

Head Start Newsletter for Parents of Preschool Children

Northeast South Dakota Head Start Program, Inc.

200 South Harrison Street, #1 Aberdeen, SD 57401

Green Group

The group socializations meet every other week at the Millerdale Colony –there are 9 families enrolled in Home Base. We have had only 2 groups so far!

We kicked off our year by making playdough and playdough name mats. Here is a non-cooked playdough recipe.

1 Cup Flour

½ cup salt

½ cup water

1 Tablespoon oil

Food coloring ---10 to 15 drops



We are looking forward to a fun - filled educational year!
-Green Home Base

REDFIELD CENTER

We have settled nicely into a routine and are learning how to make friends! We enjoyed the nice fall weather on our playground, the children love being outside! We will be starting a study on trees soon.

Conferences are just right around the corner. The children are also enjoying the Conscious Discipline we are doing in the classroom, especially the breathing, greeting song, and the wish well board!

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. Looking forward to a wonderful year!

-The Redfield Center

What's Happening

November 10

Veterans Day (observed)

November 11

Veterans Day

November 14

Policy Council & Board of
Directors Meeting

November 23-24

Holiday-Thanksgiving

December 8

Staff In-Service

December 12

Policy Council & Board of
Directors Meeting

December 20

Last Day for Child Services
until January 3rd for
Extended Day Classes &
January 8th for Double
Session Classes.

Newsletter

Huron Center

Hello from the Huron Center! The 2023-2024 school year is well underway!
So far, we are having a great year!

We started the year off with a Parent/Child Orientation Day on September 5th and the first day of school was September 6th. Our kiddos were so excited for the first day of school and have continued that excitement through the first month! Our first Parent/Child Activity was held on September 28th.

We had a **GREAT** turnout with 21 families attending to paint pumpkins. We were so excited to receive a donation of pumpkins from Baysinger Farms in Woonsocket, SD. We also had a learning session on bullying. Each family received a handout explaining how to teach children about bullying and a feelings chart from Conscious Discipline to help their children identify their own emotions.

In October we will be doing our Parent/Child Activity on the 26th and will be making Cloud Dough along with letter and shape play dough mats. Getting the messy activities out of the way right away!!

Teachers will be doing progress reports and scheduling home visits within the next month. Our fingers are also crossed we can do a Winter Program for families this year – hoping the weather holds out better than it did last school year!

Hope you all are having as good of a year as we are in Huron!

Just as a helpful reminder – with cold temperatures quickly approaching please make sure your child has snow pants, boots, coat, hat, and gloves! If you need help getting these items, please reach out to Rebecca for assistance! Snow & cold will be here before we know it!

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



Teaching Kids Not to Bully

Let your child know that bullying is not OK and can bring serious consequences at home, school, and in the community if it continues.

- ♦ **Take bullying seriously.** Make sure your kids understand that you will not tolerate bullying at home or anywhere else.
- ♦ **Teach kids to treat others with respect and kindness.** Teach your child that it is wrong to ridicule differences like race, religion, appearance, special needs, gender, economic status, etc.
- ♦ **Learn about your child's social life.** Look for insight into what may be influencing your child's behavior at school.
- ♦ **Encourage good behavior.** Positive reinforcement can be more powerful than negative discipline.

If you behave aggressively — toward or in front of your kids — chances are they will follow your example. Instead, point out positives in others, not negatives.

As frustrating as it can be to help kids stop bullying, remember that bad behavior won't stop on its own. Think about the success and happiness you want your kids to find in school, work, and relationships throughout life.

Curbing bullying now is progress toward those goals!



Anti-Bullying Toothpaste Activity

When it comes to anti-bullying activities, this one is so easy to recreate – all you need is a tube of toothpaste, toothpicks, and a paper plate – but the lesson it teaches is very powerful. Have your child squeeze all of the toothpaste out of a tube of toothpaste onto a plate, and when they are done, ask them to put the toothpaste back into the tube using toothpicks. It won't be long until they realize the task is impossible, at which time you can engage them in a discussion about bullying. Help them understand that, just like you cannot put toothpaste back into a tube, you cannot remove the pain caused by saying hurtful things to others.

Please register for AveraChart or Sanford Health to get your child's needed vaccination records turned in as soon as possible!

AveraChart

AveraChart is an easy way to access your health care information, interact with your care team, and be a more active partner in your own health care. [New users can register](#) for AveraChart or [log in](#) if you already have an account. You may bookmark this page in your browser or smartphone favorites for easy future reference. **AveraChart features include:**

- Message your care team or physician.
- Manage appointments.
- Request prescription refills.
- Read and review test and lab results, and your physician notes.
- See appointment times and request appointments with select providers.
- Easy access to find important information like vaccination history and medications.

AveraChart lets you do all of these things and more on your smartphone, tablet or computer.



Download the
AveraChart App



Virtual Visit Guide

Prior to your virtual visit, download the guide on how to get ready for your

SANFORD HEALTH



Communicate with your doctor

Get answers to your medical questions from the comfort of your own home



Request prescription refills/renewals

Send a refill/renewal request for medications



E-Visit

Interact with us when – and where – it's convenient for you

[Learn more →](#)



View your insurance

Access your insurance plan details including out-of-pocket maximums, benefit balances, claims detail and more.



Access your test results

No more waiting for a phone call or letter – view your results as soon as they are available



Manage your appointments

Schedule your next appointment, or view details of your past and upcoming appointments



Video Visit

Schedule a real time video interaction instead of traveling to the clinic

[Learn more →](#)



Commit to your health

Sanford Health Plan offers an online wellness portal to make it easier to commit to your health and well-being. Access your wellness tools inside MyChart today!

[Show Password](#)

Sign In

[Forgot username?](#) [Forgot password?](#)

New User?

Sign Up for Yourself

Request Access to Another Person

Pay Online

Pay as Guest

For medical emergencies,
dial 911.



DELTA DENTAL®

South Dakota Medicaid Dental Care for Kids

Covered Services

- Two exams per year
- Two cleanings per year
- Two fluoride treatments per year
- Dental sealants for permanent molars
- X-rays
- Fillings
- Removal of teeth
- Stainless steel crowns
- Permanent crowns on front teeth for kids 12 and over
- Root canals

Non-covered Services

- Permanent crowns on back teeth
- Tooth implants
- Bridges (to fill a gap between teeth)
- Cosmetic procedures

Please Note

- Braces are only covered when the child has an extreme need due to difficulty eating, chewing, speaking or breathing.
- Your dentist will ask for approval from Medicaid before doing some services.

DSS 
Strong Families - South Dakota's Foundation and Our Future

DELTA DENTAL®

Healthy Smile, Happy Child

- Brush two times a day
- Floss every day
- Drink tap water-it has fluoride to make your teeth strong
- Avoid sugary drinks like pop, juice and sports drinks
- Visit a dentist two times a year



Tooth Tips



Sealants and fluoride protect teeth from nasty sugar bugs that cause cavities.



Find a dentist at InsureKidsNow.gov or call 1-877-841-1478.



Don't forget to make and keep your appointments.



Kids should visit a dentist by age 1.



It's good to have a regular dentist.

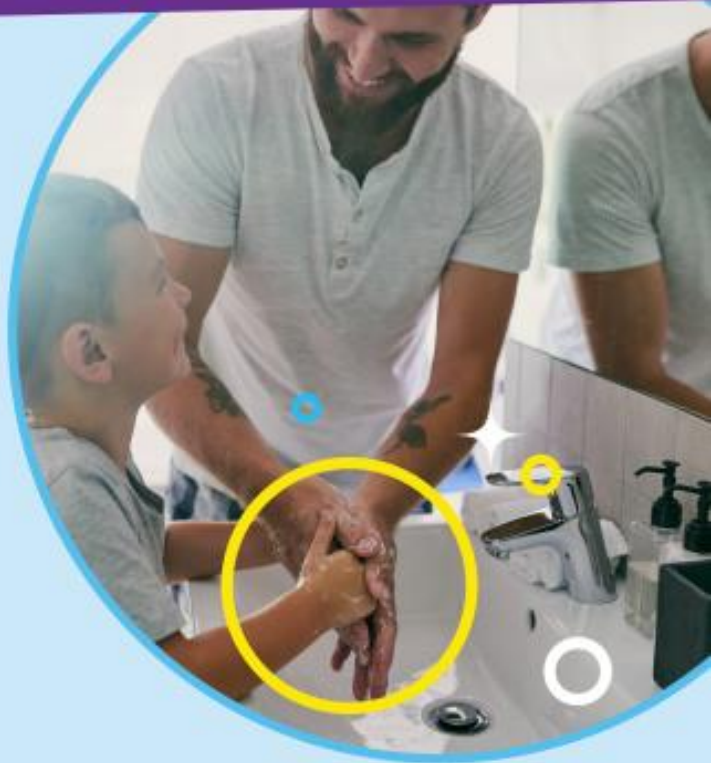


Kids With Healthy Teeth Do Better In School

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

**CLEAN
HANDS**



www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



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Help Your Child Succeed in Preschool: Build the Habit of Good Attendance

Early School Success goes hand in hand with good attendance!

DID YOU KNOW?

Showing up on time every day is important to your child's success and learning from preschool forward.

Missing 10 percent of preschool (one or two days every few weeks) can

- Make it harder to develop early reading skills.
- Make it harder to get ready for kindergarten and first grade.
- Develop a poor attendance pattern that's hard to break.

High quality preschool programs have many benefits for your child. The routines your child develops in preschool will continue throughout school. You can make the most of preschool by encouraging your child to attend every day!

WHAT YOU CAN DO

Work with your child and his/her teacher to help your child develop strong attendance. Your enthusiasm is a big boost to success.

Talk about it – sing about it – make it an adventure!

- Set a regular bed time and morning routine
- Lay out clothes and pack backpacks the night before
- Share ideas with other parents for getting out the door on time

Before the school year starts:

- Find out what day preschool starts and start the exciting count down!
- Make sure your child has the required shots.
- Attend orientation with your child to meet the teachers and classmates.

Ready – Set GO!

- Develop back-up plans for getting to preschool if something comes up
- Ask family members, neighbors or other parents to lend a hand if you need help dropping off or picking up your child
- Schedule medical appointments and extended trips when preschool is not in session
- If your child seems anxious about going to preschool, talk to the program director, teacher, your doctor or other parents for advice. If the problem persists, make sure the program is a good fit for your child.



How to Share Books with Your Preschooler

Even children in preschool can enjoy books and learn from sharing books with you. Sharing books with your children can help them learn to talk better and get them ready to listen and learn in school.



Making Books A Part of Your Child's Bedtime Routine

Set aside 20 to 30 minutes with the TV off for sharing books as part of your regular bedtime routine. Regular bedtime routines started when children are young help prevent future bedtime struggles. Teaching your children how to fall asleep alone by putting them in bed awake helps prevent future night wakings.

4 Year Olds Can:

- Tell you which books they want to share with you.
- Pretend to read a favorite book aloud to you.
- Tell you how a story is like things they have seen or done.
- Ask you questions about books you are enjoying together.
- "Correct" you if you skip a word or page in a favorite book.
- Tell you the story in a favorite book in their own words.

What Parents Can Do:

- Find a quiet, comfortable place for book sharing.
- Ask your child to tell you about the pictures and the story.
- Respond with enthusiasm to your child's questions and comments.
- Ask your child to show you all the things in a picture that are alike in some way. You can say: "*Can you find all the blue things?*" or "*Show me all the things that can fly.*"
- Point out colors, shapes, numbers and letters in their books.
- Take your child to your local public library to borrow books or to enjoy *Story Time*.

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Colorful Fruits

At child care, we include a variety of fruits at meals and snacks. We serve fruits because they:

- Add color, texture, and flavor to meals and snacks.
- Provide vitamins and minerals for your child's growth and play.
- Provide fiber to help prevent constipation.
- Help your child learn healthy eating habits.

Recipe: Baked Sweet Potatoes and Apples

Baking apples and sweet potatoes together creates a tasty side dish that both kids and adults enjoy. Braeburn, Gala, Honey Crisp, Jonagold, or Jonathan apples work well in this recipe.

Makes:	Preparation time:	Cook time:
6 servings (½ cup)	7 minutes	40 minutes

Ingredients

- 3 tablespoons brown sugar, packed
- ½ teaspoon cinnamon, ground
- ¼ teaspoon salt
- 2 cups sweet potatoes, peeled, ½-inch cubed
- 3 cups apples, peeled, cored, ½-inch cubed
- 1 tablespoon canola oil
- ¼ cup orange juice
- Nonstick cooking spray

Directions

1. Preheat oven to 350 °F.
2. Lightly coat a medium baking dish (8-inch X 8-inch) with nonstick cooking spray.
3. In a medium bowl, combine brown sugar, cinnamon, and salt.
4. Toss sweet potatoes, apples, oil, and orange juice in the cinnamon-sugar mixture.
5. Place the sweet potato and apple mixture in the baking dish.
6. Cover with foil and bake for 40 minutes, or until the sweet potatoes are tender.
7. Serve ½ cup.

Try a Rainbow of Fruits

Encourage your child to try fruits of all different colors. There are fruits for every color of the rainbow.

Red

strawberries,
cherries,
raspberries

Orange

oranges,
nectarines,
peaches,
cantaloupe

Yellow

bananas,
pineapples

Green

kiwi, grapes,
apples

Blue & Purple

blueberries,
plums, grapes

Make Your Own Rainbow!

As your child tastes different fruits, encourage him or her to color the section on the rainbow that matches the color of the fruit. Display the complete rainbow at home or share it with us.

