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 also have 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

**Family Habits Can Prepare Children to Learn**

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

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

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

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 Haever), 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 Duft Street, Gambier

FREE for you and your family!

- Live music
- Gardening and cooking demos
- Local artisans
- Kids’ activities
- Local foods
- Farm animal visits
- Crunch Out Obesity demo

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.