



HEAD START CONNECTION

FEBRUARY 2022

A Publication of ADVOCAP's Head Start Program

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

FROM THE DIRECTOR'S DESK

Dear Head Start Families:

ADVOCAP's Head Start would like to assure families that we will continue to make every effort to keep our children and staff safe, healthy, and in school at all sites. Please have your child wear a mask to school and encourage good hand washing. Please let us know if your child is not feeling well and keep them at home if they are experiencing symptoms of Covid-19. Please let us know if you need assistance with Covid testing resources.

It's COLD out there! We want to thank families for their cooperation with transporting children. Due to a serious bus driver shortage, our program has purchased two Chevy Transit vans to assist with transportation. Our drivers are working hard to get children to and from school in a safe and timely manner. We appreciate your patience on those frigid days!

Our program is looking ahead to brighter days. We are committed to helping children, families and staff identify their strengths, set goals, and be successful in 2022!

Stay Safe!

Beth Zachwieja
Head Start Director



On behalf of ADVOCAP's Head Start, we would like to congratulate our new Policy council officers!

Chairperson - Shawn Ross
Vice Chairperson - Jasmine Ferguson
Secretary - Ivelisse Rivera
Delegate and Alternate to ADVOCAP's Board of Directors - Christina Fowler and Shawn Ross
WHSa Delegate and Parent Affiliate - Ajuana Hill and Lakesha Ford

Family Development Team

PARENTS AND TEACHERS TOGETHER

Home visits are going to be taking place mid-February at the centers. Please contact your child's teacher and schedule a visit today if you do not have this scheduled already. Remember this visit takes place at the Center this year, due to COVID. On Monday, February 14th (Ripon), Thursday, February 17th (FDL and FP), and Monday, February 21st (Berlin, NFDL, & PV) there will no classes due to parent teacher center conferences.

Our curriculum works best when teachers and parents work together. Each of us has something valuable to contribute.

We are trained in child development and early childhood education. We see how your child acts with other children and adults. We can also assess what your child is learning and how he or she compares to other children.

Only you have in-depth knowledge of your child. You know your child best, including their interests, fears, joys, patterns, and past. You are most familiar with the world your child is trying to understand.

This in-depth knowledge makes you central to your child's learning process and a very valuable resource for us as educators. If you share with us what is happening to your child at home, the arrival of a new baby, the death of a pet, nightmares, temper tantrums, trips, or separation, we can understand your child better. We can deal with both positive and difficult events through reassuring stories, soothing art activities, imaginative dramatic play, and extra love and attention.



Share your thoughts, ideas, and suggestions with your child's teachers. Home visits and parent/teacher conferences are two important times to discuss your child's experiences.

Education Team

TRANSPORTATION

It is very important to call the Transportation phone number to cancel the bus for pick-up of your child when they will not be in school.

- Call again when your child is ready to return to school. The



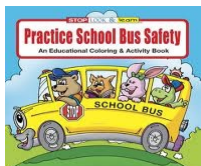
bus will not stop to resume pick-up until you call the Transportation phone number. The bus will NOT automatically resume pick-up on Monday....you **MUST** call to resume pick-up for the bus to stop.

- If you have a change in pick-up or drop-off addresses, we need a minimum of 72 hours notice to be sure your child can be put on the correct route, and it is not guaranteed that we will be able to make the change.

The transportation numbers for the centers are:

FDL & FP (920) 539-0159
PV 1-800-631-6617 or (920) 398-3907BUS

SAFETY



Your child will be learning the importance of **safety procedures for boarding and exiting the bus**. Safe riders have the responsibility to follow the safe boarding and exiting procedures on the school bus.

- Wait your turn
- Wait for the "OK" to load/unload signal
- Take one step at a time
- Hold onto the handrail
- Make sure your backpack is all the way on

Your child will model safe procedures for boarding and exiting the bus in a variety of classroom activities and practice on the bus they ride to school.

You can further foster this message by discussing expectations for safe procedures at home while unloading from the family car. Discussion could include parking for safety, holding hands with an adult, and avoid walking between parked cars into open areas.

Transportation Team

SCHOOL CLOSINGS

Notice of closings or delays will be announced by 6:30 am. Listen to the following radio station or TV stations for the announcement. It is also listed on their websites.

KFIZ AM 1450, WLUK-TV FOX 11, and WBAY TV

We will also send out text alerts to families as we receive information regarding school closings.

ALLERGY AWARENESS

Food allergies can be a scary and unknown topic that affects one out of every 13 children.

An allergic reaction to food happens when our immune systems overreact to a usually harmless protein in a food and then can cause symptoms like rash, coughing, sneezing,

shortness of breath, swelling and anaphylactic shock (a life-threatening reaction when someone is unable to breathe properly and may lose consciousness).

The top eight allergens in the U.S. are:

- Milk
- Eggs
- Peanuts
- Tree nuts
- Soy
- Wheat
- Fish
- Shellfish

It is common for food allergies to develop during childhood as the child is trying new foods and their immune systems are developing. It is important to be aware of what your child is eating and observe them eating a new food, especially one of the top eight allergens listed above, to notice if they might develop an allergic reaction. If an allergic reaction develops, contact your doctor or call 911 if the reaction is severe.

ADVOCAP's Head Start does not serve peanuts, tree nuts or shellfish and the other top eight allergens are listed on the menus. We also make it a priority to accommodate any children with allergies and substitute any of these foods for a doctor-recommended alternative.

If ever you have a question regarding your child's nutrition status or the food your child is served at ADVOCAP's Head Start, please contact the registered dietitian nutritionist, Ellen Miller at: 920-922-7760 (ext 3598) or ellenm@advocap.org.

**Content adapted from: FARE: What is a Food Allergy?*

Please send in all winter gear every day for playing outside if it is above zero degrees wind chill.

Please label your child's hat, gloves, boots, scarves, snowpants and coats with their name.

Also send in a pair of shoes for your child to wear in the classroom. Thank you!

BABY TEETH ARE IMPORTANT

Baby teeth are important for your child's overall health and development. Many parents do not worry too much about their children's baby (primary) teeth because they think that they are "just baby teeth" and will fall out anyway.



Children need their baby teeth:

- For eating healthy foods
- For speaking properly
- For holding space for the permanent teeth
- For guiding the growth of the face

If a child's baby teeth are lost too soon because of cavities, there may be problems when the permanent teeth try to come into the mouth. There may not be enough room for the new teeth.



To keep your child's teeth healthy:

- Serve a variety of nutritious foods
- Limit sweet or sugary snacks
- Clean your child's teeth every day by brushing and flossing
- Use fluoride toothpaste
- Schedule your child for dental exams and treatment

It is much easier to prevent problems than to allow problems to become serious.

Debbie Serwe, RN
Health and Disabilities Services Manager

Child Development Days and 4K screening, Green Lake County

Child Development Day will be held on Wednesday, February 23, 2022 from 8:00 a.m. to 2:45 p.m. at the Markesan Elementary School. We will be screening children ages 2 ½ to 3 ½. Please call Bev McElroy at 920-398-4301 to set up an appointment.

Markesan Elementary School will hold Four-Year-Old Kindergarten Screening on Friday, March 4, 2022, from 8 a.m. to 3:00 p.m. for children who plan to attend Four-Year-Old Kindergarten in the fall of 2022 (children must be four before September 1, 2022). The registration will be held at the Markesan Elementary School. Please Call Bev McElroy at the elementary school (920-398-4301) with your child's name, birthdate, and address to make an appointment for screening.

The Princeton School District is preparing for its annual 4K Roundup and Child Development Days. Children who will be 3 or 4 years old on or before September 1, 2022, are eligible to attend with their parents. Screening times are available on February 21, March 25, and April 18th. In an effort to keep everyone safe, we will screen students in individual timeslots so all materials can be sanitized prior to each screening. Please contact Heather Schultz at 295-6571 ext. 1409 to schedule an appointment for your child. Alternative screening dates are available.

Berlin School District - Child Development Day and 4K Screening will be held on Tuesday, March 15, 2022, from 12:00 p.m. to 7:30 p.m. and March 16, 2022, from 8:00 a.m. to 4:00 p.m. at Clay Lamberton Elementary School. We will be screening children ages 2 ½ to 4. Please call Clay Lamberton at 920-361-2004 to set up an appointment. All students entering 4K need to have a screen completed.

Students that are being screened for 4K should bring birth certificate, proof of residence (water/electric bill, etc.), and immunization record.

Green Lake School District will be having Child Development Day on March 19th, 2022, from 8:00 a.m. to 4:30 p.m. Please call the Green Lake School at 920-294-6411 to make an appointment.

If you have any questions, please contact your Family Development Specialist.

Education Team



READING TIPS to share with families

Surround your child with books. Help your child get a library card, because borrowing books from the library is free! Also, you can get inexpensive books at garage sales, thrift shops, and library book sales.

Choose books that both you and your child enjoy. Tell your child how much you enjoy looking at books together. Reread favorite books. Choose books in your home language if that is what you speak best.

Let your child choose which books to read. Letting your child read what interests him/her is one way for reading to be meaningful and enjoyable.



Find a comfortable space and make your book-sharing time special. Talk about what is happening in the story and, when possible, how the story relates to your child's life. Ask your child questions and give him/her time to respond. Discuss what happens in the story and point out details of the illustrations. Let your child ask questions. It's OK to stop and answer the questions, even if it interrupts the story.

Occasionally, run your fingers under the words as you read. Point out how words are read from left to right and from top to bottom. Explain that words are separated by spaces. Let your child tell you the story or take a turn "reading" the book to you.

Enjoy reading!!!!

Education Team

Sledding PCM!

Family Development and the Head Start Teachers are looking for some smiling faces to go sledding with!! Please join us!



When: Feb 25th

Where: Buttermilk Park

Time: 12:30pm to 2pm

Hot cocoa & treats provided!!

We do need an **RSVP** for this event to be sure that we have enough for everyone. If you miss the RSVP being sent home, just ask your Family Development Specialist.



WHAT'S UP?

February 10th

5 pm to 6:45pm

Head Start's Family Development Team will be hosting a monthly engagement session beginning Feb 10th.

The intention of the monthly series is to connect with parents and caregivers in a more personal way. Every session will include:

- *important monthly updates from Head Start classrooms
- *free community events
- *community resource focus
- *time for parent questions
- *wellness idea
- *parenting tips

ADVOCAP's Head Start firmly believes that as a parent, you are your child's first teacher. We want to support you and your family as best we can. A "What's Up" flyer will be coming home with your child soon! If you miss it, no worries! Call your Family Development Specialist :) and they will gladly assist you!!

All sessions will be virtual and the link will be shared by 9am the morning of each session.

We hope this will serve you well and look forward to seeing you!!!

.....And of course there will be a raffle!!!

Family Development Team



February, 2022 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Parent Cafe Positive Parenting 5pm to 6:30 pm (In Person) Children's Museum RSVP needed	4 PCM Mtg.
7	8	9 Policy Council 5pm-6:30pm	10 FDL Cty Mental Health and open consults @ FDL "What's Up?" 5pm-5:45pm (virtual program) see Newsletter for more info.	11 FDL Cty Mental Health staff consults @ FDL Checkpoints due
14 Ripon no classes	15 FDL Cty Mental Health and consults @ Ripon, PV	16 PV, Berlin, Ripon PCM DYI Sensory Bags Letter Recognition Activity 4:45pm to 5:30pm <small>Contact Family Development for more info.</small>	17 FDL, FP no classes	18
21 NFDL, Berlin, PV no classes President's Day	22 GL Cty Mental Health open consults	23	24 Wellness PCM Family Sledding Join us at Buttermilk from 12:30pm -2pm For hot cocoa, snacks & fun!	25
28				



March, 2022 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8	9 Policy Council	10 FDL Cty Mental Health open consults	11
14 PV, Ripon no classes	15 PV, Ripon no classes	16 PV, Ripon no classes	17 PV, Ripon no classes	18
21 Berlin no classes	22 Berlin no classes	23 Berlin no classes	24 Berlin no classes	25
28 FDL, FP no classes	29 FDL, FP no classes	30 FDL, FP no classes	31 FDL, FP no classes	