



# Head Start Times

## Parent Involvement Column

We are at the beginning of another school year, 2017-2018!! There will be a lot going on and still more to come in the new school year. We, Head Start will continue to host various events that we hope will draw our parents out to support our efforts in educating their children and helping to empower our families to become stronger and more self-sufficient. We need all of our parents to attend, if at all possible. We also need a show of your support in this program by attending events that are hosted by Head Start by returning Parent Activity Sheets and by coming out and giving us a few minutes of your time; ½ hour, an hour whatever you can spare would mean the world to not only your child but to us. Please remember we are always accepting applications as well.

**We look to see more parent involvement in the 2017-2018 school year.**

Thank you,  
Dinah Fransaw  
Social Services Coordinator

### ALL PARENTS!!!

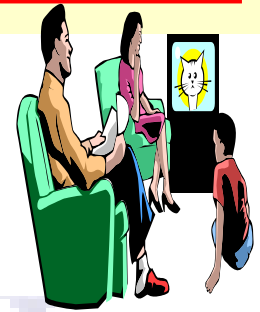
#### VOLUNTEERS NEEDED!!!

Would you like to get involved but don't know how? Let us show you how easy it can be. Volunteers are critical to the Head Start program.

This means that each individual who volunteers at Head Start helps to contribute to the strengthening of the children and families we serve.

Volunteers can read to our children, play educational games, assist the teaching staff with classroom activities, help with construction projects, and there are many other opportunities. If you are interested in volunteering Contact **Dinah Fransaw/ Volunteer Coordinator.**

## CONSCIOUS DISCIPLINE THE SKILL OF COMPOSURE



Composure is the willingness to change our internal state from upset to calm. Composure is self-control in action. It is a prerequisite skill adults need before disciplining children. It requires us to be the person that we want others to become.

Composure comes from the power of perception which states: "No one can make me angry without my permission."

Whoever or whatever we put in charge of our feelings, we have placed in charge of ourselves.

Composure strategies:

1. This is your job description: "My job is to keep you safe. Your job is to help keep it that way(safe)."
2. Take back your power: Change "Don't make me \_\_\_" language to "I'm going to \_\_\_" language.
3. Use calming techniques:
  - Be a S.T.A.R. (Stop, Take a Breath, And Relax)
  - Say to yourself: "I'm safe. Keep breathing. I can handle this."
  - Say to your child: "You're safe. Breathe with me. You can handle this."
4. Create a safe place. This is a place for the child to go if he/she is feeling upset, angry, frustrated, sad, etc. It can be a large pillow or bean bag chair.

Teach children calming strategies.

#### Brain Smart Principles

1. The best exercise for the brain is exercise.
2. The brain is pattern seeking and survival-oriented.
3. Connections on the outside, with other people, build connections on the inside. That kind of connection is key to all change. These connections are made with eye contact, touch, and presence (the mind is where the body is).
4. The brain functions optimally when the child feels safe.

Remember:

We can't teach children skills we don't have.

We can't teach skills we are not willing to do ourselves.

## Kitchen Activities

Get your preschooler to try new foods by having them help you in the kitchen. Kids feel good about doing something "grownup." Give them small jobs to do. Praise their efforts. Children are less likely to reject foods that they help to make. As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages.



At 2 years: • Wipe tables • Hand items to adult to put away • Place things in trash • Turning pages of the cookbook • Make "faces" out of pieces of fruits and vegetables • Rinse vegetables or fruits

At 3 years: All that a 2-year-old can do, plus: • Add ingredients • Talk about cooking • Scoop or mash potatoes • Squeeze citrus fruits • Stir pancake batter • Name and count foods • Help assemble a pizza

At 4 years: All that a 3-year-old can do, plus: • Peel eggs and some fruits, such as oranges and bananas • Set the table • Help measure dry ingredients • Help make sandwiches and tossed salads

At 5 years: All that a 4-year-old can do, plus: • Measure liquids • Cut soft fruits with a dull knife • Use an egg beater

### Actividades de cocina

Obtener su niño a probar nuevos alimentos haciendo que le ayuden en la cocina. Los niños se sienten bien acerca de hacer algo "adulto". Dales pequeños trabajos que hacer. Alabar sus esfuerzos. Los niños son menos propensos a rechazar alimentos que ayudan a hacer. A medida que crecen los niños preescolares, que son capaces de ayudar a cabo con diferentes tareas en la cocina. Mientras que las siguientes sugerencias son típicas, los niños pueden desarrollar estas habilidades en las diferentes edades.



A los 2 años: • Limpie tablas • Los elementos de mano para adultos para poner distancia • Coloque las cosas en la basura • torneado de las páginas del libro de cocina • Marca "enfrenta" fuera de trozos de frutas y verduras • Lavar verduras o frutas

A los 3 años: Todos los que a 2 años puede hacer, además: • Añadir los ingredientes • Hablar acerca de la cocina • cucharada de puré de patatas o frutas cítricas • Squeeze • Agitar para panqueques • Nombre y contar los alimentos • Ayuda a montar una pizza

A los 4 años: Todos los que una de 3 años de edad, se puede hacer, además de: • Pelar los huevos y algunas frutas, como naranjas y plátanos • Ajustar la mesa de ayuda • medir ingredientes secos • Ayudar a tomar sándwiches y ensaladas revueltas

A los 5 años: todo lo que un niño de 4 años puede hacer, además: • Medir líquidos • Cortar las frutas suaves con un cuchillo sin filo • Use un batidor de huevos

## Students riding on a School Bus



### Students riding a school bus should always:

- Arrive at the bus stop five minutes early.
- Stand at least 5 giant steps (10 feet) away from the edge of the road
- Wait until the bus stops, the door opens, and the driver says it's okay before stepping onto the bus.
- Be careful that clothing with drawstrings and book bags with straps or dangling objects do not get caught in the handrail or door when exiting the bus.
- Check both ways for cars before stepping off the bus.

### Crossing students should:

- Walk in front of the bus; never walk behind the bus.
- Walk on the sidewalk or along the side of the road to a point at least 10 giant steps ahead of the bus.
- Be sure the bus driver can see them, and they can see the bus driver.
- Wait for the driver's signal to cross.

## Upcoming Events

# September

**Sept. 12<sup>th</sup>—Open House—5-6:00p.m.**

**Sept. 22<sup>nd</sup> –Dine with Dad 11:30-12:30**

**October-11<sup>th</sup> Trinity Resource Fair—1:15-3:45**

**Family Fun Nite—Oct.24<sup>th</sup>-5-7**

**FRED Breakfast-Nov.11<sup>th</sup>-9-12:00p.m.**

**Library Nite-Nov-14<sup>th</sup> -5-6p.m.**