

Message from the Director

Dear Families,

As we are fast approaching the end of the school year, we face the inevitable goodbyes to our Head Start students that we have grown to love and cherish. That is the unfortunate part of the spring, it comes around so quickly and catches us all by great surprise. In the fall, some will return to Head Start and some will start an exciting new journey in your neighborhood schools. We will miss our families greatly and we are committed to partner with you and do our very best to ensure that these transition experiences from Head Start to Kindergarten are a positive one for everyone. April is a month not only are teachers and families busy conducting Parent Teacher Conferences & Home Visits but they are also gearing up for Kindergarten Transitions.

Transition activities for our Kindergarten eligible children and families are planned at each school to ensure opportunities are provided for smooth successful transitions. These activities are planned with only one thing in mind, which is to help you and your child connect with your local schools to help you begin building positive relationships with the people who will play significant roles in your child's lives. Transitions are a part of life and during the course of a child's life change is inevitable, knowing about children's development can help us understand how children respond to transition. When staff collaborate with families, they can learn how individual children experience change.





Parent Newsletter, Spring 2018

Message from the Director (continued)

Recruitment and Enrollment are an inseparable pair and another huge responsibility to ensure that our schools are full in the upcoming fall. We receive federal funds to serve a total of 888 children and although we want to retain our three-year-old children in hopes that they will return next year, we still need to actively recruit new Head Start eligible families. It is proven that word of mouth; parent to parent, and staff to staff are effective methods for reaching out to new families. Please be that powerful voice on our behalf and help us make this recruitment project an effortless process.

The Week of the Young Child (WOYC) is an annual celebration hosted by the National Association for the Education of Young Children (NAEYC) celebrating early learning, young children, their teachers & families. Our Peer Mentor group has planned wonderful activities for both Head Start & Early Head Start children, staff & families for next week the week of April 16th; we encourage families & community partners to come out this week and enjoy the festivities! Event list is below:

Since the warmer weather is here, we hope you and your family are able to get out, explore, learn, as well as, enjoy some much anticipated warmer weather. Happy Spring!

Tyra Larkin

Program Director



April 16-20, 2018

Events Happening At UAMS Centers

Monday 4/16/18 – Head Start has Talent

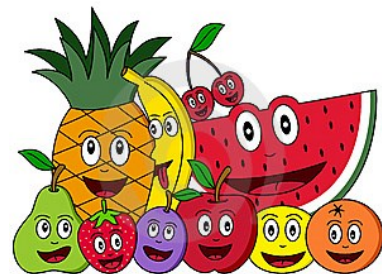
All Head Start / Early Head Start classrooms will show off their talent to the parents and children in other classrooms.

Singing, dancing, finger plays and more!!!!

Tuesday 4/17/18 – Tasty Tuesday

Food experience where children will make a **Fruit Slushy**

Come fly with me! – Children will make ring Kites and fly away!!



Wednesday 4/18/18 – (Work together Wednesday!)

Eco System (Terrarium with liter bottles)

Flower Pots – Decorate and plant seeds

Thursday 4/19/18 – Artsy Fun Day!

Paint Rocks and decorate our gardens

Art Gallery Displays – a walk through the original art show (displays throughout the rooms, outdoor and halls)

Making our own classroom art creation!

Friday 4/20/18 - Family Spring Fling

- Sack Lunches / Freeze cups (sidekicks for snack)
- Chips and dips (oh yum!)
- Bubble Bubbles and more Bubbles
- Face Paint
- Pickle Walk (EHS- muffins)
- Parachute Toss
- Tri-cycle RACES
- Sack Races
- Music
- Stickers, prizes and loads of fun!!!!



Important Dates for the End of the Year

April 13th-20th—Parent Teacher Conference and Home Visits

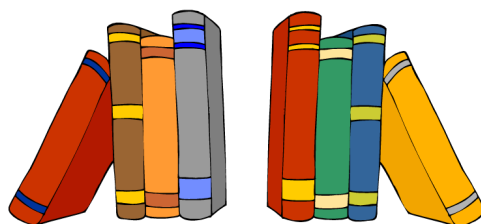
May 24th—LAST DAY FOR HEAD START

May 28th—Holiday (No School for Early Head Start)

Getting Ready for Kindergarten

Here are some activities for you do with to help get your child ready for Kindergarten.

| | | | |
|-------------------|---|---|--|
| April 2018 | Observe at preschool. What can your child do now, compared to last fall? | Encourage your child to be curious and become a critical thinker. | Visit the school and classroom. Try to see it through your child's eyes. |
| May 2018 | Ask if an end of preschool celebration is planned. Could you help? | Help your child continue to learn anytime and anywhere. Play "help me find the number" or "look for the letter A" at the grocery store. | Visit the new school with your child. What might be the same as preschool, or different? |
| June 2018 | Look around the classroom for ideas to bring home. Label things around the house, such as "door," "sink," "cup," etc. | Ask your family to help your child memorize your address, phone number, and neighborhood street names. Make it into a game. | Talk about the fun things that children learn when they are old enough to go to kindergarten. |
| July 2018 | Arrange playtimes with school friends over the summer. | Do something special together. Try cooking (for measuring and math) or a puppet show (for language and literacy). Encourage new ideas and share traditions! | Begin to get ready for the first day of kindergarten! What school supplies are needed? Can your community help provide them? |

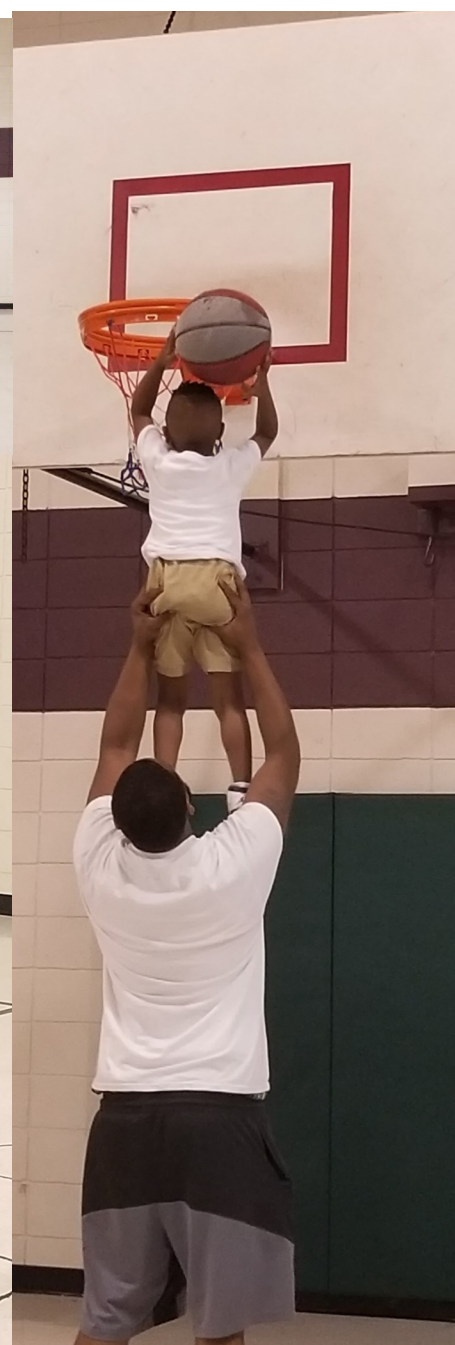


Tip: Get a library card at your local library. Ask the librarian to suggest books about going to Kindergarten.

School Happenings....

March Madness with Dads at MCH

Thank You Fathers , Uncles, and
Grandfathers who came out to play
basketball with our children.



School Happenings....

Gardening

Growing with Dads at Davis Head Start



Phenomenal Fathers

Father/Daughter Dance at Pulaski Tech



Magnificent Mothers

Mother/Son Dance at Pulaski Tech



Magnificent Young Men

Mother/Son Dance at Pulaski Tech



April is National Child Abuse Awareness Month

The Blue Ribbon is the International Symbol for Child Abuse

April is Child Abuse Prevention Month: In 1982, by Presidential Proclamation, April was declared Child Abuse Prevention Month. Since that time, child abuse and neglect awareness activities have been promoted across the country during this month. In 1989 in Virginia, the Blue Ribbon Campaign to Prevent Child Abuse had its early beginnings in a grandmother's tribute to her grandson who died as a result of abuse. She tied a blue ribbon to the antenna of her car as a way to remember him and to alert her community to the tragedy of child abuse.

The Blue Ribbon Mission: Encourage community and individual involvement in recognizing and preventing child abuse and neglect. Educate families, children, neighbors, organizations and communities on how to prevent child abuse and neglect. Assist families in achieving healthy parenting practices through education and resources. Empower individuals to intervene in abuse and neglect situations when appropriate.

Stand up for Child Abuse Awareness and Prevention!!!



Stay Tuned for More Details to Come...



Thank you to Mary Armstrong and Hobie from Able Paws for visiting a couple of our schools. We look forward to having them visit the rest of our preschools throughout the end of this year and into next school year.

Mary Armstrong is the president of the local Able Paws chapter. Able Paws is a volunteer organization and a community partner of the national Pet Partners program. Able Paws provide comfort animals to hospitals, schools, and airports. Hobie frequently visits local schools, Arkansas Children's Hospital, and Arkansas Heart Hospital. Hobie also travels to different states when crisis situations occur. For more information about this organization go to www.ablepaws-arkansas.com



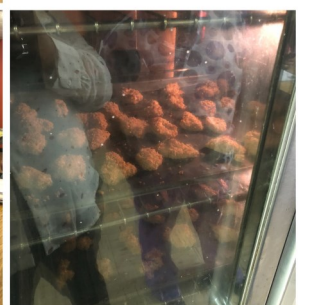
PFCE News...

Adults and Children Together (ACT): Raising Safe Kids Parenting Course



Cooking Matters Class

Cooking Matters partnered with us to help families to shop for and cook healthy meals on a budget, as part of their Share Our Strength's No Kid Hungry campaign.



Health Corner

School readiness begins with health!

INJURY

The **#1** killer of children in the United States.



End of the Year Celebrations

Outside Food Policy—Parents wanting to help their children’s classrooms celebrate special occasions must check with the site manager for recommendations on food and non-food items to bring.

REMINDER: NO OUTSIDE FOOD IS ALLOWED IN THE CLASSROOMS AT ANY TIME OTHER THAN APPROVED FOOD ITEMS FOR CELEBRATIONS.

Parents must bring enough snack items to feed each enrolled child and teacher in the classroom. The food service staff will prepare additional meal components as needed to meet the CACFP Meal Pattern Requirements.

Non-food items (stickers, pencils, books) are always encouraged.

ENCOURAGED FOODS FOR SPECIAL OCCASIONS

| | | |
|---|--|---|
| ✓ Cheez-It, Goldfish, or Animal Crackers | ✓ Dips (ranch, cheese, veggie) (all dips must be store bought) | ✓ Whole-grain cookies (Must Not Contain Nuts) |
| ✓ Fresh Whole Fruit* or Dried Fruit* | ✓ Yogurt cups, Go-gurt or Frozen Yogurt | ✓ Bagels and low-fat cream cheese |
| ✓ Pretzels* | ✓ Teddy Grahams | ✓ 100% Fruit Juice |
| ✓ Tortilla Chips & Salsa* | ✓ Vanilla Wafers | ✓ Jell-O Cups |
| ✓ Cheese (cubes, slices, string) | ✓ Whole-grain muffins (Must Not Contain Nuts) | ✓ Chex Mix* |
| ✓ Fresh Vegetables*, fruit cups in water or light syrup | | ✓ Rice Cakes (broken into small pieces for EHS) |

Cook's Corner: Celery Stop Lights

Here's a delicious healthy snack that staff and children can make in a Head Start classroom or at home with their families.

Ingredients

- 3 ounces low-fat cream cheese
- 3 red, yellow, and green bell pepper circles
- 1 stalk of celery cut into thirds

Directions

1. Spread the cream cheese into each of the celery pieces.
2. Place 1 red, yellow, and green bell pepper circle into the cream cheese to form a stoplight.

Makes 3 servings

Safety Tip: An adult should slice the ingredients.



Building for the Future

This child care receives
Federal cash assistance to
serve healthy meals to your children.
Good nutrition today means
a stronger tomorrow!

Meals served here must meet
nutrition requirements established by USDA's
Child and Adult Care Food Program.

Questions? Concerns?

Call USDA toll free: **1-866-USDA CND**
(1-866-873-2263)

Visit USDA's website: **www.fns.usda.gov/cnd**



United States Department of Agriculture
Food and Nutrition Service
FNS-317
June 2000
Revised June 2001

USDA is an equal opportunity provider and employer.

Are you aware that WIC is available for you and your infant/child. WIC provides healthy foods for infants, children, and pregnant, breastfeeding, or postpartum women. WIC also provides nutrition education for you and your family. If you are interested in applying for WIC services, you can contact your local Health Unit or ask the Site Manager at your Head Start location for more information.

The advertisement shows a young boy sitting at a table, looking thoughtful with his hand on his chin. On the table are two plates: one with healthy food (orange juice, lemons, tomatoes, and lettuce) and another with unhealthy food (a burger, fries, and a soda cup). In the background, there are logos for 'Arkansas Children's Nutrition Center' and 'UAMS'.

Brain Fuel Study

Is your child...

- 9-10 years old
- Right-handed?
- Over 80 lbs.?

Arkansas Children's Nutrition Center is investigating how nutrition and body composition affect a child's brain function and cognition. Contact us to see if your child is eligible to participate in the **Brain Fuel study**. Monetary compensation provided to thank you for your time during the three research visits.

Contact Us: **501.364.3309** ACNCStudies@archildrens.org
www.ArkansasChildrensNutritionCenter.com Like us on Facebook @ACNCresearch

Arkansas Children's Nutrition Center is studying how nutrition and body composition affects learning and retention. The Brain Fuel study is for right handed 9- 10 year olds that weigh over 80 lbs. Monetary compensation provided. 501-364-3309 or acncstudies@archildrens.org.

Education Station

Math is everywhere!

You don't have to be a preschool teacher or even buy special materials to help your children learn math! Learning comes naturally when children are given opportunities to play with objects and ideas!

To incorporate math into your child daily routine, include them in household tasks such as cooking, shopping, or doing the laundry. When cooking, help them count as they are putting ingredients into a bowl. When shopping, ask them to find you a bunch of bananas with the most bananas in it.

When doing laundry, ask your child to help you sort all of the blue clothes from the white clothes, or put all of the socks in a pile for folding. Here are some activities you can do with your child. Be creative, and have fun!

- Count the stairs, up and down.
- Match objects as they dress - one sock for each foot or one shoe for each foot.
- Sort things in the kitchen cabinet or junk drawer.
- Use measuring spoons and different size containers in the bathtub.
- Put away groceries -Which is heavier/lighter? Which one is round or square?
- Gather leaves from outside. Sort them by color or shape.
- Arrange objects in repeating patterns such as red, blue, red, blue, red, blue or big, little, big, little and so on.



What is STEM?

Science, Technology, Engineering, and Mathematics Science: Observing/ experimenting, making predictions, sharing discoveries, and wondering how things work. Technology: Using tool (pencils, magnifying glass, scales) to create. This is not the use of screen technology like computers or tablets.

Engineering: Solving problems, using a variety of materials, designing/creating, and building. Math: Sequencing (1, 2, 3, 4...), patterning (1, 2, 1, 2, 1, 2...), and

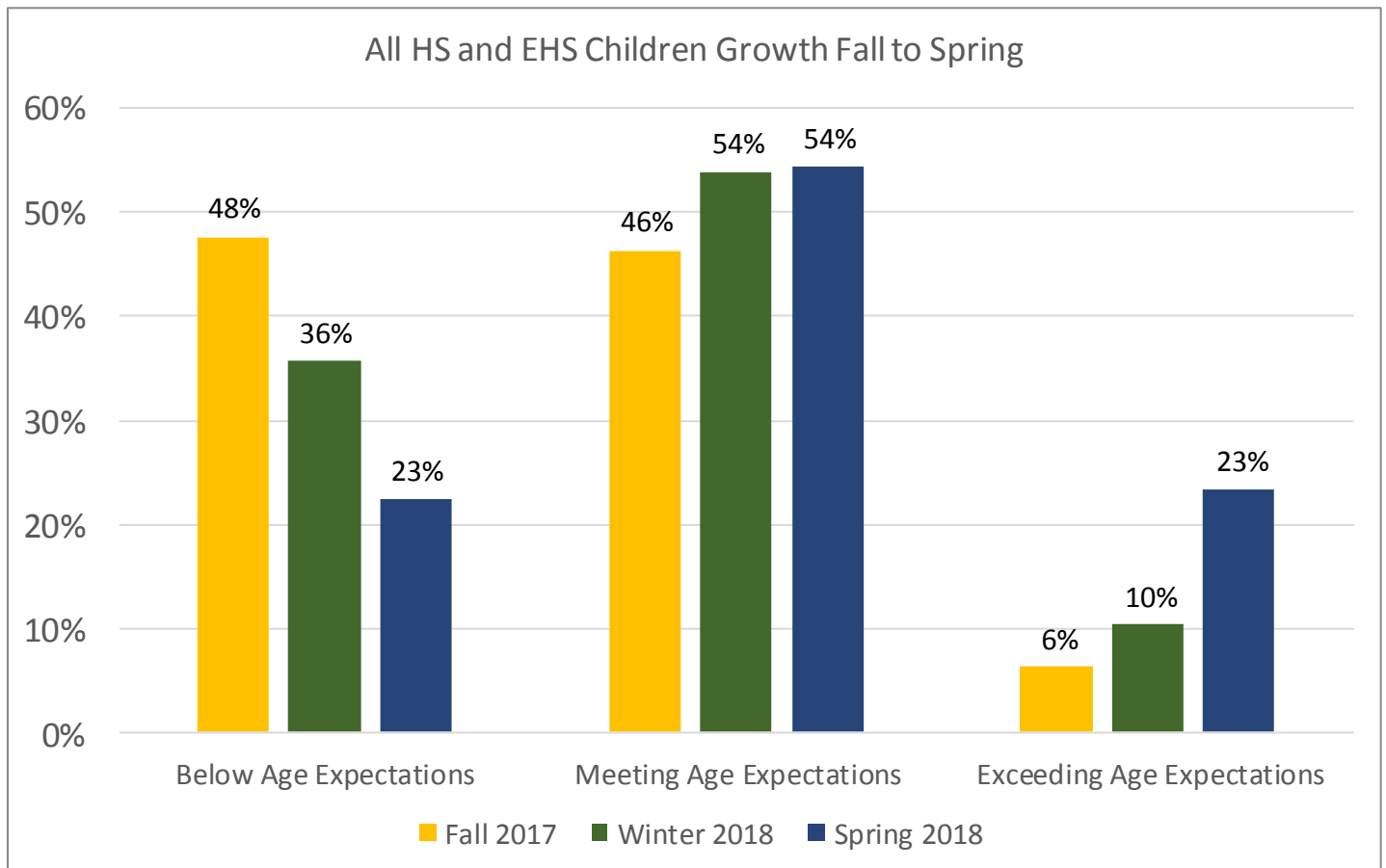
exploring shapes, volume (holds more or less), and

size (bigger, less than). UAMS Head Start is proud to inform our parents we have had an opportunity to order STEM materials to enhance our children's learning in all our Head Start classrooms. We had a training day from the Lakeshore Learning to show teachers how to implement and enhance our math and science in classrooms. We encourage parents to volunteer and come and play in our classrooms and experience hands on learning!



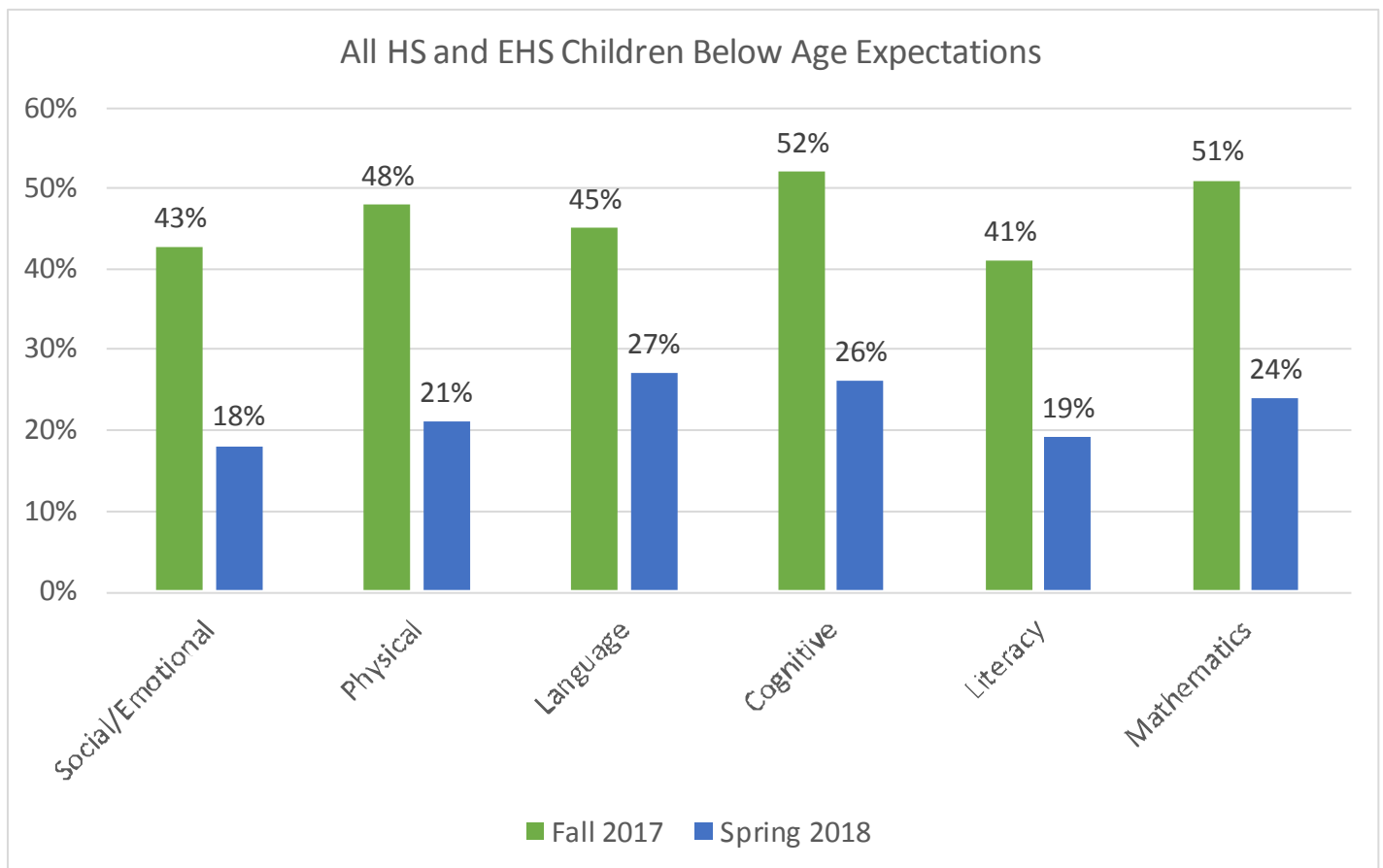
School Readiness

As you can see, almost half of our children started the year below their age expectations for their overall development and learning and a little less than half of our children were meeting their age expectation at the beginning of the school year. Through the year, many of these children met or exceeded their age expectations.



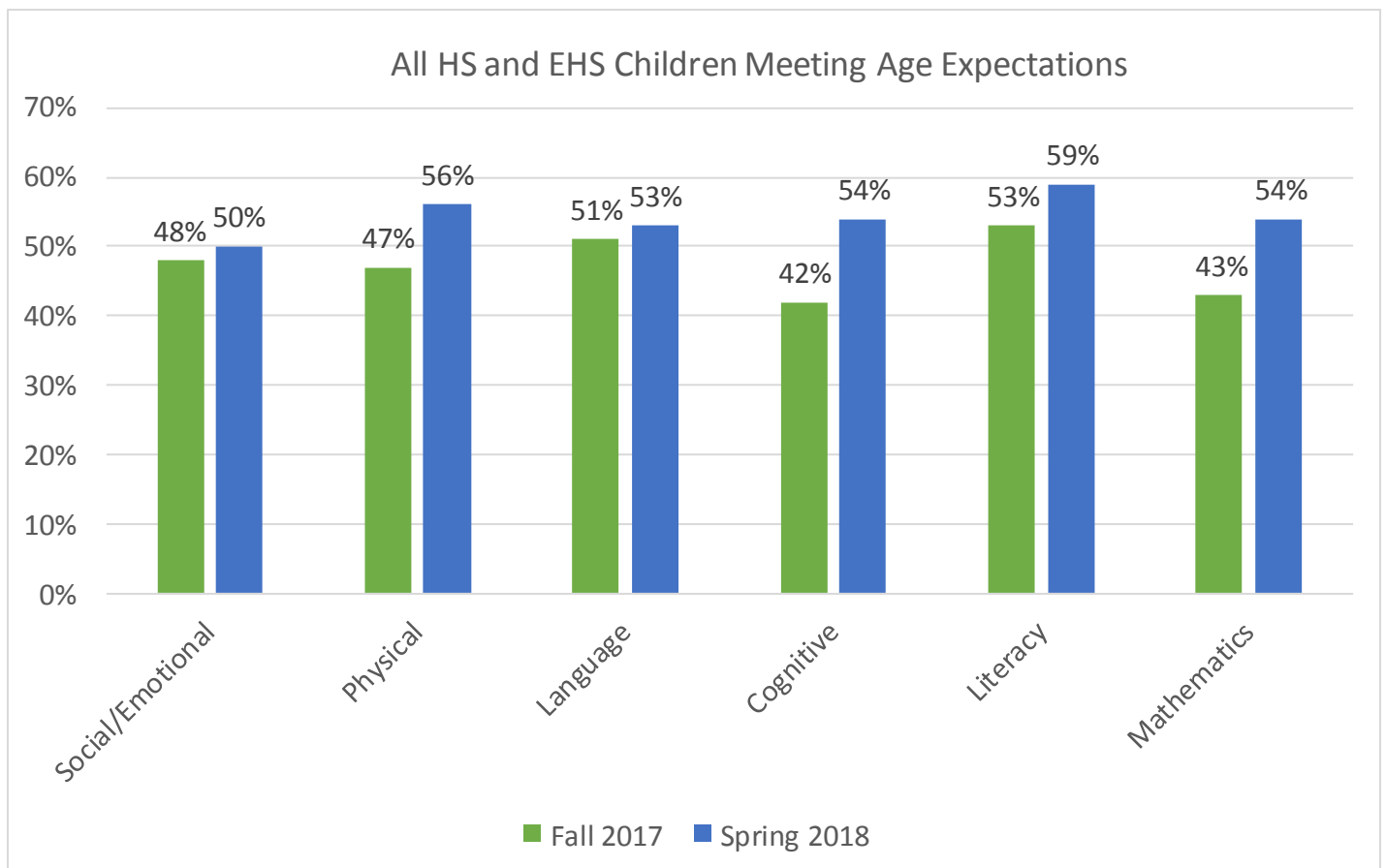
School Readiness

More 50% of our students started below their age expectation for cognitive development and mathematics learning. By the end of the school year, only a quarter of students were still below age expectations for these areas. Through the work our staff and families do with children throughout the year, we were able to cut the percentage of students below age expectations for cognitive development and mathematics learning in half.



School Readiness

In the Fall we had less than 50% of our students meeting age expectations in Social/Emotional, Physical, Cognitive and Mathematics. By the Spring, each of these percentages had increased to 50% or higher with the largest gain in Cognitive Development from 42% to 54%.



School Readiness

Few of our students began the year above age expectations. However, by the end of the year almost one third of our students were above age expectations for all areas of development and learning. The largest growth was in the area of social and emotional development. Social and emotional development are a large focus of our program because “positive social and emotional development in the early years provides a critical foundation for lifelong development and learning.”

(Social, eclkc.ohs.acf.hhs.gov)

