

# Upcoming Events



If you have questions about any of the following activities, please talk with your center manager or teacher. Stay tuned on Facebook or Twitter for schedule changes.

**3/30-4/2**

Spring Break for half-day staff

**4/3**

Spring Holiday, KCHS Closed

**4/6-24**

Half-Day Parent/Teacher Conferences

**4/9**

Policy Council, New Hope, 5:15 p.m.

**4/12**

"50 Days of Head Start" starts, join us on Facebook!

**4/13**

Early Head Start PAC Time, 4-6 p.m.

**4/27**

Early Head Start PAC Time, 4-6 p.m.

**4/27**

Annual joint Board and Policy Council Meeting, KCCC River Room, 5 p.m.

**4/28**

Centerburg Family Fun Night

**4/29**

Fredericktown Family Fun Night

**NOTE:** Northgate's Family Fun Night is in the process of being rescheduled. More info coming soon!

Watch [www.knoxheadstart.org](http://www.knoxheadstart.org) for upcoming events.



## Kindergarten Registration

The following are dates and contact information for kindergarten registration for the various Knox County school districts. You should contact these numbers NOW to make an appointment on the date(s) below to register your child for kindergarten. You should have also received information at your March School Family meeting. If you have questions, please work directly with your Head Start center.

### MOUNT VERNON CITY SCHOOL DISTRICT

Columbia	April 17	740-393-5975
Dan Emmett	April 6	740-393-5950
East	April 10	740-393-5985
Pleasant Street	March 25-26	740-393-5990
Twin Oak	April 7-8	740-393-5970
Wiggin Street	March 23	740-427-4262

### OUTLYING SCHOOL DISTRICTS

Centerburg	April 14-15	740-625-6488
Danville	March 24 & 26	740-599-6116
Fredericktown	May 1	740-694-2781



## KNOX COUNTY HEAD START

This newsletter is produced by Knox County Head Start for parents and caregivers. If you have ideas for the newsletter, please contact JoAnn Clark at [jclark@knoxheadstart.org](mailto:jclark@knoxheadstart.org).

Knox County Head Start, 11700 Upper Gilchrist Road, Mount Vernon, OH 43050  
740-397-1344, [www.knoxheadstart.org](http://www.knoxheadstart.org)

An Agency Supported by The Community Foundation of Mount Vernon & Knox County and The United Way of Knox County.



Connect with us!



## Family Habits Can Prepare Children to Learn

This year has flown by! It is hard to believe March is here and Spring Break has arrived for local elementary schools and half-day Head Start classrooms.

For children entering kindergarten next year, registrations information is listed on the back page.

For all of us, thinking about children being ready for kindergarten is important throughout the early years, even before kindergarten registration is upon us. When I began working in Head Start 16 years ago, I often told parents that kindergarten today is more like the first grade classroom I attended. Now, I am not sure if I should say second grade classroom! We expect more of children than we did when I was a child, in part because our world has changed.

In Head Start, we believe you are your child's first and most important teacher. Teachers and other educators in Head Start hope to work with you to help your child be ready to learn so children are happy in school. As parents, we

can begin helping our children (and ourselves) be ready for the important transition to kindergarten by practicing a few family habits:

**Keep to regular routines as much as possible**, especially bedtime routines like washing up, tooth brushing and reading each night. Early bedtimes benefit all of us, and are especially good for children to be ready to learn. That seems harder when the days are longer, so try starting bedtime routines just 10 to 20 minutes earlier to begin to change habits.

**Read, read, read to your child.** If you haven't found the time before, try to squeeze it in no matter the age. The time spent lap reading is a special time to connect with your child, and even as an infant, every positive word you speak to your child prepares him or her for a lifetime of learning. I have a 10 year old, and we continue to read at bedtime every night. I've found that she will share things that are worrying her – problems with friends or with school, or memories of the past. This time is special. I hope I can hang on to it for a few more years!

**Children's health is an important part of being ready to learn.** We can stay on top of well child checks and dental screenings as much as possible – and begin teaching our children the healthy habit of taking care of themselves! If your child needs follow up care, Head Start can help to connect you with doctors and dentists. Children who are in pain struggle to focus on learning; let's work together to be sure health needs are met.

**PBS Kids Lab** (<http://pbskids.org/lab/>) has lots of ideas, including daily suggestions, to help you build children's skills and confidence. As you talk to your child's teacher, ask for other ideas to help your child be ready for school.

Finally, I hope you are willing to help Head Start continue to work to be a better program. **In the next few weeks annual surveys will be sent out** – giving you a chance to complete a hard copy survey or an online survey. I hope you'll share your thoughts with us to help us be the best we can be. *Wishing you well,*  
Peg Tazewell, Executive Director



## Spring Time and Physical Activity

How about it? Is everyone as glad as I am that spring is finally here? It really was a long, cold winter.

What can we do to shake off the winter and put a little pep in our step? Go outside and enjoy the fresh air and sunshine! Spring time and outside physical activity is a great combination.

### Limit Screen Time

We all know that getting up and moving is good for all of us, children included. We can turn off the TV, computers, and the video games and give them a much needed rest (remember limit screen time to two hours or less a day). Now (hopefully) with better weather we can take our physical activity outside (remember at least one hour of physical activity every day).

### Take a Walk

Walking is an easy and inexpensive way to get active. Take a walk to the park, let the kids play and use up some of that energy they've stored up over the winter. If you have a dog take him for a walk

instead of just letting him out in the yard. Let the children take turns holding the leash or picking the route to walk.

### Dance!

Have a dance night, again an inexpensive way to get physical. Take turns on who picks the music and then have a dance party in the yard. Maybe have a contest to see who can dance the longest or silliest.

### Be Silly... Get Creative...

Have play time out in the yard. Jump rope, play hide and seek or tag. Turn music on and jump or run to the music. Let the children pick an activity and do it to music. It can be fast or slow, sometimes doing an activity that is usually fast moving but then doing it slowly or taking a slow activity and speeding it up makes the activity more fun and challenging and keeps the interest of the children.

### Plant a Garden

Gardening, either flowers or vegetables, may be something you enjoy and a wonderful way to get active. Children

can garden, too, and most don't mind that they get a little dirty in the process, (usually they really like to get dirty). They will enjoy digging in the dirt and planting seeds or bulbs. Most are excited to watch the garden grow. They will enjoy looking the beautiful flowers or picking and eating the vegetables/fruits they have grown.

### 5-2-1-0

Remember the information we sent home about the 5-2-1-0 program? We've just covered 2 (limiting screen time to two hours or less a day) and 1 (one hour, at least, of physical activity every day). **See the chart below for more information.**

These are just a few ideas of ways to take your physical activity outside and get fresh air and sunshine all at the same time. Any ideas that you have to get the family outside and moving is great!

Candy Thomas, LPN  
Health Services Specialist  
cthomas@knoxheadstart.org



## Help Us Celebrate 50 Years!

We want to hear YOUR Head Start Story...

Knox County Head Start is celebrating 50 years in 2015. As a part of the celebration activities happening this spring, KCHS is gathering stories and testimonials from former students as well as current and former parents and caregivers. These stories will be shared through social media and other outlets, in addition to being archived at KCHS offices.

KCHS is excited to share these personal experiences through "50 Days of Head Start" leading up to an Anniversary Celebration on May 22. To submit your story, please send a typed or hand-written copy by mail to Knox County Head Start (attention Carrie Haver), P.O. Box 1225, Mount Vernon, OH 43050; email it to chaver@knoxheadstart.org; or call 740-397-1344, ext. 201.

Watch for more info about the end-of-year celebrations at your KCHS center.



## Earth Day Festival

Sunday, April 19, 10 am-2 pm  
Kenyon Athletic Center, 221 Duff Street, Gambier

**FREE**  
for you and  
your family!

Learn more:  
[www.kenyon.edu/earthday](http://www.kenyon.edu/earthday)

- Live music
- Gardening and cooking demos
- Local artisans
- Kids' activities
- Free health screenings
- Local foods
- Farm animal visits
- Crunch Out Obesity demo

**FREE!**



PARENT TRAINING  
HANDLING YOUR TODDLER'S  
**FUSSES & FITS**

April 14 | 6-8 pm | NHEEC

Call Belinda at (740) 397-2840 to register.

Dinner and child care are provided, plus \$10 gift card.  
Training given by KCHS's Renee Sutherland and supported by United Way of Knox Co.