

# News You Can Use

Week of February 11, 2019

Sylvan II- (616)-241-0250

## What's Happening?

Head Start is enrolling for next school year. If you have a child that will be 3 or 4 by September 1st or have family and friends who have children who will, please have them go to our website at [Hs4kc.org](http://Hs4kc.org) to complete the intake application

## Reminders

As our Parent Handbook states, "With the desire to promote respect for everyone, Head Start requests that celebrations of any type...are inclusive of all children and families."

**Please do not send Valentine cards, candy or snacks to school as we will not be able to accept them.**

**Additionally, the teaching staff is unable to accept gifts.**

## Watch D.O.G.S

On February 28<sup>th</sup> there will be a **Dancing with Dad** event for the **Watch D.O.G.S.** Please join us at 10am and 2 PM

## Kindergarten Transition

**Our transition parent meeting and parent workshop will both be rescheduled. Look for further details to come.**

## Important Dates

**February 14**  
Reading for Readiness – 10am & 2pm  
**February 18**  
No School  
**February 28**  
Watch D.O.G.S.- dancing with dads

## Parent Engagement

### February is Transition Month!

February parent meetings will include Kindergarten transition information and local Kindergarten representatives.

Participating sites will hold a 3 to 4 year old transition meeting as well.



**Check with your site for dates and times.**

## Nutrition

PLEASE VISIT [www.hs4kc.org/NEWS-BLOG](http://www.hs4kc.org/NEWS-BLOG) FOR FEBRUARY'S MENU! AVAILABLE IN BOTH ENGLISH & SPANISH.

### VEGETABLE/ FRUIT OF THE MONTH:



### *Apples*

Apples are a great source of fiber, antioxidants, and vitamin C. There are more than 7,500 types of apples worldwide with over 15 types available just in Michigan!  
**Apples are in season in Michigan beginning in September.**

## Health

### Brush Your Teeth Song

Sing to the tune of  
*Row, Row, Row Your Boat*

Brush, brush, brush your teeth,  
Brush the germs away!  
Happy, healthy teeth you'll have,  
By brushing everyday!

Floss, floss, floss your teeth,  
Floss the germs away.  
Happy, healthy gums you'll have,  
By flossing every day!



## Education

### Math ideas for toddlers and Preschoolers

- Count-point to and touch objects you count
- Add and Subtract-explore what happens when you take away items from a group
- Look for shapes-point out shapes and describe them to your child
- Match and sort-by the shape, color, size of the item
- Put things in order-line objects up from smallest to largest, youngest to oldest
- Use music-clap and dance with your child

# KINDERGARTEN, HERE WE COME!

*Here are some helpful tips to get your child prepared for Kindergarten:*

- ❖ Start to explore your family's choices for Kindergarten. What is available in your community?
- ❖ Talk about kindergarten with friends and family. How is it the same as preschool? How is it different?
- ❖ Complete the kindergarten registration forms at home or school. Do you have questions? Call the new school for information or check out their website.



- ❖ Visit the school and classroom (alone and with your child). Try to see it through your child's eyes. Talk about the fun things that children learn when they are old enough to go to kindergarten.
- ❖ Begin to get ready for the first day of kindergarten! What school supplies are needed? Can your community help provide them? Do you know how to contact the school and teacher?