



 **KNOX COUNTY
HEAD START**
SCHOOL FAMILY NEWSLETTER
MAY 2016

Students at NHEEC learn about keeping their teeth clean with “Chomper” and the Shining Smiles program.

Investing in You and in Our Community

This month, our half-day classes are winding down, and we’ll be saying farewell to children and families – some of you we’ll see again in the fall, but many children will move onto kindergarten in August. Full-day, full-year classes continue throughout the summer, but still experience some transitions as the seasons change and we adapt to spring and summer weather, and again in August when children leave for kindergarten.

Our celebration of children’s accomplishments and joy as they head to new adventures is tempered by sadness – the transition of children out of our classrooms and into elementary school is always bittersweet. We’ll miss seeing you and your child regularly and hope you’ll stay in touch with us!

We are thankful for the chance to partner with you to help prepare your child for a healthy life, and for their new adventures in kindergarten. School has changed a bit since we were children, but I am confident that the teachers in our local school districts are here to help your child to learn and grow. In elementary school, you become an even more important

part of your child’s life, as you help him or her deal with the joys and sorrows of everyday school and life. The routines of elementary school – checking homework nightly, reading each day, and figuring out what’s for lunch – begin in kindergarten and continue for many years. We know that children whose parents are involved, who check over work, and check the book bag each day, do better in school.

As we wrap up this program year, we reaffirm our commitment to providing high quality early education and care services in partnership with families. We believe that quality in early education is important, and this year we celebrate all six centers receiving Step Up to Quality Five-Star Awards. The Step Up to Quality program requires that all of our classroom teachers, assistants, and center managers participate in extra trainings and follow stricter rules for quality in the classroom.

Also this year, Knox County Head Start was honored as the Chamber of Commerce “Investor in the Future Award” winner, sponsored by Ariel Corporation, demonstrating a commitment to Knox County by making a significant invest-



ment in the youth of our community.

This first week of May is also Teacher Appreciation Week. I hope you will take some time to share with center employees – teachers, assistant teachers, nutrition managers, receptionists and center managers – what they’ve meant in the lives of you and your child this year. I am personally thankful for the hard work and dedication of the members of our KCHS School Family. They are special people, whose commitment to quality is the foundation of our success!

- Peg Tazewell, Executive Director



Keep Kids Safe this Summer

Everyone loves summer; however, it often brings with it a greater risk of physical danger. In addition to these tips, parents and caregivers should actively supervise children when engaging in summer activities, especially when swimming and enjoying the playground.

Water Safety

Water Safety is more important than ever during the summer months.

- Supervise swimming pools – 9 out of 10 fatal accidents occur during a brief lapse in supervision, so limit children's unsupervised access to swimming pools and spas. In addition, installing a proper isolation fence is encouraged.
- Wear a life jacket - Stressing the importance of wearing a life jacket when swimming in open bodies of water is crucial as currents, undertows and other hazards that hide below the surface increase the risk of drowning.
- Teach children how to utilize items, such as a towel, to assist a friend who is having trouble swimming to the side. It is recommended that children begin swimming lessons at the age of four and learn not to dive into water that is less than nine feet deep.

Bike Safety

Bicycle and wheeled sports injuries are associated with more childhood injuries than any other product except automobiles.

- Wear a helmet – A helmet is the single best way to reduce the severity of a head injury and the likelihood of death. In fact, helmets have been shown to decrease the risk of head injury by 85 percent.
- Teach children the rules of the road, including how to obey all traffic laws and where it is safe to bike and use other wheeled items, like skateboards and rollerblades. It is also important to show them the proper way to wear and adjust their helmet.

Sun Safety

Sun protection not only defends kids from the discomfort of sunburn today, but could also prevent skin cancer later.

- Sunscreen for all skin types – Even if a child doesn't burn easily, applying sunscreen is still important. Sunburn is an immediate reaction, but sun damage occurs over a lifetime. Although skin cancer is more prevalent in people with lighter skin, it does not discriminate and can still affect those with darker skin.
- Choose the right sunscreen – Always purchase a sunscreen that has at least SPF 30 and boasts broad-spectrum, or full-spectrum, protection, which is designed to protect from both UVA and UVB rays.

Extreme Temperature Safety

Hydration is important to keep kids from overheating.

- Keep water on hand – No matter how long you plan to be outdoors, pack water to reduce the risk of heat-related illness.
- Never leave kids in the car – In addition to staying hydrated, never leave kids in the car, even with the windows cracked. Children are more susceptible to heat illnesses than adults, and even a few minutes in a hot car is not safe.
- Teach children to take a break in the shade or air conditioning every couple hours, or more if they are feeling faint, and to drink plenty of water.

Bug Safety

Protecting children from harmful bug bites and stings is important as they can spread diseases, such as West Nile Virus and Lyme disease.

- Utilizing bug repellent - Insect repellent with either DEET or Picardin as an active ingredient will last the longest, but you can also utilize a natural insect repellent, such as citronella.
- Wear light clothing - In addition to keeping children cooler, light colored clothing will help expose ticks or other bugs. Parents should avoid dressing children in bright colors or flowery prints as these attract bugs.
- Teach children how to check for ticks under their arms, between the legs, around the waist and especially along the hairline and scalp.

Food Safety

Food poisoning is more of an issue during summer months as warm temperatures can increase the growth of dangerous bacteria, viruses, parasites and other toxins.

- Keep foods cool – Never let foods containing mayonnaise, milk, eggs, meat, poultry or seafood sit at room temperature for more than two hours, and no more than an hour if it is above 90 degrees outside.
- Wash fruits and vegetables – In addition, washing and storing raw fruits and vegetables properly is important to avoid food-borne illnesses.
- Teach children not to consume dairy, meat or egg products if they have been left out of the fridge or on a table for more than two hours. Also, show them how to pack meat and ready-to-eat foods separately.

Pedestrian Safety Tips

Everything you need to know to keep your kids safe while walking.

Teach Kids How to Walk Safely

- Teach kids at an early age to look left, right and left again before crossing the street. Then remind them to continue looking while crossing by keeping their heads up and looking around until safely across.
- It's always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks. If there are no sidewalks, walk facing traffic as far to the left as possible.
- Teach kids to make eye contact with drivers before crossing the street.
- Children under 10 need to cross the street with an adult. Every child is different, but developmentally, most kids are unable to judge the speed and distance of oncoming cars until age 10.
- Encourage kids to be especially alert for cars that are turning or backing up.
- Teach kids not to run or dart out into the street or cross between parked cars.
- If kids are walking when it's dark out, teach them to be especially alert and make sure they are visible to drivers. Have them wear light- or brightly-colored clothing and reflective gear.
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Take Action Against Distraction

- Teach kids to put phones, head-phones and devices down when crossing the street. It is particularly important to reinforce the message with teenagers.
 - Put headphones down or turn off the volume before crossing the street.
 - Be aware of others who may be distracted and speak up when you see someone who is in danger.
 - If kids need to use a cell phone, teach them to stop walking and find a safe area to talk.
- ## Let Your Actions Speak as Loudly as Your Words
- Be a good role model. Set a good example by putting your phone, headphones and devices down when walking around cars.
 - When driving, put cell phones and other distractions in the back seat or out of sight until your final destination.



Freelimages.com/Adrian/yeefam@shaw.ca

- Be especially alert and slow down when driving in residential neighborhoods and school zones. Be on the lookout for bikers, walkers or runners who may be distracted or may step into the street unexpectedly.
- Give pedestrians the right of way and look both ways when making a turn to spot any bikers, walkers or runners who may not be immediately visible.

For more information, visit safekids.org.

If you have questions or would like additional safety information for summer or for pedestrians, contact Candy Thomas, LPN, KCHS Health Services Specialist, at 740-397-1344.

A close-up photograph of a young girl with light-colored hair and bright blue eyes. She is resting her chin on her hand and looking thoughtfully to the side.

FOSTER PARENTS change lives.

Every child matters...
Every child deserves a family.

Celebrating National Foster Care Month

May is
MILITARY APPRECIATION MONTH

THANK YOU
TO ALL WHO
HAVE SERVED
AND SACRIFICED
TO ENSURE OUR
NATION'S
FREEDOMS.

A photograph of the United States flag waving on a flagpole against a bright, cloudy sky.

Keep Learning Going Strong All Summer

The calendar to the right is an example of monthly reading calendars provided free at

www.rif.org/books-activities/calendars/

This website provides month-by-month calendars of reading activities for ages 0-5 (and older ages as well). All half-day families will receive a copy of the summer months in their summer activity folders and the full-day families will receive them monthly. Watching for the full calendar in your child's mailbox!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 May Day is a celebration of spring. Choose a favorite book to read together outside.	2 Learn about the letter I today by playing a game of I Spy with your child.	3 Find a shady spot to read for 15 minutes with your child today.	4 Talk about the number 5. Let your child count five fingers on each hand and five toes on each foot.	5 Cinco De Mayo Read <i>The Cazuela That the Farm Maiden Stirred</i> . What new words did you each learn today?	6 Go on a nature walk and find five different leaves or flowers.	7 Take a trip to the library to pick out books to read this month.
8 Mother's Day Read <i>Mama Do You Love Me?</i> by Barbara M. Joosse or another book today.	9 Teach your child the differences between a penny, nickel, dime and quarter.	10 Make it a day for I and ice cream! Talk with your child about other things that start with the letter I.	11 Show your child a pentagon. Count the number of sides and corners.	12 Look for objects that are purple today. Count how many you and your child find.	13 Apple Pie Day Make an apple pie with your child. Talk about measuring with each ingredient.	14 Use a flashlight to make shadow puppets. Which letters can be made with your fingers?
15 Chocolate Chip Cookie Day Read <i>If You Give a Mouse a Cookie</i> by Laura Numeroff or another book while you eat cookies.	16 Today is Margaret Rey's birthday. Read your favorite version of <i>Curious George</i> . He is always up to something.	17 Let your child mix red and blue food coloring with shaving cream to make scented paint. What color did it turn?	18 Look for the number 5 while grocery shopping today.	19 Show your child a map of your state and point out the city where you live.	20 Blow bubble outside. Talk about the different sizes of the bubbles.	21 Ask your child to tell you about the pictures as you read a book together.
22 Learn about the letter J by jumping, jogging, juggling and jiggling with your child.	23 Take a walk and talk about the different colors of the flowers you see.	24 Listen to jazz music with your child. Move to the rhythm of the sounds.	25 Have some jelly or jam on toast today. Have your child find the letter J on the label.	26 Let your child use play dough to make letters and shapes today.	27 Teach your child the nursery rhyme <i>Jack and Jill</i> . Explain what fetch means.	28 Enjoy the outdoors! Time to turn off the TV and digital devices. Spend some time playing as a family.
29 Have your help put silverware away by sorting the forks, spoons and butter knives.	30 Memorial Day Look for American flags. Count how many you see.	31 Have your child write the numbers 0-5 with the color purple.				

Conscious Discipline®: The Skill of COMPOSURE

Adapted from heathersfirstgradeheart.blogspot.com

"You are driving me CRAZY!"
"Don't make me pull this car over!"

We've all had days and moments where we need a break from a child. And we have all had a child who is gifted at pushing our buttons. The first skill discussed in Conscious Discipline is all about **COMPOSURE** and remembering that "no one can make you angry without your permission."

That's difficult to remember in the heat of the moment, when your child is:

- Running around the room shouting and kicking
- Screaming "You can't make me!" at the top of his lungs

- Purposely causing trouble for siblings
- Continuing to disobey after you've asked/told her multiple times

It is in those moments we need to strive to "be the person that we want others to become." Conscious Discipline lets us know, "*Whoever you have placed in charge of your feelings, you have placed in control of you*" and that "*the only person you can change is yourself.*"

Often when we start feeling stressed, we have **trigger thoughts** that make the situation seem 1,000 times worse. These thoughts often lead to blame but more importantly they keep us

from really seeing the difficult our child is having. There are actually three different kinds of trigger thoughts:

- Assumed intent: The child is doing this to deliberately upset you.
- Magnification: We are making and seeing the situation way worse than it really is.
- Labeling: We start using negative words to describe the child and/or his behavior.

Sound familiar?

You're in good company because we've all been there and done that!

When you start having these trigger thoughts, you need to practice telling your brain to **STOP** and look beyond the child's behavior. Before you is a child who is crying out for help and love.

"Self-control is an act of love and a moment-by-moment choice."

There are some activities on the Conscious Discipline website that are wonderful for helping change

these thoughts and removing your "buttons" that children push. See more here: <https://consciousdiscipline.com/bookstudy/chapter-4.asp>.

Since keeping our composure helps create a safe classroom environment at Knox County Head Start, the skill of Composure begins by teaching different **breathing techniques** (you can also learn more about these online or by asking your teacher for a quick demonstration). These are great for you and your kids to practice. We do them in the classroom every day! Here is one example – "**Be a S.T.A.R.:** Stop, Take a deep breath, And Relax.

As you STAR, tell yourself that you are safe. You are calm. And you can handle this. The only way you will help a child learn new tools to handle a situation is if you stay calm and patient. "*Self control is an act of love and a moment-by-moment choice.*"

The change starts with YOU!



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5-Step Plan for Managing Money

Information provided by Mount Vernon's Woodforest National Bank, 740-397-4678, coquin@woodforest.com

With tax day behind us, it's time to think about budgeting and finances for the coming year. Let's look at this quick five-point plan...

How much of your income should you stash away in savings? You may think, "I'll just put money into savings whenever I don't spend it." And how often do you think that happens? Remember to pay yourself first.

Step 1: Where to begin? Start by pledging to come up with a plan and to stick to it. Next, try out making a money plan or "Money diary." It will help you figure out how much money you have coming in each month and how you are spending your money. There are a variety of apps for your phone that can help you keep track of this. Then work out how much you want to spend on everyday items. If you're spending more than the limit, think about where you can cut.

Step 2: What money do you have coming in? Depending on your age and life at the moment, this may change from month to month. Your salary may be set, but the income you get from overtime or odd jobs may change a lot. Start with what is average or what you can count on.

Step 3: How much would you like to save? Divide that money into different savings categories: saving for everyday expenses, short-term saving for emergencies, long-term saving for a new car/house, and longer-term saving for the future (kids' college/retirement). You may want to set aside money to give to a charity.

Several free accounts or envelopes for your cash may help you keep your money separate. It may make sense to keep a stash of cash for everyday expenses on your person. The rest should be kept in a savings account so it can earn interest. Do you have a goal in mind, like saving for a car or a house? Ask your bank, or check online about a Savings Calculator. It will calculate how long it takes to save an amount of money. The calculator can also tell you how much money you need to save each month to reach a goal in a certain time period.

Step 4: Put it in writing. Writing your plan in your "Money Diary" gives it more power. Also, by keeping a money diary, you'll be able to see how much money you have coming in, how much money you spend, where it all goes, and how much money you save each week or each month. Keep notes to yourself that compare your savings account balance with your savings goals. Keep it in your Money Diary.

Step 5: Adjust. If your plan isn't working, you can always make changes. But be honest with yourself about why the plan doesn't work before you change it. What's wrong? Maybe your numbers weren't realistic, and you have to be more practical. On the other hand, maybe the numbers are right, but you're having a hard time sticking to them. Maybe you have to change your habits to make it work.

By taking a hard look at what you do with your money, you can begin to set some limits and shift money around between spending and saving – that's called managing your money, and it's the first step toward financial freedom.

Let's Hear It For Our Teachers!

MAY is Teacher Appreciation Month. Please THANK your child's teacher and center staff today!

We start our days very early and often go late
...because we realize that parents often work long hours and we want to be here for them to provide high-quality care for their children.

We put parents first, and listen and act on their concerns
...because we know that parents are the first and best teachers for their children.

We get so messy that many of us keep a change of clothes handy
...because we know children learn by doing, and allowing children to explore their world means they will make messes.

We eat our meals family-style with children (in tiny chairs)
...because modeling healthy habits is the best way to set children up for a lifetime of healthy choices.

We hand a child a towel when the milk inevitably spills instead of cleaning it ourselves,
...because it is okay to make mistakes and children are more capable than they or we sometimes realize.

We individualize our teaching to children's needs and interests
...because each child, parent, and employee is a unique individual.

We never have enough time in the day to finish everything we want to do
...because everyone here strives for excellence, loves the families and children we serve, and knows that we can always do better.

We do it
...because they share in our purpose to engage children, families, and staff in reaching their full potential.



May Events

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

Home-Based

- 5/2 - PAC Time Early Head Start and Preschool Home-Based Event, Northgate, 4-6 p.m.
- 5/9 - PAC Time Preschool Home-Based, Danville, 1-3 p.m.
- 5/16 - PAC Time Preschool Home-Based, Northgate, 10 a.m.-12 p.m.
- 5/23 - PAC Time Early Head Start Home-Based, Northgate, 4-6 p.m.

Fredericktown

- 5/10 - Half-Day End-of-the-Year Event, 10 a.m.-12:30 p.m., Taste of Country
- 5/24 - Family Fun Night "Literacy," 4:30-6:30 p.m.

Gambier

- 5/13 - Classroom Event, at pick-up time

New Hope Early Education Center

- 5/13 - Classroom Event, at pick-up time
- 5/17 - Active Parenting Class, 5:30-7 p.m.
- 5/19 - Policy Council meeting, 5:15 p.m.
- 5/24 - Active Parenting Class, 5:30-7 p.m.
- 5/31 - Active Parenting Class, 5:30-7 p.m.

Parent Training

See details for these events inside.

- 5/17 - Six-week training, starts May 17, "Active Parenting," for parents of elementary age children, NHEEC, 5:30-7 p.m.

Community Events

- 5/1 - Knox Co. Symphony concert, Rosse Hall at Kenyon, 8 p.m.
- 5/4 - FREE CONCERT at Ariel-Foundation Park: Lima Interescolar Big Band from Peru, 7 p.m.
- 5/6 - First Friday, downtown Mount Vernon, 6-9 p.m.
- 5/8 - Mother's Day Wildflower Walk at Honey Run Waterfall, 2 p.m.
- 5/12 - Chautauqua: Actor Amy Stoner portrays Gilda Radner, The Place@The Woodward, 7 p.m. (donations accepted)
- 5/21 - Cycle Knox Trails, meet at Mohican Valley Trailhead (Danville), 2 p.m.
- 5/21 - FREE CONCERT at Ariel-Foundation Park: Kokosing River Surf Club, 5-7:30 p.m., and Red Ball Jets, 8-11 p.m.
- 5/26 - Chautauqua: Actor Dr. Annette Jefferson portrays Mahalia Jackson, The Place@The Woodward, 7 p.m. (donations accepted)
- 5/28-30 - Old Fashioned Ice Cream Festival, Velvet Ice Cream Ye Olde Mill

Parents: Please Complete Survey



Parents of half-day students:

Please remember to complete a paper copy of the parent survey at your center, or go online to fill it out:

www.knoxheadstart.org/surveys

Whether filling it out online or in person/paper at the center, please also fill out an **entry slip** at your center for the opportunity to win one of two Walmart gift cards for completing the survey.

Your feedback is very important to us and is appreciated! It will help guide us in improving the Knox County Head Start experience for children and families in the future.

Parents of full-day students:

Your survey will be coming soon! Be watching for paper copies at your center. You may access the online version of your survey from the same link above once it becomes available.

Learning Corner: Discovery Area

In our classroom, the discovery area is a place where children explore and investigate their questions. They observe, experiment, measure, solve problems, take things apart, and handle the materials and living things we put out. They predict what will happen as a result of their actions.

What You Can Do at Home

Young children are curious and love to investigate. You don't need to be an expert to help your child learn about science. Science is all around us, from making bubbles in the bathtub to boiling water on the stove. Your enthusiasm and positive attitude about science will be contagious. Get in the habit of wondering out loud, "I wonder how that ant can carry that big piece of food," or "I wonder why your shadow is sometimes small and sometimes big."

The questions you ask and comments you make when your child is exploring can extend his or her scientific thinking. Hear are some examples:

"What do you think will happen when..."



"I wonder why..."

"How do you think we can find out..."

Look for opportunities to support your child's scientific thinking during everyday activities: playing with toys, taking a bath, helping to make dinner, playing in the backyard, or going on an outing. Remember, you don't need to know all of the answers! It is a good sign if your child is curious, wants to investigate everything, asks lots of questions, and wants more answers. We encourage you to visit our discovery area with your child!



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.

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Connect with us!

