



# Head Start Times

## Parent Involvement Column

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. We are always accepting applications as well. Parents please remember to unload all children from your vehicle when picking up and/or dropping off at either campus in the mornings and/or afternoons as well. Remember to check your child's mailbox on a daily basis because there might be pertinent information you need to know.

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/ Social Service Coor.

### CONSCIOUS DISCIPLINE THE SKILL OF ENCOURAGEMENT

"We are all in this together."



Encouragement allows us to deeply connect with others, fully appreciating their unique qualities. Relationships are the motivation and cradle of all learning. These relationships are an integral part of the school family.

The Power of Unity reminds us we are all on this journey together. It teaches us that what we offer to others, we experience within ourselves. It is important to give children hope that they can work it out. Children need hope to feel safe.

One last thought: Two major ingredients necessary to effectively encourage children:

1. **Notice your child instead of judging.**
2. **Connect your child's actions to enjoyment and satisfaction instead of tangible rewards.**

#### Practice, Practice, Practice

- Notice how often you tend to judge your child.
- Consciously notice and encourage your child. Use: "You \_\_\_\_, so \_\_\_\_\_. That was \_\_\_\_\_." Example: "You put that book back on the shelf so we can find it to read it again. That was helpful."
- Praise your child for cooperating after being given a command (even if you have to repeat the command several times). Any kind of cooperation deserves celebration.
- Create rituals. Do you do anything now that your family counts on regularly?
- Create a responsibility or job for child that will help contribute to the family.

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Great way to Start National Nutrition Month  
March 2019  
Green Chili Breakfast Tortilla Cups



### Ingredients

12 Whole egg or egg whites  
12 oz. Shredded sharp cheddar cheese  
¼ cup Cilantro (fresh or dried)  
12 Corn tortillas  
2 tsp Cumin  
2 cans Chopped green chilies  
2 tsp Lemon or lime pepper seasoning salt  
You can add the following if you like  
Sausage  
Bacon

### Instructions:

1. Preheat oven to 400 degrees
2. Spray a non-stick muffin pan with cooking spray
3. Heat tortillas in microwave for 45 seconds.
4. Mix together eggs, cilantro, cumin, lemon or lime pepper seasoning salt.
5. Place one tortilla in each muffin cup, folding in to fit.
6. Place about ½ oz of cheese in the bottom.
7. Place a small amount of green chilies on top of the cheese and meat if you use it.
8. Pour egg mixture on top leaving a little room.
9. Top with remainder of the cheese.
10. Bake at 400 degrees for 15-20 minutes. Let cool a little bit before eating, they are really hot.

Gran manera de comenzar el mes nacional de la nutrición

Tema de marzo de 2017

Pon tu mejor tenedor adelante

Té de tortilla de desayuno verde Chili

### Ingredientes

12 enteras de huevo o clara de huevo  
12 oz. Queso Cheddar fuerte y rallado  
¼ taza de cilantro (frescas o secas)  
12 tortillas de maíz  
2 cucharaditas de comino  
2 latas de chiles verdes picados  
2 cucharadita de sal condimento de limón o pimienta de limón  
Puede agregar lo siguiente si lo desea  
Salchicha  
Tocino

### Instrucciones:

1. Precaliente el horno a 400 grados
2. Rocíe una cacerola de mollete antiadherente con aerosol para cocinar
3. Caliente las tortillas en el microondas durante 45 segundos.
4. Mezcle los huevos, el cilantro, el comino, el limón o la pimienta de lima.
5. Coloque una tortilla en cada taza de panecillo, plegando para encajar.
6. Coloque alrededor de ½ oz de queso en la parte inferior.
7. Coloque una pequeña cantidad de chiles verdes en la parte superior del queso y la carne si se utiliza.
8. Vierta la mezcla de huevo en la parte superior dejando un poco de espacio.
9. Arriba con el resto del queso.
10. Hornee a 400 grados durante 15-20 minutos. Dejar enfriar un poco antes de comer, son realmente calientes.

## Students riding on a School Bus



Taking the bus for the first time is a big step for your child. Help your kids get a gold star in bus safety by following these tips.

**The Hard Facts:** School buses are the safest mode of motorized transportation for getting children to and from school, but injuries can occur if kids are not careful and aware when getting on and off the bus.

**Top Tips:** Walk with your kids to the bus stop and wait with them until it arrives. Tell kids to stand at least three giant steps back from the curb as the bus approaches and board the bus one at a time. Teach kids to wait for the bus to come to a complete stop before getting off and never to walk behind the bus. If your child needs to cross the street after exiting the bus, he or she should take five giant steps in front of the bus, make eye contact with the bus driver and cross when the driver indicates it's safe. Teach kids to look left, right and left again before crossing the street. Instruct younger kids to use handrails when boarding or exiting the bus. Be careful of straps or drawstrings that could get caught in the door. If your children drop something, they should tell the bus driver and make sure the bus driver is able to see them before they pick it up. Drivers should always follow the speed limit and slow down in school zones and near bus stops. Remember to stay alert and look for kids who may be trying to get to or from the school bus.

## Upcoming Events

### March, April, & May 2019:

- March- 1<sup>st</sup> - Texas Independence Day
- March- 8<sup>th</sup>-Donuts with Dads-8:30 a.m.
- March-10-Daylight Saving Time Begins
- March 11<sup>th</sup> -Spring Break-11-15th
- March-21<sup>st</sup>-Parent Training-10:00 a.m.
- March-22<sup>nd</sup> -Dine with Dads-11:30 a.m.
- April-6<sup>th</sup>-Father/Son Fishing Trip- 10:45-2:00 p.m.
- April-8-12<sup>th</sup>-Week of the Young Child
- April-18<sup>th</sup>- Early Release-12:00 p.m.
- April-19<sup>th</sup> -Good Friday (Holiday for Staff & Students)
- April-26<sup>th</sup>-Field Day 9-12:00 p.m.
- May-6<sup>th</sup>-Cinco De Mayo Celebration-10:00-11:00 a.m.
- May- 6-10<sup>th</sup>-Teacher Appreciation Week
- May-10<sup>th</sup>-Donuts with Dads-8:30 a.m.
- May-10<sup>th</sup>-Volunteer Appreciation-12:00-1:00 p.m.
- May-17<sup>th</sup>-Head Start Birthday-12:00-1:00 p.m.
- May-23<sup>rd</sup>-Early Release-12:00 p.m.

Next Newsletter MAY 2019

## ENROLLMENT

Head Start Program will house 3 & 4 year olds . If you or anyone you know is interested please send them to caseworker: Dinah Fransaw or website [www.headstart-getcap.org](http://www.headstart-getcap.org)