

News You Can Use

February 2019

Head Start Home Visiting

Attendance

Must Be Present to Win!!

Every Day Matters for Success in School and Life

- Overall Home Visit Attendance: **87%**
- Top classroom: Tanya's at **97%**
- **65** children received perfect attendance in December



Parent Workshop

Join us Thursday, March 7th at Sylvan Head Start for an evening dedicated to learning how to deal with challenging behavior! The Flip-It program is designed to help parents and teachers learn successful strategies that can improve young children's behavior. Child care will be provided and a light snack will be served. Ask your Home Visitor for more information!

WORKSHOP

February is Parent/Teacher Conference Month!

Your home visitor will be spending time with you at one of your February visits to review your child's developmental progress and help you to understand how your child can continue to develop. We look forward to sharing this information with you!



Important Dates

Located at Sylvan Preschool
1875 Rosewood Ave. SE

Socialization:

- Tuesday, February 5th at 9:30 am.
- Monday, February 25th at 9:30 am

Holiday:

Monday, February 18th Head Start will be closed in honor of Presidents' Day.

Parent Meeting:

Monday, February 11th at 5:30 pm

Parent Engagement

TAX HELP

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



Introduction to Home Ownership

Choosing the right home, Credit and budgeting, Fair housing, Purchase and closing processes. \$20 for first registrant, \$5 for additional registrants in the same household.

Where: 400 Franklin SE,
Grand Rapids, MI 49506

When: Saturday February 23, 9am-3pm

Questions? Call (616) 336-9333

Register online

<https://iccf.org/classes/introduction-to-homeownership/>



Nutrition

Its National Snack Month!

SNACK SMART WITH THESE EASY FOODS:

1. Cut whole fruit, into finger foods
2. Berries
3. Raw veggies cut up
4. Graham crackers
5. String cheese
6. Frozen Yogurt
7. Hardboiled egg
8. Cottage cheese
9. Pumpkin seeds



Education

Bundle Up and Get Outside: Why Kids Should Play Outdoors in Winter

- Children get to see the outdoors through a new lens
- Increase in exercise by using different muscles while sledding or building a snowman
- Getting fresh air and avoiding bacteria
- New challenges and problem-solving-“How can I get down this hill?” “How can I keep my balance on this ice?”
- Vitamin D exposure which helps regulate mental and emotional moods



<https://www.fix.com/blog/keep-kids-playing-outdoors-in-winter/>

Health

Free Dental Day!!

Where: Exalta Health @
2060 Division Ave S, Grand Rapids
When: Friday, February 8
7:30am – 12:30pm
Who: Anyone who needs dental care,
especially those without dental
insurance.

First come, first served!
Get there early!
Questions? Call 616-475-8446



Menu Reviewed by:
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Head Start for Kent County
HV Snack Menu
February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 Socialization: Sylvan 9:30-11:30 am Crackers, Hummus	6	7	8
11 Parent Meeting: Sylvan 5:30 pm – 7:30 pm	12	13	14	15
18 Head Start closed in honor of Presidents' Day	19	20	21	22
In-Home Snack Week – Exploring Tangerines				
25 Socialization: Sylvan 9:30-11:30 am Fruit Pizza (WG tortilla – no honey, cream cheese, pineapple, banana)	26	27	28	

In-Home Snack Portions:
See Rebus Cards

Formula & Baby Food Available at Socialization
Whole & Skim Milk Available When Served