



HEAD START CONNECTION

MAY 2021

A Publication of ADVOCAP Head Start

also available online @ www.advocap.org/head-start

FROM THE DIRECTOR'S DESK

We have made it to May, and we are happy we have been able to work with families to provide remote/in-person learning and family development services during this challenging school year.

It won't be long and some of our parents will be helping their children move on to Kindergarten. In preparation for this important transition, we are offering 4K Summer School at our main Fond du Lac site the weeks of 6/14 and 6/21/21. Our education team is planning for school readiness activities, as well as outdoor fun and field trips that reinforce learning and growing minds. We have limited spots available. We are looking forward to providing this extra programming to promote Kindergarten success.

Please tell us what ADVOCAP Head Start has meant to your family too. We love to hear success stories and know that we have helped to make a difference. Email me at bethz@advocap.org and I will share with our dedicated and talented staff.

Have a wonderful summer and enjoy some special family time!

Beth Zachwieja, ADVOCAP Head Start Director

FALL 2021 ENROLLMENT INFORMATION

Applications for Head Start will still be taken during the summer months, and Family Development (including bi-lingual staff) will be available for any families in Fond du Lac and Green Lake Counties who are interested in enrolling. If you have a friend or relative with a

three or four-year-old, please call me at (920) 922-7760 ext 3544 to make a referral. Thank you!

Lorri Bohn, Family Engagement Manager

Head Start Policy Council

Upcoming Meetings:

Wednesday May 12th
Wednesday, June 9th

GROWING SEASON IS COMING!

Spring is here, which also means that plants and flowers will start blooming. This is a great time to teach children about growing and how and where food comes from. Try starting a family garden or grow one vegetable plant to start, like easy tomatoes. Take them on a trip to a nearby farm or try out the local farmers' markets. Check out our local farmers' markets:



Fond du Lac:

Saturdays - May 15th through October 30th, 2021, from 8:00 to noon on Main Street (Forest Ave. to Western Ave.)

In addition to cash, EBT is accepted as well as credit and debit cards.

***EBT double days at the farmers market - get an additional \$10 EBT swipe on the first Saturday of each month.

Ripon:
2021 schedule to be decided -
<https://nfmd.org/wi/ripon/1009511/>
(at Watson St. and Seward St. in downtown Ripon)

Green Lake:
Fridays - May 14th through September 24th from
3:00 - 6:30 PM at the Town Square lawn (Hill St.)

Berlin:
Tuesdays - June - September from 4:00 to 7:00 PM
at Nathan Strong Park (Huron St.)

***WIC Farmers Market Nutrition Program (FMNP)
accepted.

Waupun:
Saturdays - June 5st through September 25th from
8:00 to noon at 111 East Main St. (just west of the
city hall).

***WIC Farmers Market Nutrition Program (FMNP)
accepted by many vendors.

***Remember to bring along your WIC Farmers
Market vouchers to use at the markets.

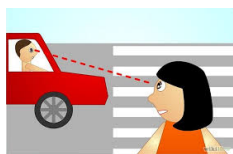
For more information about nutrition or your
child's health and diet at Head Start, please
contact **Ellen Miller**, the ADVOCAP Head Start
Dietitian: (920) 922-7760 ext. 3598.

TIPS FOR SUMMER SAFETY

Our warm weather is here, so we're
passing along a few tips to help you
have an enjoyable and safe summer.



Children are at risk because often times they are
impulsive and move before they think. They believe if they can
see a driver, the driver is also able
to see them. However, a child's
field of vision is 1/3 of an adult's
and they don't always recognize dangerous
situations. Teach your child to understand traffic
signs. Also, practice stopping at the curb and
looking left, right, and left
again before walking across
the street.



Water and water activities often become a part of
our fun during the summer months. Always
remember to never leave a child unattended when
near the water.



Don't forget to use sunscreen and insect
repellent!

Have a fun summer!

Debbie Serwe, Health Services Manager

There are many things that you can do to encourage
your child to continue to read during the summer.
These include:

- Visit your local library.
- Set aside a special time to
read with your child
everyday. Try to stick to
that time, and your child
will look forward to that special time to
read with you.
- Bring books with you on your outings.
Sitting under a tree and reading books
together can be a relaxing activity for both
you and your children.
- As you go about your daily activities, look
for letters and words together. Some
examples are: street signs, boxes, labels,
buildings, places of business, vehicles, etc.



Show that writing is important to you. As you are
making out lists and notes, let them know what
you are doing and why. Encourage your children to
write and draw indoors and outside.

These are only a few ideas to keep
reading throughout the summer!

Education Team



GETTING YOUR KIDS OFF TO A GOOD START IN KINDERGARTEN

Work on skills your child will need in Kindergarten
at home this summer. Here are some ideas:

Let your child do things on his/her own

- This helps them to learn to be more independent.

Help your child get along with others

- Do this by arranging play dates with children in the neighborhood who may be going to the same school.

Encourage your child to use language and explore words

- Do this by talking together often, reading together, going to the library, talking about signs you see, letting them see you read.

Set routines at home

- Set an early bedtime, regular mealtimes, establish daily chores and limit TV to an hour or less per day.

Go over safety rules

- Your child should know their first and last name, and possibly their address and phone number.

Help your child feel positive about school

- Talk about school in a positive way. You need to bring only positive feelings into your school discussions. They need to see your enthusiasm!

When your child starts Kindergarten, if you have concerns about their progress, talk to their new teacher. He/she may be able to ease your worries and keep your child on track.

SUMMERTIME



Who doesn't like to have an active and fun summer? Create your own fun with these free or next-to-nothing activities, perfect for summertime!

Catch fireflies -



Recycle a clean, clear jar with a lid for this activity. Poke holes in the top of the container. Wait until dusk and watch for the "flicker" of the lightning bug. Catch them and collect them in the jar. Remember to set them free when you are done.

Fun in a Fort -

Too hot outside? Rainy Day? Take the fun indoors and build a fort together using pillows, blankets, or kitchen table to create a fun little fort.



Game Night/Day -



Bring your board games outside. Find a shady spot and take advantage of daylight. You could also play Frisbee, catch, Hide and Seek, or other classic kids' games.

Star Gaze -

Bring out a blanket at dusk and enjoy the view.



Water Fun -



In the heat of summer, nothing feels better than getting wet! You don't have to pay the price of joining a pool or visiting a water park to have soggy summer fun. Hook up the hose or shoot off the sprinkler; Wash the car or the dog!

"We don't stop playing because we grow old; we grow old because we stop playing."

-George Bernard Shaw



Positive Playtime PCM

When: May 12th

Where: Taylor Park

Time: 12:30pm-2:30pm

SNACKS WILL BE PROVIDED, along with games, prizes, and fun!!

We encourage you and your Head Starter to come have some positive playtime fun. 😊

****If you are unable to attend in person, please send your family development specialist a picture/video of you having your own positive playtime.****

THE BENEFITS OF PLAY: Play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength.

<https://pediatrics.aappublications.org/>



May, 2021 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Q.T.I.P Quit Taking It Personally Encouragement 5pm to 6:30p.m.	5	6	7
10	11 Q.T.I.P Quit Taking It Personally Choices 5pm to 6:30p.m.	12 FDL Cty Family Picnic PCM @ Taylor Park 12:30-2:30 Policy Council	13	14
17	18	19 5-6pm Dietitian/parent Q&A	20 Non-Duration Classes Last Day	21
24	25	26	27	28
31 No HS Classes Memorial Day				



June, 2021 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Duration Classes Last Day	4
7	8	9 Policy Council	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		