

FALL/WINTER 2016-2017

Holy Cross Head Start Newsletter

Message from the Executive Director

Dear Parents,

We welcome you and your child this school year. We hope this will be a positive experience for all.

We hope this Fall/Winter season finds you and your family in good health and good spirit.

*You are your child's first and primary teacher. Head Start is here to support you as a parent. We look forward to seeing everyone this year. Hope to see you all!!!**

Sincerely

*Cortland Purks
Executive Director*

Please visit our website

www.holycrossheadstart.org



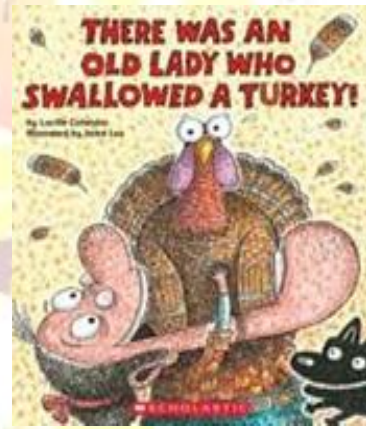
Attendance Matters! : Children need to have at least 85% attendance per month to stay enrolled in the Head Start program.

Getting your child to school every day, on time, is extremely important! Children who miss more than 3 days a month fall behind in their academic and social skills, and often carry these poor attendance habits into their later school years. Show your child that school is important by making it a priority at an early age.

North Buffalo News

Dear Parents/Caregivers,

I am happy to start my new position as Center Director at North Buffalo! I am an experienced educator. My background is in special education and literacy. My passion is family advocacy. I have worked as a Family Partner at the Northwest, Akron and Parkside location. I am looking forward to getting to know you and the children at North Buffalo. I have already spoken to many of you about physical, dental, iron, and lead follow ups. I appreciate your cooperation in helping the children obtain these. On a fun note, I would love for you to attend the upcoming Parent meeting and center event on November 23rd at 2:45. I will be the guest reader of, "There Was An Old Lady That Swallowed A Turkey!" After the story, we will make apple turkeys with the children. I encourage you to sign up to be part of the Parent Committee that plans center events. Please let me know if you are interested in volunteering in a classroom. Think about becoming a regular parent volunteer or a paid substitute. Parent involvement is rewarding!



Sincerely,

Amy Rosen
North Buffalo Center Director

Second Step

Your child is learning these Listening Rules at school:

Eyes are *watching*.

Ears are *listening*.

Voices are *quiet*.

Bodies are *calm*.

Take advantage of all the opportunities to practice these rules with your child at home!



WINTER WEATHER SAFETY TIPS

Prepare a Winter Storm Plan

- Have extra blankets on hand.
- Ensure that each member of your household has a warm coat, gloves or mittens, hat, and water-resistant boots.

Assemble a Disaster Supplies Kit Containing--

- First aid kit and essential medications.
- Battery-powered NOAA Weather radio, flashlight, and extra batteries.
- Canned food and can opener.
- Bottled water (at least one gallon of water per person per day to last at least 3 days).
- Extra warm clothing, including boots, mittens, and a hat.
- Assemble a Disaster Supplies Kit for your car, too.
- Have your car winterized before winter storm season.

Stay Tuned for Storm Warnings. . .

- Listen to NOAA Weather Radio and your local radio and TV stations for updated storm information.

Know What Winter Storm WATCHES and WARNINGS Mean

- A winter storm WATCH means a winter storm is possible in your area.
- A winter storm WARNING means a winter storm is headed for your area.
- A blizzard WARNING means strong winds, blinding wind-driven snow, and dangerous wind chill are expected. Seek shelter immediately!

When a Winter Storm WATCH is Issued...

- Listen to NOAA Weather Radio, local radio, and TV stations, or cable TV such as The Weather Channel for further updates.
- Be alert to changing weather conditions.
- Avoid unnecessary travel.

When a Winter Storm WARNING is Issued...

- Stay indoors during the storm.
- If you must go outside, several layers of lightweight clothing will keep you warmer than a single heavy coat. Gloves (or mittens) and a hat will prevent loss of body heat. Cover your mouth to protect your lungs.

- Understand the hazards of wind chill, which combines the cooling effect of wind and cold temperatures on exposed skin.
- As the wind increases, heat is carried away from a person's body at an accelerated rate, driving down the body temperature.
- Walk carefully on snowy, icy, sidewalks.
- After the storm, if you shovel snow, be extremely careful. It is physically strenuous work, so take frequent breaks. Avoid overexertion.
- Avoid traveling by car in a storm, but if you must...
 - Carry a [Disaster Supplies Kit](#) in the trunk.
 - Keep your car's gas tank full for emergency use and to keep the fuel line from freezing.
 - Let someone know your destination, your route, and when you expect to arrive. If your car gets stuck along the way, help can be sent along your predetermined route.

If You Do Get Stuck...

- Stay with your car. Do not try to walk to safety.
- Tie a brightly colored cloth (preferably red) to the antenna for rescuers to see.
- Start the car and use the heater for about 10 minutes every hour. Keep the exhaust pipe clear so fumes won't back up in the car.
- Leave the overhead light on when the engine is running so that you can be seen.
- As you sit, keep moving your arms and legs to keep blood circulating and to stay warm.
- Keep one window away from the blowing wind slightly open to let in air.

What to Do After a Winter Storm

- **Continue listening to local radio or television stations or a NOAA Weather Radio for updated information and instructions.** Access may be limited to some parts of the community, or roads may be blocked.
- **Help a neighbor who may require special assistance--infants, elderly people, and people with disabilities.** Elderly people and people with disabilities may require additional assistance. People who care for them or who have large families may need additional assistance in emergency situations.
- **Avoid driving and other travel until conditions have improved.** Roads may be blocked by snow or emergency vehicles.
- **Avoid overexertion.** Heart attacks from shoveling heavy snow are a leading cause of deaths during winter.
- **Follow forecasts and be prepared when venturing outside.** Major winter storms are often followed by even colder conditions.

COLD OR FLU?

<u>SYMPTOM</u>	<u>COLD</u>	<u>FLU</u>
FEVER	Rare	Usually present
ACHES	Slight	Severe
CHILLS	Uncommon	Fairly common
TIREDFNESS	Mild	Moderate to severe
SUDDEN SYMPTOMS	Are not sudden	Rapid onset
COUGHING	Productive cough	A non productive or dry cough is present
SNEEZING	Present	Not common
STUFFY NOSE	Present	Not common
SORE THROAT	Commonly present	Not Common
CHEST DISCOMFORT	Mild to moderate	Often severe
HEADACHE	Uncommon	Very common

If your child has the following symptoms please keep them home from school and call your Case Manager to let them know that your child will be absent:

- *Fever (100 degrees or greater)
- *Cough
- *sore throat
- *Runny or stuffy nose
- *Body aches
- *Headache
- *Chills and fatigue
- *Diarrhea
- *Vomiting

Precautions to take:

Contact your doctor if you display any of the above symptoms. Get vaccinated against the flu. Avoid contact with others for 24 hours after you are fever free.

Encourage:

Hand washing. Keep hands away from nose, mouth and eyes. Cover nose and mouth with a tissue when coughing or sneezing (elbow or shirt sleeve can be used if no tissue is available).

Routine Environmental Cleaning:

Clean toys and other items that are frequently used or touched by children on a daily basis.

These are basic cold and flu facts. For a professional diagnosis, visit your doctor or health professional

Submitted by Chris Tedesco, Heath Coordinator



Cavity Free Kids is a curriculum that Holy Cross Head Start, Inc. uses in each classroom throughout agency. The goal is to give every child a solid foundation for establishing good oral health habits for a life time.

Getting Kids to Brush

You can prevent dental disease!

We know...

Kids and adults need to brush 2 times a day.

After breakfast and before bed.

How do we get the kids to brush???

- Brush your teeth at the same time
- Make brushing part of the daily routine
- Use a little bit of fluoride toothpaste they like
- Use a soft toothbrush
- Offer choices:
 - Do you want to start on top or bottom teeth?
 - Who goes first- you or me?
- Make it fun- a time to look forward to
 - Race to the bathroom
 - Hunt for leftover dinner in the teeth!
 - Count the teeth!
 - Make faces!
- Sing a brushing song or make up a new song together
- End with hugs and tickles

Fall into Learning

Holy Cross Head Start

Fall/Winter Education Updates

School Readiness Goals:

1. Language and Literacy
2. Cognition and General Knowledge
3. Approaches to Learning
4. Physical Development and Health
5. Social Emotional

All Holy Cross classrooms complete these goals in their daily lesson plans. To learn more about them, speak to your child's teacher or spend some time in the classroom.

Learning Opportunities at Home:

Bring learning home with you during the fall and winter months. Help your child write their name, practice their address and phone number, and reinforce skills they are learning in the classroom.

House hold items can be used for sorting, counting, and patterns. Environmental print around the house can be used for letter and number identification.

Sit Down With a Good Book:

Fall/Winter Favorites include-

Sneeze Big Bear Sneeze

Sleep Big Bear Sleep

Who Goes There

The Hat

The Mitten

How Do You Sleep

Snow Babies

Bear Snores On

Education Activities:

- Take a nature walk and observe the changes that are going on outside. The changes can include animal behaviors or the changes that plants make.
- Carve into a pumpkin and explore
- Have your child draw a daily picture of a tree near your house and compare the pictures as trees change during the seasons.