

March / April 2023

# Head Start Newsletter for Parents of Preschool Children

Northeast South Dakota Head Start Program , Inc.  
200 South Harrison Street, #1 Aberdeen, SD 57401

Head Start is now taking applications for the 2023-2024 Program year. Children need to be 3 or 4 years old by September 1st. If you know of any interested families, please have them contact the Family Services Coordinator in their area or call the Head Start Office at 605-229-4506 for an application. Applications may also be obtained from our website at <http://nesdhs.org/>.

## Dates to Remember

**March 12**

Daylight Savings Time  
Begins

**March 14**

Policy Council and Board of  
Director's Meeting

**April 10**

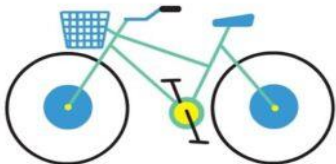
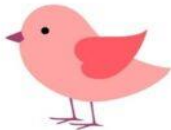
Holiday-Easter Monday

**April 11**

Policy Council and Board of  
Director's Meeting

## Spring Scavenger Hunt

Circle or X out the item when you find it.



crayon freckles



# Huron Center Newsletter

Hello from the Huron Center! We are back into the swing of things after Christmas Break...Hope everyone else is as well! This year sure is flying by fast, and we are having a great year.

The teachers, here in Huron, are currently busy scheduling their next home visits and conferences. Our Family Service Coordinator is also working to finish up home visits that had to be cancelled due to weather back in December. It sure has been a crazy year of weather! I suppose we deserve it after having mild winters the last few years. This winter put a bit of a damper on some fun activities we had scheduled and ultimately had to cancel. The kids were SO excited to do a music program for their families and were disappointed when the weather was not very friendly. Though it was bitterly cold, we were also still able to do a toy giveaway with donations from staff and customers at Prostrullo Motor Sales. We had a great turnout of 26 families for this event. Those unable to make it had their gifts delivered to them in January, once school started back up. We were also generously donated 60 blankets by a family in the Huron area and we were able to give a blanket and two books to each of our kiddos as well!

Our January parent activity was a “crash course” on the Conscious Discipline curriculum that we have begun using in our classrooms. We had a great turnout with 14 families participating! In the coming months and next year, we hope to teach parents more about Conscious Discipline and how they can utilize it within their homes. February’s activity will be a follow up on Conscious Discipline and a discussion on how families would like to incorporate this into future activities.

January brought more (extreme) cold weather, and it seemed like the kids would never be able to play in the snow! We have been very thankful for the warmer weather that has come our way this first week of February, and I think the kids have enjoyed it also! After having a hiatus for Christmas break, the Huron Public Library Children’s Librarian was able to come in and read to our kiddos at the beginning of February. We hope the weather holds out for her to continue to come the first Tuesday of each of the coming months! Also, in February comes our annual Friendship Party here at the Huron Center. The teachers are busy making newspaper hats with their classrooms! The kids will have an opportunity to decorate muffins, practice their manners, and celebrate their friends here at Head Start. March brings us a visit from Jean at Delta Dental. She will be giving each classroom a presentation on dental hygiene and will provide a new toothbrush, toothpaste, and floss for each child as well. We have heard she puts on a pretty good show, so are excited for her to come visit us on March 16<sup>th</sup>!

Just as a helpful reminder – with cold temperatures please make sure your child has snow pants, boots, coat, hat, and gloves! Even with it being nicer as the day goes on, it’s still chilly in the morning when they get on the bus. The classrooms are going outside on nice days, so please make sure they have appropriate gear for playing in the snow. If you need help getting these items, please reach out to Rebecca for assistance!

Also, please continue to be mindful of policies regarding sickness. **If your child has the following symptoms, they should be cared for at home and NOT sent to Head Start: An elevated temperature of 100° or more – must be fever-free for 24 hrs. without the use of fever reducing medications (i.e., Tylenol, etc.,) if your child has a contagious disease, if your child complains of not feeling well or complains of pain, if your child has been vomiting or has diarrhea – must be without symptoms for 24 hrs.** If your child is sick, please call as soon as you know they won’t be attending school, so the bus driver can be notified. When your child is feeling better and ready to return, please call to let us know to pick them up!

We are hoping to schedule a fun field trip activity before the end of the year – more information will be coming to our parents in the coming months! We hope everyone is having a great year so far – here in Huron we can’t believe it’s already 2023! Have a great rest of the school year, and here’s hoping Spring comes early!



Parachute fun in Jese's AM class!



Dancing in Kristen's AM class!



***A walk to the park before the snow!***

Jese's PM class



Kristen's PM class





## *Performing Santa, Santa where's your hat for staff.*



## *Making paper hats for the Friendship Party!*



## Green Newsletter

Sally Wulf is the Green Group Home Visitor. She is working on letters of their name each week. Sally also brings educational items into the homes to help parents teach developmentally appropriate activities to their child; some themes so far have been shapes, body parts/hygiene, fire safety, colors and fall, winter, alphabet, and farm animals.

The group socializations meet every other week at the Millerdale Colony - we are halfway done with groups. Many activities are being planned, such as making learning games for the families to play at home. We have made some bath crayons, foaming hand soap, stenciled snowflake signs, and playdough.

We are looking forward to wrapping up our year with a field trip and picnic!

## NORTHWESTERN

Our Head Start is in collaboration with the Northwestern Preschool, Head Start does provide monthly parent/child activities for all children and parents to attend - we have had good parent participation this year! We also got a new Education Coordinator this year - we welcomed Brandy to our team- other team members are Jessica Remily - Teacher, Alana Sparling - Teacher Assistant and Bonnie Cole -Family Service Coordinator.

Miss Jessica has been teaching self-help skills, letters of the alphabet, counting, rhyming, and getting along with others.

We will end our year putting on a program for the parents!

## REDFIELD

It's hard to believe that school is half over! The children have settled into a nice routine... making new friends, taking turns in talking, learning a lot of self-help skills along with sitting family style at the table. We have been juggling with the cold/snowy winter with late starts and now doing some make up days.

We were surprised with a fire in the building on Christmas Day, which led to a later start than normal in January - the kids got an extra 2-week break, while staff were working hard to get the Center back to normal.

The monthly parent meetings will consist of school readiness activities! We have parent /children's activities monthly and have great parent participation. The parents enjoy making things they can take home and use.

We are just so happy to be up and running back to normal after the fire!

## Oral health resources

Want to really wow the Tooth Fairy? Teeth in tip-top condition will do the trick. These articles can help keep kids' teeth healthy.

### BABY TOOTH TRUTHS & MYTHS

**MYTH:** Baby teeth don't matter because they're going to be replaced by permanent ones anyway.

**TRUTH:** Unhealthy baby teeth can mean unhealthy permanent teeth since bacteria can be passed down from the top tooth to the one waiting underneath.

**MYTH:** A baby's oral health isn't a big deal until the first tooth appears.

**TRUTH:** Healthy gums are just as important as healthy teeth – babies' gums need to be cleaned after every meal.

**MYTH:** Baby teeth have no effect on permanent teeth.

**TRUTH:** Baby teeth can have a huge impact on how permanent teeth come in. Among other things, the way they are arranged helps kids speak clearly while providing room for their permanent replacements.

**MYTH:** Dentist appointments can wait for a few years.

**TRUTH:** Babies should visit the dentist by their first birthdays for an assessment of growth and development.



### PRESCHOOLERS (2-5) Why you should baby those primary teeth

- Although primary teeth, or baby teeth, are only around for a short period of time, they play a lasting part in your child's development.
- It's easy to think that those teeth aren't as important since permanent counterparts quickly replace them, but decayed baby teeth can cause a host of problems for children.
- Those "temporary" teeth help make adequate space in the mouth for permanent teeth — if some of them are missing because they had to be pulled, it could result in "crowded" permanent teeth. The spacing and structure of primary teeth also help children develop clear speech.
- Missing teeth can make it difficult for children to chew certain foods, possibly causing them to have an aversion to nutritious crunchers such as celery and carrots.
- Healthy baby teeth also kick off good oral health in more ways than one. For starters, taking good care of primary teeth will help your child develop good habits for when the permanent set of 32 eventually come in.
- With this, having a healthy baby tooth can also mean the permanent tooth underneath will be in good condition when it pops out. Conversely, the bacteria from a decaying baby tooth could spread to the healthy permanent tooth underneath.



# Spring



## COLOR BY NUMBER



1



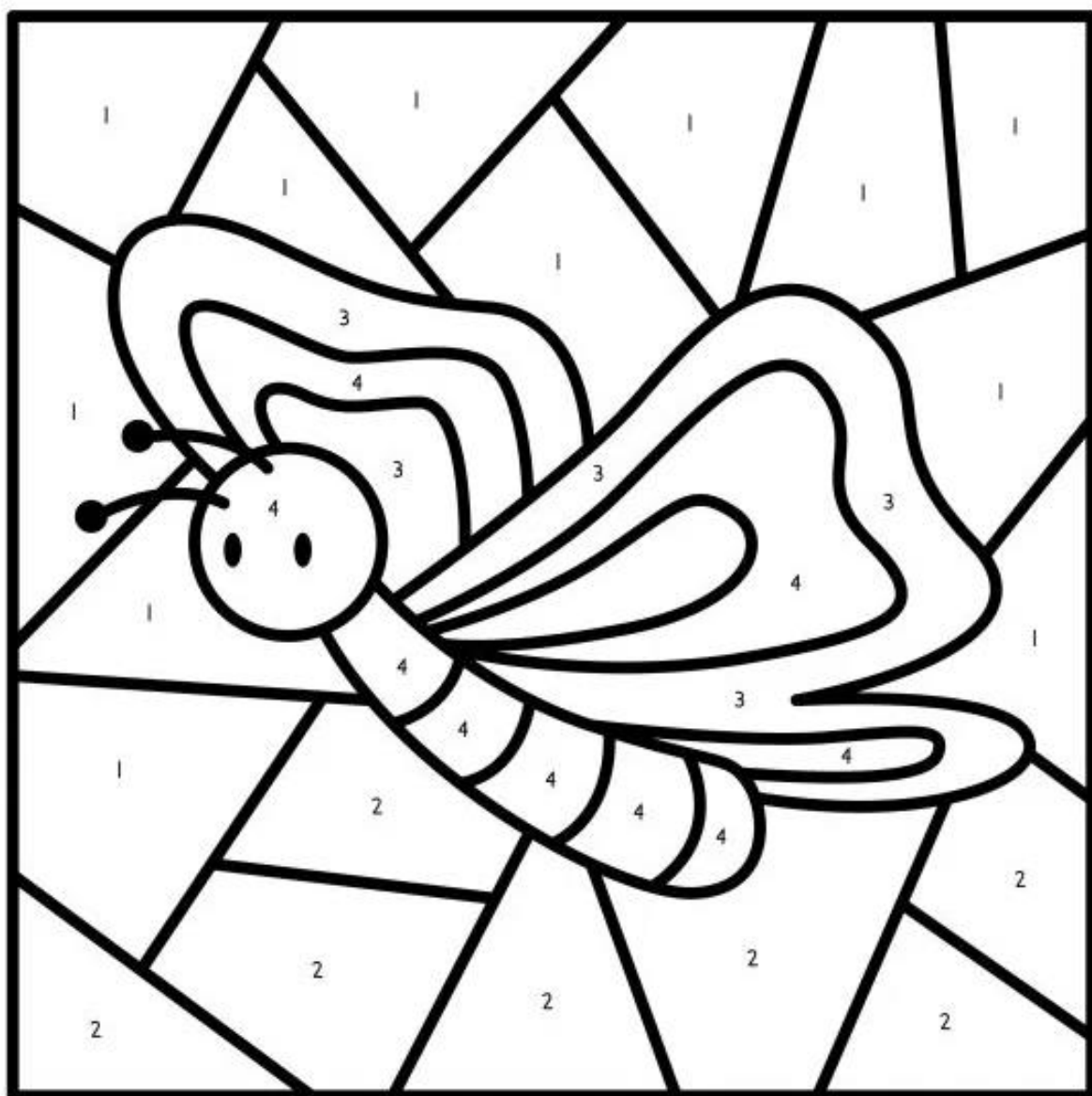
2



3



4





# Healthy Snacks with Smiles

At child care, we offer a variety of healthy snacks for your child. Think of snacks as mini-meals. They help provide the nutrition and energy your child needs to grow, play, and learn.

Your child is offered at least two of the following types of foods at each snack:

## **Milk** (½ cup)

**Examples:** ½ cup low-fat (1%) milk, ½ cup fat-free (skim) milk

## **Meat or Meat Alternate** (½ ounce equivalent)

**Examples:** ¼ of large egg, ½ ounce of cheddar cheese

## **Vegetables** (½ cup)

**Examples:** ½ cup of cucumber slices, ½ cup of bell pepper strips

## **Fruits** (½ cup)

**Examples:** ½ cup of berries, ½ cup of peaches

## **Grains** (½ ounce equivalent)

**Examples:** 4 whole-wheat saltine crackers, ½ slice of whole-wheat bread

## Activity for Kids

Find these objects in the big picture:

- ☐ Carrot
- ☐ Egg
- ☐ Pear
- ☐ Cracker
- ☐ Milk





## Fun Snacks

There are many easy ways to make healthy snacks fun. Try these ideas at home.

### Fruity Faces

Create smiley faces with pieces of fruit.

### Dippin' Vegetables

Thin strips of bell pepper and low-fat dressing or hummus (bean dip) make a great snack.

### Smart Drinks

Plain water and low-fat milk make great beverage choices for snack time.

### Snacks-to-Go

Decorate sandwich bags or fruit cups with markers or stickers. Healthy snacks can also come in fun packaging.

### Super Shapes

Use cookie cutters to cut fun shapes out of sliced whole-grain bread, watermelon, low-fat cheese, and more.

Offering a variety of healthy foods as snacks helps kids get the nutrients and fiber they need for good health.

