

News You Can Use

Week of January 14, 2019

Site Name- Kentwood Headstart (616)-735-5345

What's Happening?

Yolanda Johnson (our Kentwood Headstart Site Supervisor) is back! Please feel free to stop in and say...

hello

Reminders

Parent meeting- Thursday Jan 17th 5-7pm.
Our topic will be Math (looking at different objectives, and ongoing progress/growth of your student.



Healthy Readers

Parents...Your student can receive a brand new book of his or her choice to keep, by becoming a Healthy Reader. For more information- please see your child's teacher or site supervisor.



Dress for the Weather

Reminder....
Our students go outside everyday (weather permitting).
Please dress your student appropriately.



Important Dates

**Monday January 21-
No school MLK day.**

KTW(Kentwood Headstart) Watch Dog meeting coming soon- watch for the date and time.

Parent Engagement

Kent County Tax Credit Coalition

You may qualify for free tax services if your household income is \$55,000 or less. We can help you complete your income tax return and apply for the Federal Earned Income Tax Credit. U.S. citizenship is not required, but you must file a tax return to claim your credit.

Schedule your FREE tax prep appointment now by calling 2-1-1. If you made less than \$66,000 last year, you can [file online for free](#).

Nutrition

PLEASE VISIT WWW.HS4KC.ORG/NEWS-BLOG FOR JANUARY'S MENU! AVAILABLE IN BOTH ENGLISH & SPANISH.

Its Family Fit Lifestyle Month!

Combine FUN, FAMILY & FITNESS with these ideas!

GET MOVING OUTDOORS...

- **Bundle up for snow play.** Create angels. Climb a snow mountain. Make paths through the snow.
- **Take a nature hike.** Look for animal tracks in the snow, wild flowers and buds in early spring or colorful leaves in fall.

GET MOVING INDOORS...

- **Act out a story.** Read a book together; move to give it action.
- **Create an obstacle course.** Kids love to tumble over pillows, crawl through open boxes, and jump into hula-hoops.

Tip of the Week

Benefits of Effective Co-Parenting

Lorraine Segal and David D. Stein, Liaise Divorce Solutions (5 of 5)

Co-parenting decreases conflict

"...when neither parent is threatened by the loss of his or her children, conflict goes down." – Edward Kruk, PhD. (*Psychology Today*, May 15, 2012)

Health

What is a PCP?

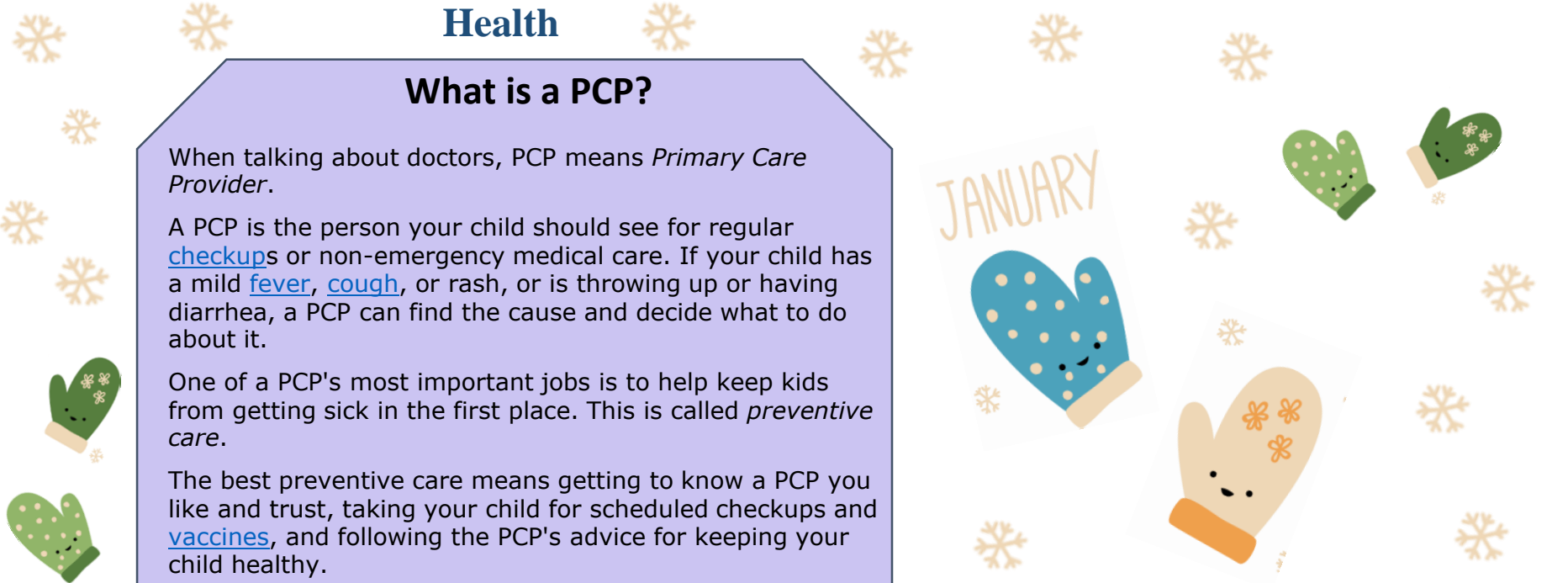
When talking about doctors, PCP means *Primary Care Provider*.

A PCP is the person your child should see for regular [checkups](#) or non-emergency medical care. If your child has a mild [fever](#), [cough](#), or rash, or is throwing up or having diarrhea, a PCP can find the cause and decide what to do about it.

One of a PCP's most important jobs is to help keep kids from getting sick in the first place. This is called *preventive care*.

The best preventive care means getting to know a PCP you like and trust, taking your child for scheduled checkups and [vaccines](#), and following the PCP's advice for keeping your child healthy.

JANUARY





Strengthening Families Program

The Strengthening Families Program (SFP) is an 8-week life skills training program specifically designed for families with children ages 3-5 years old. Parents and children participate in SFP, both separately and together. Sessions include:

- * Practical, take-home resources and tools for families
- * Engaging, interactive, and fun sessions
- * New and creative ways to connect with your child

When: Monday nights, January 28 – March 25, 2019, 5:15-7:45pm

Where: Henry Head Start
551 Henry Ave. SE
Grand Rapids, MI 49503

Free dinner and mileage reimbursement will be provided.

For more information or to register, please contact

Matt Haviland at (616) 453-4145 ext. 2321 or mhaviland@hs4kc.org.



Space is limited,
Register today!