



**KNOX COUNTY
HEAD START**

**SCHOOL FAMILY NEWSLETTER
JULY 2016**

Student Mason Geiger gives teacher Katie Over a good morning high five at Fredericktown Head Start.

New Guidelines for Amount of Sleep Needed

In 2015, the National Sleep Foundation released new guidelines to help us to understand how much sleep we need, based on age ranges. These recommendations (shown in chart below) offer guidelines for what is recommended, what might be appropriate depending upon the individual, and the amount of sleep that is not recommended.

The difference between the recommended hours of sleep and the “may be appropriate” hours acknowledges that there is no one right answer for the amount of sleep each person needs. The

“not recommended” hours give us guidance that if sleep is happening less than the minimum, or more than the maximum, we are not in the best healthy sleep situation. Pay attention to the range of recommended hours and do your best to see that you and your child get sleep within the range.

The summer months can offer special challenges as our routines are disrupted by changing school hours and (hopefully!) vacation time. Learning to manage occasional changes to routines is okay for children – it’s actually a kind of stress that can help most children along developmentally. As parents,

however, we’ll recognize that changes to sleep schedules may also create challenging behaviors – children whose schedules have been disrupted might show crankiness at unexpected times. Managing our own stress (three deep breaths!) and helping children to stay calm with extra patience and love will help you through. Ultimately, children do best with routine, and the return to a typical sleep schedule with the right amount of hours according to the recommendations and each child’s needs will help children be healthy and ready to learn and enjoy their day!



National Sleep Foundation’s Sleep Duration Recommendations

These recommendations are a result of multiple rounds of consensus voting after a comprehensive review of published scientific studies on sleep and health. The expert panel included six sleep experts and experts from the numerous stakeholder organizations, including the American Academy of Pediatrics.

Age	Recommended	May be appropriate	Not recommended
Newborns (0-3 months)	14-17 hours	11-13 hours 18-19 hours	Less than 11 hours More than 19 hours
Infants (4-11 months)	12-15 hours	10-11 hours 16-18 hours	Less than 10 hours More than 18 hours
Toddlers (1-2 years)	11-14 hours	9-10 hours 15-16 hours	Less than 9 hours More than 16 hours
Preschoolers (3-5 years)	10-13 hours	8-9 hours 14 hours	Less than 8 hours More than 14 hours
School-aged (6-13 years)	9-11 hours	7-8 hours 12 hours	Less than 7 hours More than 12 hours
Teens (14-17 years)	8-10 hours	7 hours 11 hours	Less than 7 hours More than 11 hours
Young adults (18-25 years)	7-9 hours	6 hours 10-11 hours	Less than 6 hours More than 11 hours
Adults (26-64 years)	7-9 hours	6 hours 10 hours	Less than 6 hours More than 10 hours
Older Adults (65 years+)	7-8 hours	5-6 hours 9 hours	Less than 5 hours More than 9 hours

Protect Yourself and Your Children from the Sun

Summer is here! Children as well as adults will be spending more time outside. Whether it's playing in the yard, or at the park, joining in sporting events, or spending the day at the pool, we have to think about protection from the sun.



Remember how we feel after a long winter and not much sun? We get those winter blues, but when spring and summer come and we see more sun, our mood improves. We know that sun is good for us; in general it just makes us feel better. The sun helps our body make Vitamin D which is important in keeping our bones strong. So good things do come from the sun.

But, like anything else, too much of a good thing can be harmful. We have to remember the damage that sun can do to us. Did you know that too much sun can damage the eyes and cause cataracts? We all know that too much sun can cause us to have more wrinkles and dark spots on the skin as we get older. Then there are the sunburns. Not only are they painful when we get them, they also increase our chance for skin cancer—the most common form of cancer in the United States.

So how do we keep the benefits of the sun but protect ourselves at the same time?

Avoid being in the sun during the time when the sun is the strongest, between 10 a.m. and 4 p.m., or at least keep your exposure to a minimum. If you have to be out, use sunscreen.

Find shade or use an umbrella to make a shady place. **Absolutely use sunscreen.** Apply it 15-20 minutes before going out in the sun. Reapply every 2 hours or more often if you've been swimming or are sweating a lot. Your sunscreen should be at least SPF 15 or higher.

Wear sunglasses to protect your eyes and a hat with a brim to shade your face. Make sure your sunscreen and sunglasses are broad spectrum, they will protect you from both UVA and UVB rays, the sun's most damaging rays.

These are things we need to remember to do as adults, but we especially need to do them for our children. Let's protect them from too much sun so they get the benefits but don't

get the damage that will affect them for the rest of their lives.

Knox County Head Start provides a Sun Safety Program every spring/summer to our parents that gives more detailed information about sun protection/safety and an opportunity during that time for questions. Hopefully you have had the chance to partake in this program and are using what you have learned to protect yourself and your family. If you have not, Head Start wanted you to at least have the basic information to protect yourself and your family from the sun.

Have a fun and sunburn-free summer!

*Candy Thomas LPN
Health Services Specialist
740-397-3454*



An easy way to remember the ABCs of sun protection:

A = Away

Stay out of the sun between 10 a.m. and 4 p.m.

B = Block

Use a broad-spectrum sunscreen of SPF15 or higher

C = Cover Up

Wear hats, sunglasses, or use an umbrella for shade.



Free Summer Meal Programs

Salvation Army Free Summer Lunch Program

Offered by Salvation Army of Mount Vernon. For infants, children, and teens (all Knox County children, birth to 18). All children and teens under the age of 18 are welcome to come have a free lunch meal. Program runs through August 12.

Three Locations

Salvation Army Gym, East Ohio Ave., lunch 12-1 p.m.
 Vernon Ridge Apartments, lunch 11:30 a.m.-12:30 p.m.
 Lamb Park Shelter, Pittsburgh Ave., lunch 11:45 a.m.-12:45 p.m.

Call Dawn Snyder at 740-392-8716 if you need more info.

Mount Vernon City Schools Free Lunch Program

Offered by Mount Vernon City Schools. For children.

Two Locations

Riverside Park, West High Street, 11:30 a.m.-12:30 p.m.
 Hiawatha Park, Sychar Road, 11:30 a.m.-12:30 p.m.

Snap Shots!



Conscious Discipline: The Skill of Encouragement

In the past newsletters, we've highlighted elements of Conscious Discipline: the brain states, Composure, and Assertiveness. This month, we talk about the **Encouragement**.

Encouraging children to help others creates a sense of belonging in which the intrinsic desire to be of service outshines attention-seeking behaviors.

Encouragement is about noticing, connecting, and accepting. All children love to be noticed. **NOTICING** is essentially the act of reflecting the child's actions back to him without judgment. It is essential to encouragement. Here are some examples:

Noticing to encourage compliance after an assertive command:

"You did it! You put your backpack on and stood by the front door. Way to go!"

Noticing compliant behavior focuses on the behavior we WANT to see and brings children's awareness to all they have accomplished. A child's decision to cooperate is always worth noticing and encouraging.

Noticing to encourage kindness and helpfulness:

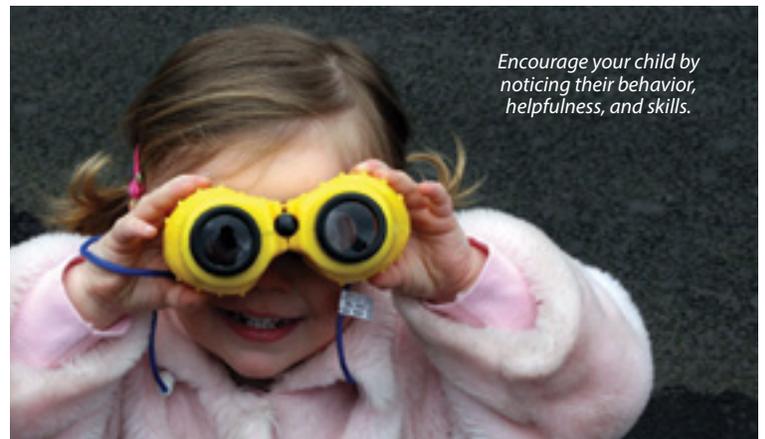
"You picked up all of your toys so that no one would trip over them. That was so helpful."

Steps to take to notice and encourage for helpfulness:

1. Start the sentence with the child's name or "you."
2. Describe what the child did in detail.
3. Relate the child's behavior to how it helped someone else.
4. End the description with a "tag" like "That was helpful" or "Thank you."

Noticing to encourage children's unique strengths:

"Josh, you sound out words when you don't recognize them when reading."



Encourage your child by noticing their behavior, helpfulness, and skills.

This skill is helpful for reading. Can you show your little sister how you do this?"

To feel adequate, children must feel useful and know that their contributions matter. Help them feel useful by identifying their talents and suggesting ways they can use them to benefit others.

Encouraging children who have made poor choices:

We all make inappropriate choices. Focus on encouraging children to solve their own problems. Some examples:

"You almost did it. You were so close. Try again."

You just need some practice."

"I'm confident you will think of another way to handle this."

"You'll figure out a way to be helpful. I know you."

Inside, you don't like to be hurtful."

"Oops! We all make mistakes. What can you do now that would be helpful?"

Try to put these examples into practice in your home!

July Events

Some of these dates and times are tentative. Stay tuned on Facebook or the website (www.knoxheadstart.org) for changes.

All Centers

7/4 - Independence Day Holiday

Home-Based

7/1 - PAC Time Early Head Start, Memorial Park, 9-11 a.m., breakfast served

7/27 - PAC Time Early Head Start, Hiawatha Park, 4-6 p.m., dinner served

Fredericktown

7/26 - End-of-the-Year Celebration, Family Movie Night, 4:30-6:30 p.m.

8/2 - Health Fair, 3-6 p.m.

Gambier

7/13 - Ice Cream Social and Preschool Graduation, 5:30-7:30 p.m.

New Hope Early Education Center

7/21 - Policy Council meeting, 5:15 p.m.

Northgate

7/19 - Health Fair, 3-6 p.m.

Back Swipes: Keep Up The Great Work!



Toddlers 18-36 months	\$154.34
Preschool 3-5 years	\$137.45
School age	\$ 76.88

Part Time (7-24.9 hours):

Infants 0-18 months	\$118.00
Toddlers 18-36 months	\$101.78
Preschool 3-5 years	\$ 75.98
School age	\$ 53.96

Thank you to all of our families who have worked so hard to capture your back swipes in a timely fashion. It is a HUGE help to us! If back swipes are missed, you will be charged for any child care fees not reimbursed by the Department of Job and Family Services (DJFS). The Agency has been losing thousands of dollars per year in child care revenue due to missed back swipes. If you are approved for full time, and miss any back swipes that result in hours below full time, we will charge the difference between the full-time and part-time rate.

Ohio DJFS weekly reimbursement rates:

Full Time (26-60 hours):	
Infants 0-18 months	\$179.14

If your card is not swiped in a certain time, DJFS will not reimburse the Agency for the hours your child was in the center. If you lose your swipe card, you must immediately report it to DJFS for a replacement, or you will not be permitted to back swipe and will be charged fees DJFS will not pay. There are no allowances for late back swipes beyond one to two weeks from the date of service. *In order to be sure back swipes are made in accordance with DJFS's required timeline, we require that all swipes are completed at the time of pickup/ drop off. If for any reason you miss a back swipe, it is important that you complete it within the first couple of days that it was missed. This will ensure that all are completed and you are not charged for the missed reimbursements.*

Learning Corner: Computer/iPads

In our program, we are delighted to have computers and iPads as learning tools for the children. When they use computers, children:

- Become comfortable with technology
- Develop beginning reading and writing skills
- Begin to understand math concepts such as counting and numerical relationships
- Learn to express themselves creatively
- Solve problems and begin to do research

We encourage children to work at the computer in pairs or small groups. This helps them learn from each other and supports social skills. We also ask a lot of questions to help them think through what they're doing. This also helps prepare them for a future in which they will need to know how to use computers.

What You Can Do at Home

You may or may not have a computer or tablet in your home. It is certainly not necessary that you have one in order for your child to benefit from our program's Computer Area. If you do have a home computer and would like to know some ways to use it with your child, please ask. We will



A Fredericktown student uses the classroom computer for reading exercises.

be glad to provide you with assistance, including how to judge which programs and Internet sites are appropriate for young children. We have some good information on this topic that we'd like to share with you.

You may be interested in visiting our program to observe how children use computers. If you'd like to volunteer to work with children in the Computer Area, we'd be delighted to have your help. You may even enjoy learning more about computers, yourself!

Mount Vernon City Fireworks - July 4

July Community Events

Don't miss the many FREE activities throughout the county for you and your family!

7/1 - First Friday, downtown Mount Vernon, 6-9 p.m.

7/4 - FREE CONCERT and Fireworks at Ariel-Foundation Park: music and food starts at 3 p.m., fireworks start at 10 p.m.

7/14 - Chautauqua: Protest and folk music of the 1960s, featuring Jeff Putnam, ThePlace@TheWoodward, 7 p.m.

7/15 - FREE CONCERT at Ariel-Foundation Park: Rarebird and King Darwin, music and food starts at 5 p.m.

7/16 - Cycle Knox Trails: Heart of Ohio Trail, meet at CA&C Depot (South Main Street), 5 p.m., 16 miles round trip, followed by ice cream

7/23-30 - Knox County Fair

7/28 - Chautauqua: Roseanna McCoy (portrayed by Julia Geiger), ThePlace@TheWoodward, 7 p.m.

For more information about these events, contact Carrie Haver at 740-397-1344.



KNOX COUNTY HEAD START, INC.

This newsletter is produced by Knox County Head Start for parents and caregivers. If you have ideas for the newsletter, please contact Carrie Haver at chaver@knoxheadstart.org. This institution is an equal opportunity provider.

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Connect with us!

