

News You Can Use

Week of January 14, 2019

Plainfield (616)454-8874

What's Happening?

Please make sure to join us for our
Parent Meeting!

Date: Wednesday, January 16th

Time: 5:30 pm

Classrooms 4-7 will have an activity set up for our families and a copy for you to bring home. Childcare will be provided briefly and a Potato Bar for dinner.

Reminders

While there are phones in each classroom, the teachers are not able to answer them during class time because their focus needs to be on the children. If you have an urgent message, please convey that to the office staff so they can get the message to the classroom. If you need to have a longer conversation with the teachers, please call them after 3:45 pm. Thank you for your cooperation in this matter!

Clothing

Please make sure that your child has extra clothes in their backpack. (We are running out of our stock of emergency clothes at school.) The children play in the discovery table and at times there is water, snow and sand that they can play in. They also wash their little hands a lot during the day or may have an accident.

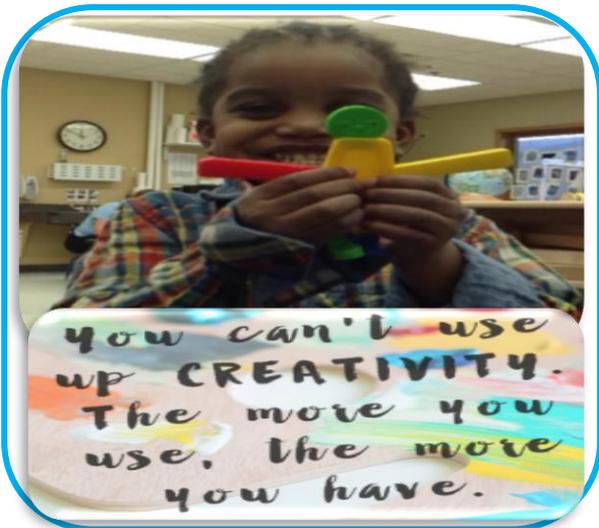
Important Dates

Wednesday, January 16th-

Parent Meeting at 5:30 pm

Monday, January 21st- No school

Thursday, January 24th- PBIS and Reading for Readiness assembly



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?

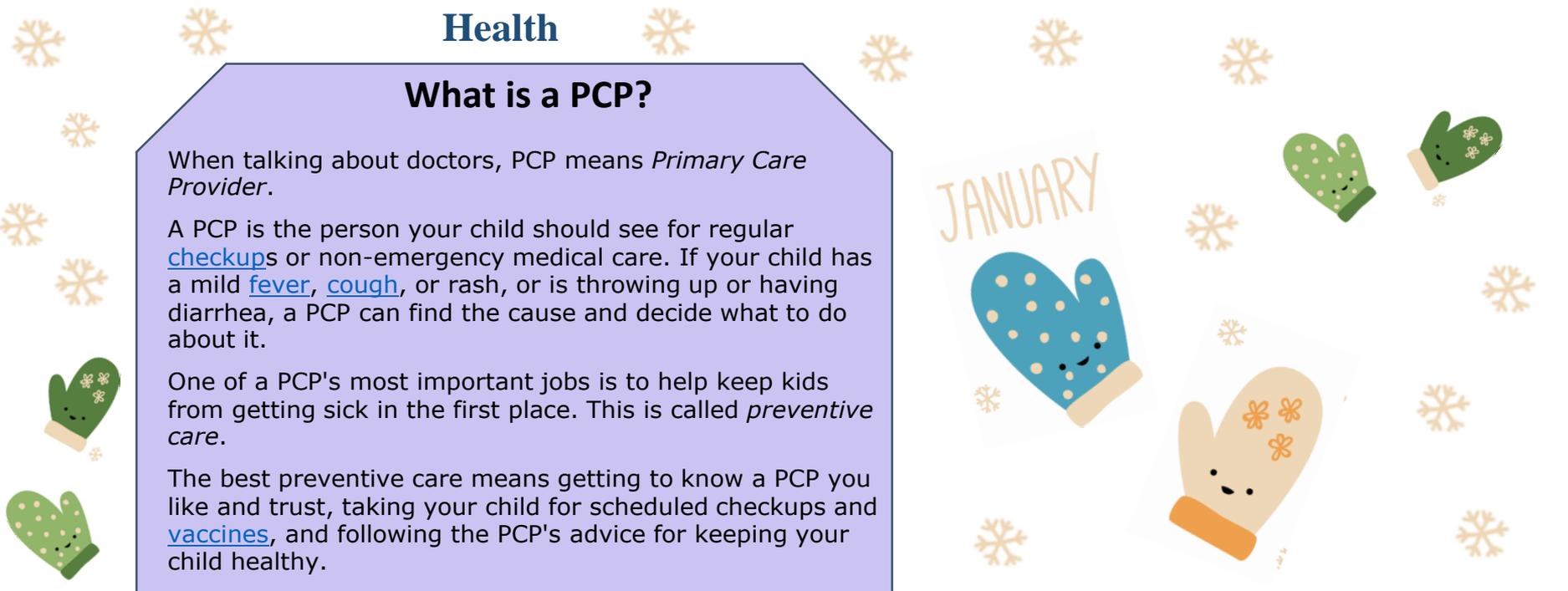
When talking about doctors, PCP means *Primary Care Provider*.

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!