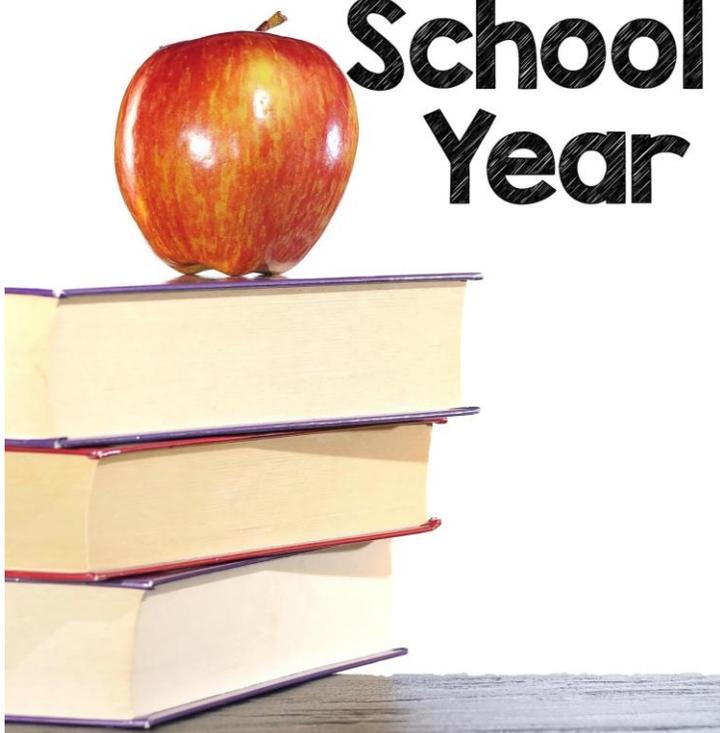


Holy Cross Head Start Inc



2017-2018 SPRING/SUMMER NEWSLETTERS

Celebrating the end of the **School Year**



Message from the Executive Director

Mr. Cortland Purks:

Dear Parents,

As the school year comes to an end, we have worked very hard to ensure that your child is kindergarten ready.

We wish you much success in the future. For those returning we will see you in September. Have a safe and happy summer!

Cortland Purks

Cortland Purks
Executive Director



What Causes Cavities?



- We all have germs in our mouths called "Strep Mutans" and "Lactobacilli."
- The combination of germs and carbohydrates (sugar and starches) creates an acid that attacks teeth for up to 20 minutes.
- Plaque is a sticky film that is constantly building up on our teeth, and is made from the germs and their byproducts.
- Germs will never be completely gone from our mouths—the goal is to keep them under control by brushing and flossing.
- Repeated acid attacks on our teeth can make cavities.
- Cavities must be treated by a dentist.

Cavities are Preventable!

- Cavities are almost 100% preventable.
- Brush twice a day, two minutes at a time, with small amount of fluoride toothpaste—smear the size of a grain of rice until age 3, the size of a pea after that. Floss once a day as soon as teeth touch!
- Get a dental checkup twice a year. Medicaid and most dental insurance plans cover two preventive visits each year.
- Ask the dentist about fluoride varnish and sealants—they help protect the teeth from cavities. Submitted

By Chris Tedesco- Health Coordinator

Cavity Free Kids Regional Hub Leader

Preventing the Flu:

Good Health Habits Can Help Stop Germs

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illness like the flu. There also are antiviral drugs that can be used to treat and prevent flu.



1. Avoid Close Contact:

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay Home When You Are Sick:

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. Cover Your Mouth and Nose:

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean Your Hands:

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid Touching Your Eyes, Nose or Mouth:

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice Other Good Health Habits: Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

For More Healthy Tips → <https://www.cdc.gov/flu/protect/habits.htm>

Submitted by: Chris Tedesco- Health Coordinator

Summer Safety Tips

We know how much kids enjoy summertime – school is out and days are filled with fun-in-the-sun activities like bike riding, swimming and playing outdoor games with siblings and friends. But, did you know that accidental injuries peak during the summer months?

Safe Kids USA created this list of important safety tips to help you and your kids prevent accidental injuries and have a safe and happy summer.

Bike Safety

- At the start of the summer, inspect **bikes** for safety by checking for loose bolts, under- or over- inflated tires, faulty brakes and gears, and rusty or deteriorating structures.
- To ensure maximum control when riding, decrease the likelihood of accidents and improve overall comfort, a bike must be the right size for the rider. When in doubt, check with an associate at your local toy store to assist with the following assessments:
 - A child should stand flat-footed on the floor and straddle the bike.
 - At that point, the child should have a minimum of 2" clearance between their inseam and the top bar of the bike's frame. If there is no top cross bar on the bike's structure, the same 2" rule should apply while imagining a bar in place.
- The following general guidelines can also be used as a reference when determining the right size bike for a child, dependent on age and height:
 - Ages 1½ to 4 (26" tall to 38" tall) = 10" and 12" bikes
 - Ages 4 to 8 (34" tall to 48" tall) = 16" bike
 - Ages 6 to 11 (36" tall to 54" tall) = 20" bike
 - Teen (54" tall to 60" tall) = 24" bike
 - Adult (62" tall+) = 26" bike
- Ensure brake cables and pads are working properly. Try the brakes each time before riding for safer stops.
- Tires must be properly inflated. Under-inflated tires could mean poor traction when a child needs it most, and over-inflated tires could blow out causing a child to lose control. Use the manufacturer's instructions on the tire sidewall as a guide.
- Make sure to watch for potholes, cracks, rocks, wet leaves, storm grates, railroad tracks or anything that could cause a rider to lose control of the bike.
- Teach kids to ride so drivers can see them. Children should not ride alone or stray far from home.
- Children should not ride after dark, especially without wearing **retro-reflectors** or other **visible, protective gear**.
- Don't forget to remind kids to always look left, right and left again before crossing the street. Riders should dismount the bike and walk on the crosswalk to the other side of the street, only when it's clear.
- When riding with friends or family, bikers should always ride behind one another and with the flow of traffic, not against it.
- Red lights, stop signs and all other traffic signs and signals should be respected at all times when riding. And, remind kids to give cars and pedestrians the right of way.
- Riders should wear a bicycle helmet that meets the safety standards developed by the U.S. Consumer Product Safety Commission.

Scooter and Skateboard Safety

- Even the most experienced **scooter, skateboard** and bike riders wear helmets, **elbow and knee pads**, and additional protective gear each and every time they go out – as should your child.
- Shock absorbing pads with adjustable straps and air vents are most efficient in ensuring safety.
- Most protective gear comes in small, medium and large sizes to provide the perfect fit.
- Kids should never hold onto cars or other vehicles while riding; nor should they wear anything that restricts hearing, including listening to radios, MP3 players or phones via ear pieces while riding.
- Whether riding a bike, skateboard or scooter, the above general safety guidelines apply to all riders at all times.

Choosing the Right Helmet for Safe Riding

- Whether you're a seasoned pro or just starting out, wearing a **helmet** is essential, as no piece of gear is more important. Make sure to choose a helmet that is approved by the Consumer Product Safety Commission (CPSC).
- Ensure the child's helmet of choice fits properly. When in doubt, check with an associate at your local toy store to assist with the following guidelines:
- Rim of helmet should be 1 – 2 finger-width above the eyebrows
- Adjust helmet straps so they form a "V" just beneath the earlobe
- Helmets should always be worn with the chin strap buckle fastened and the strap pulled tight – make sure the buckle is flush against the skin under the chin when the child's mouth is open
- A helmet needs to fit snugly on the head from day one. Don't buy a helmet that is too big in anticipation of future use.

Backyard and Street Safety

- Supervise children carefully while playing outside
- Before summer play, inspect **swing sets** and regularly used play areas for hazards like product deterioration, unstable parts, electric wires, cords or lack of protective barriers (i.e. fences around pools).
- Use **safety gates** or other barriers to keep younger children away from areas unfit for their age or abilities, including the top and bottom of stairs. However, supervision is paramount.
- Teach children to use playground and playing fields with rubber, wood, mulch or sand surfaces. Grass and dirt are not as good at preventing serious injuries. Avoid asphalt.
- Kids should *never* play in the road. Warn drivers of children at play by using curb-side **safety signs**. Also, teach children that if a ball rolls into the street, to look left, right and left again for danger before walking, not running, to retrieve it.
- Children should try to dress in bright colors or wear retro-reflective materials so drivers can easily see them.
- Always keep **First Aid** kits on hand in case of emergencies ranging from bee stings to splinters to cuts, bumps and bruises

Submitted by:

Safety Committee