3 or 4 daily servings of dairy foods, as well as from many other sources (eg, calcium-processed tofu, calcium-fortified orange juice, green vegetables such as broccoli).

### The Benefits of Fluoride

Fluoride reduces dental decay by making the enamel harder, reducing the ability of bacteria to produce acid that erodes enamel, and by replacing minerals in the teeth after they have been lost. In areas where the natural fluoride content of the water is low and water supplies are not fluoridated, or if your household uses bottled or reverse osmosis filtered water, pediatricians and dentists may advise fluoride supplements, fluoride toothpaste, or fluoride treatments to strengthen children's tooth enamel against decay. Most bottled water does not contain adequate amounts of fluoride. Home water treatment systems like reverse osmosis and distillation units remove much of the fluoride from tap water. However, carbon or charcoal water filtration systems generally do not remove substantial amounts of fluoride.

### Too Much Fluoride & Fluorosis

One of the complications of too much fluoride is dental fluorosis. Fluorosis ranges from minor white lines that run across the teeth to a chalky appearance of the teeth with brown staining. Fluorosis can be caused by prescribing fluoride supplements in communities with fluoridated water, or young children swallowing fluoridated toothpaste. To avoid this latter problem, children should use no more than a smear of fluoridated toothpaste before age 2, if your child's pediatrician or dentist suggests using fluoridated toothpaste. For children older than age 2, use only a small pea-sized amount of fluoridated toothpaste. Also, your pediatrician or pediatric dentist will know the fluoride content of your local water and can advise you if a supplement is necessary or excessive.



### Damaging Sugars

All sugars promote the growth of mouth bacteria that produce acid and cause tooth decay. Unrefined sugars such as honey, maple syrup, and molasses are just as damaging as refined white sugar in this respect. The worst offenders are the sugars in sticky foods that cling to teeth, such as dried fruit leathers and candies. Sodas and sweetened juice drinks leave the teeth awash in sugar. Cereals and other starchy foods, such as popcorn, leave a residue that bacteria rapidly convert to sugar.

<https://www.healthychildren.org/English/healthy-living/oral-health/Pages/Diet-Tips-to-Prevent-Dental-Problems.aspx>

## HEALTHY CHICKEN BROCCOLI PASTA CASSEROLE

Want a hearty and filling dinner that's perfect for the whole family? Well, then you'll absolutely love this super healthy chicken broccoli pasta casserole. I promise it will become your go-to healthy casserole recipe!

Prep Time 10 minutes

Cook Time 25 minutes

Total Time 35 minutes

### Ingredients

8 oz pasta

12 oz broccoli – I used frozen cut broccoli

2 tbsp butter or olive oil

1 small onion, thinly sliced

4 cloves garlic, minced

3 tbsp flour

1 1/2 cup milk

1 tsp Dijon mustard

1/2 tsp sea salt

1/4 tsp fresh-cracked black pepper

1 cup chicken stock (vegetable stock could also be used)

2 cups shredded sharp cheddar cheese, divided (8 oz)

1 lb diced cooked chicken



### Instructions

1. Pre-heat oven to 400°F.
2. Cook pasta in a large pot of generously salted boiling water until al dente. About 2 minutes before the pasta is done, add the broccoli to the pasta water and stir until combined. This will save you a dish. Drain the pasta and broccoli.
3. Using a sauté pan melt the butter or oil over medium-high heat. Add the onion and cook for 3 minutes, stirring occasionally. Add the garlic and cook for 3 more minutes, stirring occasionally.
4. Sprinkle the flour over the onion and garlic mixture and stir until combined. Cook for an additional 1 minute. Slowly add in the stock, and stir everything together until mostly smooth and clumps are gone. Add in the milk, Dijon mustard, salt and pepper and stir until fully combined. Continue to cook the sauce until it reaches a simmer. Then remove the sauce from heat and stir in 1 cup of the shredded cheese until thoroughly melted and combined.
5. Using a 9 x 13-inch baking dish, combine the cooked pasta, broccoli, chicken and cheese sauce. Toss until combined. Even out the ingredients in the casserole dish.
6. Bake uncovered for about 15 minutes. Then remove pan from the oven, to sprinkle the remaining cheddar cheese over the top of the casserole, and bake for 10 minutes or until the cheese is nice

## HEALTHY CHICKEN BROCCOLI PASTA CASSEROLE

### Ingredient Price Comparison

Ingredients	Walmart	Aldi
1 lb. chicken tenderloins	\$5.28 per lb.	\$4.29 per lb.
8 oz whole grain pasta	\$0.71 (\$1.43 / 16oz box)	\$0.83 (\$1.66 / 16oz box)
12 oz frozen broccoli	\$1.16 / 12oz bag	\$1.29 / 1oz bag
2 tbsp butter	\$0.24 (\$3.96 / 16oz box)	\$0.22 (\$3.49 / 16oz box)
3 tbsp flour	\$0.06 (\$1.32 / 2lb bag)	\$0.06 (\$2.45 / 5lb bag)
1 cup chicken stock	\$0.75 (\$2.98 / 32oz)	\$0.47 (\$1.89 / 32 oz)
1 ½ cup milk	\$0.18 (\$2.72 gallon)	\$0.20 (\$3.09 gallon)
1tsp Dijon mustard	\$0.05 (\$1.52 / 12oz bottle)	\$0.07 (\$1.65 / 12oz bottle)
2 cups shredded cheddar cheese	\$3.78 / 16oz bag	\$3.75 / 16oz bag
<b>Total</b>	<b>\$12.21</b>	<b>\$11.18</b>

#### 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.

# OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 RIF Reader All Sites @9 am	2 BK 2 School Night 4:45-5:45 all sites	3  TEACHER WORKDAY In-Service Day: No School	4 In Service Classroom Visitor Winter/Spring Break Closed Meetings/Events
5	6 Firehouse Visit GYC 9:30-10:30AM	7 Dentist Visit @ 9a ( BM-YKT-GYC) Firehouse Visit GYC 16 9:30-10:30AM	8 Firehouse Visit BM 9:30-10:30 am RIF Reader GYC @9 am	9 Firehouse Visit YKT 9:30-10:30 am Policy Council Breakfast/Training at IHOP-Grafton @ 9:30a	10 Sparky Visits Classrooms 1st @ GYC 9:00 am 2nd @ YKT 3rd @ BM	11
12	13 Housing Division Presentation 6:00 pm Via Zoom	14	15 Policy Council @ 10a (GYC/Zoom) RIF Reader GYC @9 am	16	17	18
19	20  SCHOOL HOLIDAY School Closed: Yorktown Day	21	22 RIF Reader GYC @9 am	23	24	25
26	27	28	29 RIF Reader GYC @9 am	30 Harvest Festival @ GYC 5:30-7:00	31  TEACHER WORKDAY In-Service Day: No School	