Kindergarten Registration Info

Please contact the appropriate school and get scheduled to complete kindergarten registration for your child. Registering in the spring is much easier than waiting until late summer because your child may have to complete additional paperwork, get a physical or dental exam, and/or finish up immunizations. If you register in the spring, you have the summer to complete these items. Don’t wait until August! Watch for more information soon on upcoming KCHS kindergarten transition meetings with parents and teachers.

March Events

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

Centerburg
3/11 - Classroom event for families, 9 a.m.
3/16 - School Family Meeting, 5 p.m.

Danville
3/11 - Classroom event, “Math and Algebra” at 3 p.m.
3/24 - School Family Meeting, 4:30 p.m.

Fredericktown
3/29 - Family Fun Night with a math focus, 4:30-5:30 p.m.

Northgate
3/18 - Classroom event for families, at pick-up time
3/22 - School Family Meeting, 8:15 a.m. (for morning classes)
12:15 p.m. (for afternoon classes)

New Hope Early Education Center
3/16 - School Family Meeting
“Kindergarten Transitions,” 4:30 p.m.
3/17 - Policy Council meeting, 5:15 p.m.
3/18 - Classroom event for families, at pick-up time

Parent Training
3/15 - “The Magic of Connecting,” New Hope Early Education Center, 6-8 p.m.
Parents will learn why building a healthy connection with their infant/toddler is important to all areas of their child’s development and about the ingredients essential to building these healthy relationships. Dinner and free childcare are available. Register by calling Belinda at 740-397-1344.

Home Visits are Important!

Parent-Teacher Conferences are a great opportunity for you to meet with your child’s teacher at school. However, at Head Start, we also complete home visits which is your child’s teacher to visit your home and meet with your child’s teacher in your home. It is so helpful for the teachers and family advocates to see a child in their own environment. This bridges the gap between school and home for the child, family, and KCHS staff. Please welcome our teachers into your home!

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 Head at chaver@knoxschools.org.
Knoxs County Head Start, Inc., 11700 Upper Gilchrist Road, Mount Vernon, OH 43050
740-397-1344, www.knoxschools.org
An Agency Supported by The Community Foundation of Mount Vernon & Knox County and The United Way of Knox County

Connect with us!

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Connect with us!
You’re Invited to Upcoming Parent Trainings

KCHS invites you to attend these upcoming parent trainings, funded by United Way of Knox County:

NEW! ONLINE! FREE!
Active Parenting: Why

Designed for parents of school-age children (ages 6-12), this training is available online from the convenience of your home at your pace! By following the 5 easy steps below, you will begin learning new skills and growing as a parent. You will learn about preventing power struggles, communicating with your child, and much more! To register, call Tami or Dolly at 740-397-1344, ext. 208 or email Dolly at dbenins@knoxheadstart.org. Those who complete the training will receive a $25 Walmart card. More details will be shared when you register.

Handling Your Toddler’s Fussing & Fits - April 12, 6-8 p.m., NHEEC

Disiplining your toddler or two-year old can be very challenging. Your sweet little baby has grown to be a lively toddler and is starting to exert his/her independence. Often, a toddler’s strong feelings are expressed through tantrums and power struggles. What is a parent to do? In this two-hour interactive training, parents will learn how to handle “the fussing and the fits” by learning about what typical toddler behavior looks like, ways to avoid engaging in power struggles, and how to set up your toddler and yourself for success as you travel through this developmental stage. Dinner, free child care, and a $10 gift card for all attendees. Attendees receive dinner, child care, and gift card. Must register by calling Belinda at 740-397-1344, ext. 203.

Cover article, cont’d...

We welcomed our daughter into the world February 19. And, for the first time since the turmoil from losing my job, my family feels capable of being normal.

The skills that I have learned from the parenting classes, including Conscious Discipline, “What to Do When Your Child is Sick” and many others, will no doubt prove helpful in the coming years. Instead of running to the doctor for minor issues and staying home for things that didn’t seem important, we can feel confident in caring for my daughter. Instead of yelling at my son because of his jealousy from a new sibling, I can take the time to find what he is truly communicating, and reassure him that I love him.

Head Start went above and beyond what any other preschool would have done. There are plenty of great preschools out there, but they are often there for you during business hours only. At Head Start, we knew each day they were not only going to help our son, but help our family as well.

Because of everything they have done for me, I volunteered to take part in a program called Parent Ambassadors, which is an initiative by the Ohio Head Start Association, Inc. (OHSAI). This program is designed to cultivate strong leaders and advocates for Head Start throughout Ohio so that it can be preserved for the years to come.

The Parent Ambassadors got an opportunity the first week of February to go to Washington, D.C., to advocate for the continued support from our elected officials. The trip was very successful, and the Parent Ambassadors represented the state very well. I met with aides from Bill Johnson (6th District), in SLO (Ohio), Bob Gibbs (our District) and Senator Portman. I met in person with Senator Sherrod Brown about the importance of Head Start. I enjoyed being able to advocate, and even help moderate the discussion where all the parents from throughout the United States talked about a common theme – that Head Start Works.

To say we got a lot from Head Start is a bit of an understatement. Without Head Start seeing the best in my child and my family, we’d be in the same rut we were in 2012. I am eternally grateful and will forever stand as a reminder that Head Start Works. For me, for my son, for my family’s future.

March is Nutrition Month. If you guessed this month is about nutrition and healthy eating, you were right! We have learned about the 5-2-1-0 program before and this is a great time to refresh our memory as we take a look at some helpful tips for eating healthy.

5-2-1-0 Program

- Eat at least 5 fruits and vegetables a day.
- Keep screen time (like TV, video games, computer, phone) to 2 hours or less per day.
- Get 1 hour or more of physical activity every day.
- Drink 0 sugar-sweetened drinks. Replace soda pop, sports drinks, and even 100% fruit juice with milk/water.

Starting good eating habits early in a child’s life will help them grow lifelong healthy eating habits. Remember… you are your child’s first teacher. If they see you eating healthy meals/snacks, they will try to do the same.

Tips for Eating Healthy

Everyday Helpful Ideas!

Encourage your child to eat fruits/vegetables. Let them help pick out vegetables/fruits at the store and let them help make healthy meals/snacks. They will be more likely to try the healthy meals/snacks if they have helped in some way. Make dips for vegetables/fruits (something as simple as yogurt or ranch dressing). Children love to dip (so do adults!) so it may make eating vegetables/fruits more fun. They also make great snacks.

Try to grill, bake, or broil your meat/fish instead of frying. Frying adds extra calories that we don’t need. It’s also a nice way to cook fresh vegetables, too. It gives them a nice flavor and more of the vitamins stay in the vegetables. When we boil vegetables, we lose many of the vitamins.

Additional Resources for Your Family

Check out the Nutrition Nuggets newsletter sent home with students monthly. Visit the Nutrition Nuggets website at www.gethealthyknox.org for monthly nutrition tips as well.

www.knoxdh.org
(And on Facebook)

www.gethealthyknox.org
(And on Facebook)

If you’d like more information about nutrition or making healthy choices, please contact Candy Thomas, LPN, Knox County Head Start Health Services Specialist, at 740-397-1344, ext. 335.

FREE Income Tax Prep and File!

United Way of Knox County, in partnership with the Ohio Benefit Bank, is offering free tax preparation assistance. Save your money and avoid using your refund to pay for someone to prepare your taxes. Refunds in as few as 8 days! Staff will assist you with the process and it is very user-friendly.

Please call 740-397-5721 to schedule an appointment. Located at 110 E. High St., Mount Vernon.