



LITTLE PEOPLE'S HEAD START & EARLY HEAD START MARCH 2018 NEWSLETTER

NEWS FROM THE PROGRAM DIRECTOR

MARCH 2ND, IS DR. SEUSS'S BIRTHDAY.

Did you know that in 1997, the National Education Association wanted a day to celebrate reading and to encourage children to read all over the U.S., so the Read Across America Day was held on March 2nd, 1998. It was set to coincide with the birthday of Dr. Seuss.



**"You're never
too old, too wacky, too wild,
to pick up a book and
read to a child."
-Dr. Seuss**

March is a busy month for Little People's Head Start.

Visitors from the Office of Head Start will be onsite during the weeks of March 5th and March 26th. They will be performing our Federal Reviews.

We will have our Self-Assessment on the 30th. We invite Board of Directors and Policy Council member to participate in our Self-Assessment. This is a time when we look at our programs strengths and weaknesses and come up with goals for the 2018-2019 grant year.

Important Dates to Remember:

March 20, 2018 - Board of Directors Meeting at 10:30 a.m.

Self-Assessment - at 9:00 a.m. up at GBC

Spring Break - April 2nd-6th

Another friendly reminder to send your children in warm clothes. We are doing outside play and in order for them to play outside, they have to have warm clothes.



Employee Spotlight

March's Employee of the Month is Mikka Miller.

Mikka is the Head Teacher in Head Start Classroom #1--"Little Hoots." She has worked for Head Start for three years. Mikka has a dual associate degrees--an Associate of Arts in early childhood education and an Associate of Applied Science in early childhood education.

Mikka has a beautiful daughter whom she enjoys spending most of her time with. She also enjoys being with her family, being outdoors, playing slow-pitch softball, reading, and coffee!

Here are some of the nice things her co-workers had to say about her.

She is such an amazing teacher. Mikka takes on a lot of responsibility, manages her work, and everything else she does. She is doing TLC and makes it fun for everyone to understand. Thanks for all you do. For being so welcoming to new employees. For always staying positive and encouraging and helping anyone that needs it. For speaking up and telling everyone how great they are at there job.

She is a very hard worker. She is an excellent TLC Instructor. She is a very helpful and positive person.

Helping coordinate with the other HS Classrooms. Being a coach, mentor and helping with HS Classroom 3.

**Employee
of the
Month**

March 2018 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SCHOOL HOURS: HEAD START: EARLY HEAD START:	8:00am - 3:00pm 8:00am- 3:30pm		1)	2) TEACHER IN-SERVICE DAY ...NO SCHOOL
5)	6)	7)	8)	9) TEACHER IN-SERVICE DAY ...NO SCHOOL
12)	13)	14)	15)	16) TEACHER IN-SERVICE DAY ...NO SCHOOL
19)	20)	21)	22)	23) TEACHER IN-SERVICE DAY ...NO SCHOOL
26)	27) BOD MEETING. 10:30am @ the Trailer	28)	29)	30) TEACHER IN-SERVICE DAY ...NO SCHOOL

CHECK OUT OUR NEW WEBSITE: LPHSELY.ORG



Newsletter
From the Family Service Manager
Christina Burdick

In April I will be handing out consent packets for the 2018-2019 school year. All the children that are moving from Early Head Start to Head Start will need to requalify for Head Start. Be watching in April for these packets. Please return them to me as soon as possible. Also I will be sending out the Family Dynamic Survey that need to be filled out again. They are completed twice a school year. If you have any questions please come see me.

Our attendance was down in February do to the illnesses. Last month we had 20 children with perfect attendance. Please make sure to call in if you child will not be at school. Thank you to all the parents that continue to bring back there children's homework.

Things you can do indoors with your children when it is cold outside:

- Play a Board Game
- Make and decorate cookies
- Make a pizza as a family
- Let your child fill and empty photo album
- Take a trip to the library
- Count how many jumping jacks you can do in a minute



I WANT TO BE A HEALTHY KID – FOOD

Drinking water and eating fruits and vegetable help you be a healthy kid.
How are you going to be a healthy kid? Circle your choices.

I will drink water at:

breakfast

lunch

dinner

snack

Fruits I like:



apple



orange



banana



berries

Veggies I like:



beans



broccoli



lettuce



cucumbers



peas

Veggies I will try:



beans



broccoli



lettuce



cucumbers



peas

Awesome! Look at all your healthy choices. Good for you!
You are a healthy food superstar!



WOMEN, INFANTS & CHILDREN
Standing, healthily habits, growing brighter futures

NEWS...

Family Meals

Sitting down with the family for meals is an important time for children. Eating together helps children feel part of a family group and gives them time to share. Family dinners especially help single parents.

They create a more normal family time.



Try to eat one meal as a family each day, and select at least one night to be family dinner night. Research shows that family dinners are healthier. They contain more calcium, iron, fiber, fruits, and vegetables, and less salt and fat.

To make family meals more pleasant:

- Let children help shop, cook, and set the table. Preschool children especially become excited when a parent gets home from work. They need attention. Helping a parent fix dinner is a good way to connect.
- While preparing and eating a meal, turn off the TV, put the newspaper aside, and don't answer the phone. Problems arise when there is too much confusion at

mealttime, or when too much (or too little) time is allowed for eating.

- Don't make family meals a battle zone. Children don't need to listen to family fights.
- Let children decide how much and whether to eat what is served, it's up to parents to prepare and present nutritious meals at regular times. Problems occur when parents insist children eat certain foods, when children are told how much to eat, and when parents insist children stay at the table until their plates are clean.
- Encourage children to practice serving themselves. For example, let them serve themselves from a bowl, pour their own milk from a small pitcher, or spread butter on their bread. Expect spills and messes. Children who are old enough can help clean them up.
- Let children help with regular clean-up duties. Rotate duties among children.
- Don't worry about fancy meals. Once in a while, have take-out or frozen dinners. Spending time at the table together is what's important.

Tuna-Corn Chowder



What You Need:

- 2 medium potatoes, cubed
- 1/3 cup diced onion
- 3 tablespoons butter
- 1 (12-ounce) can white tuna, drained
- 1 (14 3/4-ounce) can creamed corn
- 1 (14-ounce) can chicken broth
- 2 cups 1 percent milk
- 2 tablespoons fresh parsley
- 1/4 teaspoon oregano
- Juice of 1/2 lemon or lime

How To Fix:

1. Cook potatoes in small amount of water, just until tender. Drain.
2. Sauté onions in butter until tender.
3. Break tuna into small pieces. Add onion and butter. Cook just until tuna absorbs the butter.
4. Add potatoes and rest of ingredients to tuna mixture, except lemon juice. Cook 5 minutes. Remove from heat. Stir in lemon juice. Serve warm. For thicker soup, add 2 to 3 tablespoons cornstarch to milk. Makes 7 cups. (240 calories and 8 grams fat in 1 cup)

WIC can make a difference... (call 775-289-6113, ext. 4 to learn of the eligibility requirements

and schedule an appointment.)

MARCH NEWS

HEALTH, NUTRITION AND SAFETY

Did it come in like a lion or a lamb? I hope it is a healthier month than February. Again I would like to thank all of the parents /guardians that took their children to their healthcare provider for shots and physicals and all the important things that keep our children healthy and happy. The University of Las Vegas School of Dental Medicine was here on the 27 of February and they did a great job. We appreciate all that they do for us coming out twice in a school year to make sure all of the children are up to date on their dental needs. They offer the fluoride varnish and they also do an oral screening that helps us to recognize issues before they are problems. This service is free to our children and is part of the Ronald McDonald dental services. So I hope you all took advantage of the services they offered.

PLEASE REMEMBER if your child is sick it's ok to keep them home! You will not get in any kind of trouble for keeping your child home when they don't feel well. It also keeps me from calling you and having you come get them later. If your child needs over the counter medicine say Tylenol or Motrin or anything else you may give your child to keep a fever down or calm a cough so they can come to school, they should be at home. Children still are contagious with over the counter medicine. Green snot is an infection not allergies or just a cold, have your child checked out so they don't make their classmates sick too. For some reason children like to share their colds better than they do their toys. Remember the best way to stop the spread of germs is soap and water so when you bring your child to school you can wash your hands too.

It is cold outside so keep a coat in reach for your children and you socks are a must for their feet please bring a second pair for their cubbies that way if the ones they are wearing get wet they can change to a dry pair.

We feed the children from 8:00 am until 8:45 am so please have your child here on time so they can eat with their classmates they don't like to eat alone. If you do happen to bring your child in late you are welcome to go to the kitchen and ask for a breakfast for them. You are always welcome to eat with your child so come on time and share a meal with them. It's a good way to start your day.

If you have any questions or concerns please come see me my office is located in the W.I.C. building next to Early Head start classroom 2.

Thank you,

Joy Asher

Health/Nutrition Manager

epicurious

WINTER SQUASH SOUP WITH GRUYÈRE CROUTONS

BON APPÉTIT DECEMBER 1996

In France, this soup would be prepared with a baking pumpkin. A mixture of butternut and acorn squashes mimics the French pumpkin's exceptional taste and texture. Pour a lightly chilled rosé with this colorful first course. Either a Rhône Tavel or a Provençal Bandol would be lovely.

YIELD: Serves 8

INGREDIENTS

Soup

- 1/4 cup (1/2 stick) butter
- 1 large onion, finely chopped
- 4 large garlic cloves, chopped
- 3 14 1/2-ounce cans low-salt chicken broth
- 4 cups 1-inch pieces peeled butternut squash (about 1 1/2 pounds)
- 4 cups 1-inch pieces peeled acorn squash (about 1 1/2 pounds)
- 1 1/4 teaspoons minced fresh thyme
- 1 1/4 teaspoons minced fresh sage
- 1/4 cup whipping cream
- 2 teaspoons sugar

Croutons

- 2 tablespoons (1/4 stick) butter
- 24 1/4-inch-thick baguette bread slices
- 1 cup grated Gruyère cheese
- 1 teaspoon minced fresh thyme
- 1 teaspoon minced fresh sage

PREPARATION

For soup:

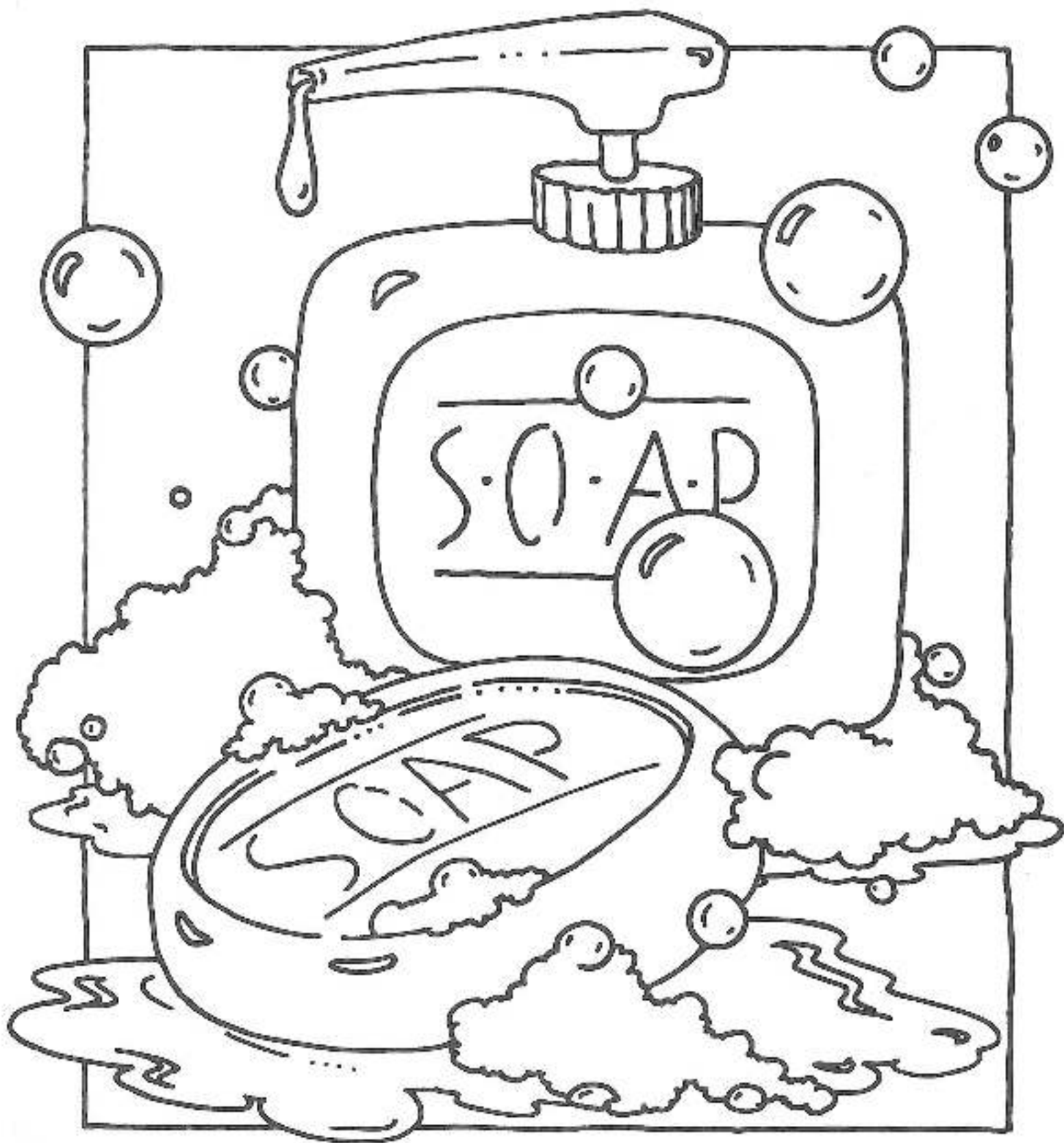
Melt butter in large pot over medium heat. Add onion and garlic and sauté until tender, about 10 minutes. Add broth, all squash and herbs; bring to boil. Reduce heat, cover and simmer until squash is very tender, about 20 minutes.

Working in batches, puree soup in blender. Return soup to same pot. Stir in cream and sugar; bring to simmer. Season with salt and pepper. (Can be made 1 day ahead. Chill. Rewarm over medium heat before serving.)

For croutons:

Preheat broiler. Butter 1 side of each bread slice. Arrange bread, buttered side up, on baking sheet. Broil until golden, about 1 minute. Turn over. Sprinkle cheese, then thyme and sage over. Sprinkle with salt and pepper. Broil until cheese melts, about 1 minute. Ladle soup into bowls. Top each with croutons and serve.

Soap kills germs



Head Start Parents

These is our School Readiness Goals for the month of March 2018. They relate to the Language and Literacy Domain. These goals are one of our language TSG Objectives. Please use the Family Strategies to practice these goals at home.

SRG-HS- March 2018 DOMAIN: LANGUAGE AND LITERACY
Goal: Children will comprehend and demonstrate increasing complex and varied vocabulary and notice and discriminate sound alteration.
Head Start Objective 1: By Spring 2018, preschoolers will follow use language to express thoughts and needs.
Preschoolers: The children will meet or exceed the TSG Objective (9.a) of describing and telling the use of many familiar items.
Effective Teaching Practices: <ul style="list-style-type: none">• Teachers will encourage children to use explanatory talk (explaining and describing) by modeling it.• Teachers will use self-talk to explain their actions.• Teachers will ask open-ended questions that encourage multiple responses.• Teachers will help children connect their everyday experiences and relate the familiar to the unfamiliar. For example, when introducing a new material say, "You can use these new sponge brushes to paint just like you use the big paint brushes".• Teachers will repeat and reinforce new words. Talk about the meanings of new words by providing familiar words with similar meanings.
Family Practices: <ul style="list-style-type: none">• Families will read books to their children and focus on objects in the books and describe their uses.• Families will assist their child's teacher with setting language and literacy goals for their child's Individual Child Plan and then work on these goals at home.• Families will assist their child with the language and literacy home activities that are provided by the child's teacher.• Families will provide many opportunities at home to improve their child's descriptive language skills.• Families will participate in the "LPHS Literacy Backpack Program" and learn the dialogic reading strategies included in these activities.• Families will participate in the "LPHS Reading at Home Program" and learn the dialogic reading strategies included in these activities.

Thank you,

LPHS Education Manager

Linda Garcia

Early Head Start Parents

These is our School Readiness Goals for the month of March 2018. They relate to the Language and Literacy Domain. These goals are one of our language TSG Objectives. Please use the Family Strategies to practice these goals at home.

SKG- EHS- March 2018 DOMAIN: LANGUAGE AND LITERACY		
Goal 1: Children will comprehend and demonstrate increasing complex and varied vocabulary; use books age appropriately and understand some rhyming concepts.		
Early Head Start Objective 1: By Spring 2018 infants and toddlers will begin to listen and understand increasing complex language.		
<p>Young Infants: The children will meet or exceed the TSG Objective (9.a) of vocalizing and gesturing to communicate.</p>	<p>Older Infants: The children will meet or exceed the TSG Objective (9.a) of naming familiar people, animals, and objects.</p>	<p>Toddlers: The children will meet or exceed the TSG Objective (8.b) of following directions of two or more steps that relate to familiar objects and experiences.</p>
<p>Effective Teaching Practices for Infants and Toddlers:</p> <ul style="list-style-type: none"> • Teachers will use parentese with young infants. Singsong speech and exaggerated facial expressions to encourage babies to listen and focus on what is being said. • Teachers will talk often with children, using rich language to describe objects, events, and people in the environment. • Teachers will make sure they are close to a child when they speak to them, so the child can attend more easily. • Teachers will be clear and specific when making requests and giving directions. • Teachers will use language that is easy for the child to understand, explaining new vocabulary as you use it. • Teachers will give adequate waiting time, so children can process what they hear and take part in discussions. • Teachers will practice giving the children one, then two step directions during fun appealing activities. 		
<p>Family Practices:</p> <ul style="list-style-type: none"> • Families will read books to their children, even as infants, using the “focused attention” strategy. • Families will assist their child’s teacher with setting language and literacy goals for their child’s Individual Child Plan and then work on these goals at home. • Families will assist their child with the language and literacy home activities that are provided by the child’s teacher. • Families will provide many opportunities at home to improve their child’s language skills. • Families will participate in the “LPHS Literacy Backpack Program” and learn the dialogic reading strategies included in these activities. 		

- Families will participate in the "LPHS Reading at Home Program" and learn the dialogic reading strategies included in these activities.
- Families will practice giving simple age appropriate directions to their child at home.
- Families will positively acknowledge their child when he follows directions.

Thank you,

LPHS Education Manager

Linda Garcia

Parents

These are the totals of our Teaching Strategies Gold Assessments for the Winter Check Points. They reflect how well our children are doing in each learning domain.

Head Start Totals

Domain	Below	Meeting	Exceeding
Social Emotional	6%	63%	31%
Physical	10%	78%	2%
Language	10%	77%	13%
Cognitive	8%	79%	13%
Literacy	21%	79%	0%
Mathematics	31%	67%	2%

Early Head Start Totals

Domain	Below	Meeting	Exceeding
Social Emotional	8%	89%	3%
Physical	13%	82%	5%
Language	21%	76%	3%
Cognitive	6%	94%	0%
Literacy	15%	85%	0%
Mathematics	24%	70%	6%

LPHS Education Manager

Linda Garcia

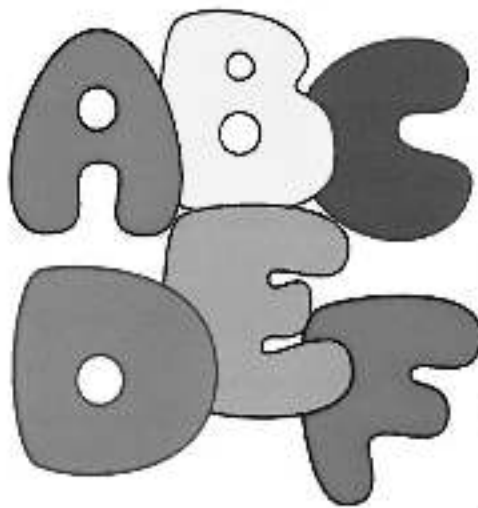


Little Hoots

MS. MIKKA &
MS. JANELLE



We will be finishing up our Clothes Study and beginning our Recycling Study this month. We will also be working on fine motor skills, letter recognition, and implementing Taesci in our classroom. Taesci is a social



learning program, this program will help children gain skills to help solve social problems. Our School Readiness Goal is Language and Literacy, describing and telling use of many familiar items.

Important Dates:

March 5th– Socialization (we are making playdough)

March 14th– Socialization (water fun)

March 21st– Parent Meeting @ 8:00

Busy Bees



This month we will be starting a new study, Reduce, Reuse and Recycle. Our School Readiness Goal for this month is Language and Literacy. We will focus on the children telling uses of many familiar objects. We will also be practicing writing our first names and recognizing by telling what letters are in our first names.



Important Dates:

Spring Break - April 2 - April 6

**HAPPY
ST. PATRICK'S
DAY!**

MS. TERESA & MS. SHANIA



Ms. Shana

&

Ms. Esther

Bumble Bees



For the month of March we will be focusing on following two or more steps related to familiar objects and experiences (school readiness goals). Teachers will also make March fun with lots of science experiments to keep our little ones busy until Spring Break.

Parents please keep your children home if they are sick, we would like to stop spreading it to other children. We do understand that you have jobs but we need to stop spreading the sicknesses to the other children.

Important Dates:

Spring Break– April 2– April 6

Daylight Savings– March 11

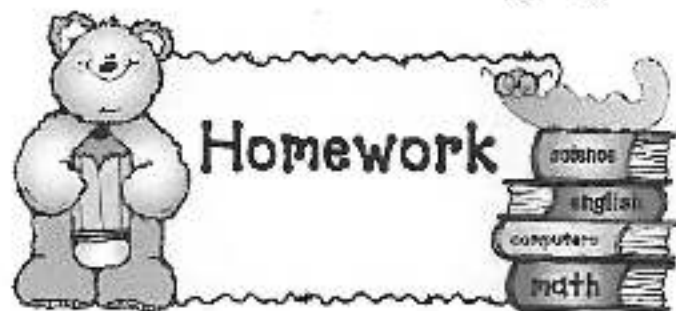


THE EXPLORERS

This month of March our School Readiness Goal is following a two step directions. We will be teaching this in the classroom with activities that involve following recipes.



Just a reminder homework folders and reading logs are due at the end of the month.



Important Dates:

March 15- Picture day

March 17- St Patrick's Day, make sure you wear green!


Happy
St. Patrick's Day!

Ms. Alisha & Ms.

Courageous

Ms. Melissa

&

Ms. Jasmine



Cubs

Welcome to March! We want to start off by thanking parents for returning Homework folders. If you have not, there is still time to turn them in. It has been a little cold so please make sure that your children are dressed appropriately, and bring an extra set of clothes just in case.



For the month of March our School Readiness Goal is Language and Literacy. We will include multiple activities to help promote this goal.

Reminder: Please make sure that you are checking your child's cubbies and clipboards for child's artwork and important papers.

Parent Meeting~ March 16

Homework Due~ March 31

MARCH



Ms. Maria

&

Ms. Allsa

Happy March! This month our School Readiness Goal is Language, by Spring 2018 infants and toddlers will be about to listen and understand increasing complex language. We will be playing fun games and singing a lot of songs while encouraging children to join in and attempt to repeat words.



Parents are welcome and encouraged to bring pictures from home of themselves, their child and/or family members. We will be hanging them up and labeling them. Weather permitting we will be going outside to play everyday. Please remember to bring back March homework.

Julia Lutze has a birthday
this month!

★ HAPPY ★
BIRTHDAY!

Forest Friends

MS. KATHLYN

&

MS. TAMi



This month our School Readiness Goal is Language. Our toddlers will be focusing on naming objects and following directions. To challenge them we will try some directions with two steps. An example could be that they will be asked to put their cup into the fridge and go wash their hands. Our infants will be practicing vocalizing and gesturing to communicate. We will recognize their cries and cues to help them meet their needs and goals. We will encourage simple sounds like mmm, mama, ah, dada, and more.



We can not wait for Spring! All of our kids love to go outside. We hope everyone is feeling better, February hit us hard with another sickness. We have missed our kids and families so much.

We will be passing out a survey soon to see what day is best for our Parent Meeting!

Reminder; Please sign up for a Parent Teacher Conference, this will be done at the school.

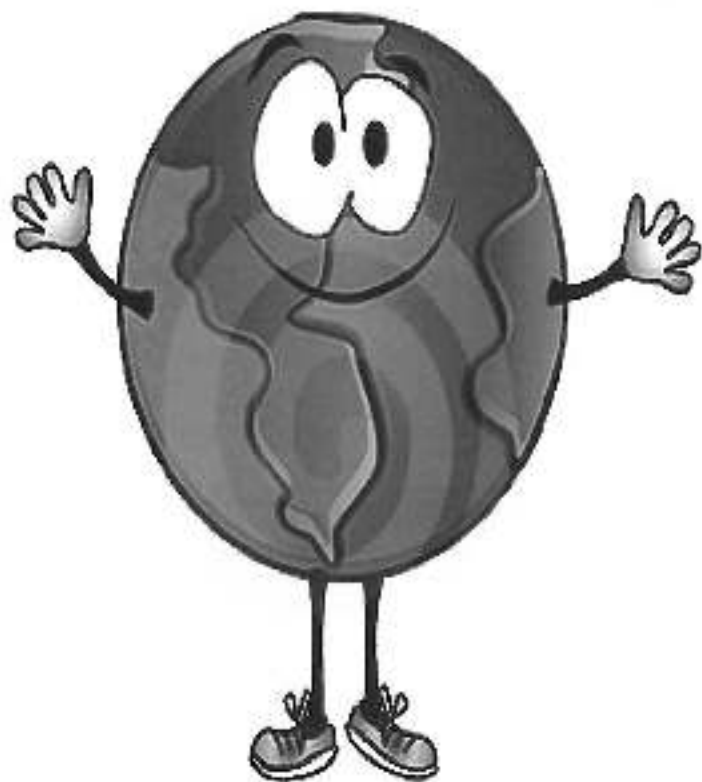
MARCH

Extended Day



In March we are hoping that we can do more activities on the playground if the weather permits.

Our unit this month is about "Our Feelings", and we will be doing activities about Earth.



Please join us!



Ms. EL & Ms. Mya