

# News You Can Use

Week of March 18, 2019

Plainfield (616) 454-8874

## What's Happening?

Come and visit our site.

Each classroom has decorated their doors for March Reading month. Our theme is Dr. Seuss. Each family can vote on what door they LOVE.

Your child has helped with the decoration.



**Dr. Seuss**



## Whitecaps

We have partnered with the Whitecaps Reading Club. If you read to your child for the month of March and record it, The Whitecaps will give your family two free tickets to a game. There will be a Whitecaps calendar in your child's backpack. If you have any questions, give us a call.



## Physical & Dentals

Families, remember that physical and dentals are a **REQUIRED** part of your child's Head Start program. If your child does not have a doctor or dentist and a physical and dental exam, please call our site's new Family Advocate Ms. Bethany at 616-454-8874 so she can help.

## New Associate Teacher in Room 1



This is Ms. Alicia. She is so excited to be working with Head Start. She has worked with kids of all ages and enjoy seeing them grow into their best selves! She has worked as a preschool teacher in Rockford and Grand Rapids, but she is thrilled to be teaching in my former school district (Northview). She has her associates degree in Child Development from GRCC and is finishing up her bachelor's degree in Early Childhood Education at Ferris State University. She looks forward to working with all of your kiddos!

## Important Dates

**Wednesday, March 13<sup>th</sup>**- Parent Meeting @ 5:30

**Friday, March 22<sup>nd</sup>**- Make up day (Regular school hours)

**Wednesday, March 27<sup>th</sup>**- Watchdog event @ 5:30

**Thursday, March 28<sup>th</sup>**- PBiS/Reading for Readiness

**April 1<sup>st</sup> – 5<sup>th</sup>**- **SPRING BREAK**

**Monday, April 8<sup>th</sup>**- School resumes

# You are invited to a Parent Café!

## *Helping Your Child Succeed*

Join us on **March 21st** from **1 pm - 3:30 pm**

The simple structure of Parent Cafés promote a spirit of respect, curiosity, and provide a warm welcome.

*\*A light snack will be provided\**

### **You will have the opportunity to:**

- Define success for your child.
- Learn how to help your child succeed.
- Network with other parents.

Questions? Call the front desk at  
(616) 454-8874

We look forward to seeing you!

## Its National Nutrition Month!

### DOES MY CHILD HAVE A WEIGHT PROBLEM?

#### What can parents do to help their child maintain their best weight?

Weight loss dieting is not a healthy approach for children. If you believe your child may be overweight, instead help them grow into their current weight.

- Help your child accept the body he or she is born with.
- Make meals and snacks calm and pleasant.
- Give your child a chance to know the signals for hunger and feeling full.
- Do all you can to build your child's self-esteem!



## Wyoming Public Schools Kindergarten Round Up

March 20, 2019 ~ 11:30 AM – 6:00 PM  
Huntington Woods Childhood Center  
4334 Byron Center Ave SW

### You will need:

Student's Birth Certificate  
2 Proofs of Residency  
Parent ID with Photo  
Immunization Record, Health Appraisal, Vision &  
Hearing Test Record

Questions? Call the WPS Administration Building at  
(616) 530-7550.

## Encourage Imaginative Play

Allowing a child to engage in child-directed play has been shown to be crucial to their intellectual and emotional development.

- Scheduling in **free play** throughout the week outside of school instead of continuous structured activities
- Provide **open-ended toys** such as arts and craft supplies, dress-up clothes etc. that encourage the use of imagination to play with
- **Show them** how it's done and make-believe with them!



**F**eelings

Tell what you see and hear as a result of their emotions. Help to identify the root feelings causing the behavior.

**L**imits

Remind the child of the positive limits and expectations you have for their behavior.

**I**nquires

Encourage child to think about solutions to their challenges.

**P**rompts

Provide creative cues, clues, and suggestions for the child who is having difficulty.





## Is My Child's Appetite Normal?

### Your job is to decide:

- WHAT** food is offered
- WHEN** the food is offered
- WHERE** it will be eaten

### Your child's job is to decide:

- IF** he/she will eat or not eat
- WHAT** he/she will eat from the food offered
- HOW** much he/she will eat



### **Your child is watching you.**

Your child learns how to eat by watching you. Start with a small portion; only eat more if you're hungry. Only eat when you are hungry.

When you take care of yourself, you take care of your child too!

### **Your child's appetite changes...**

- As your child enters the preschool years, their growth rate usually slows down.
- Your child may have a smaller appetite.
- If your child has special food needs or is losing weight, get help from a professional.
- Most children do best when fed 4-6 meals/ snacks a day.



### **Learning hunger cues is important.**

Keep eating times relaxed so your child learns body signals for being hungry and feeling full.

### **You Can Help Your Child Eat the Right Amount**

- Offer small portions. Let the child ask for more.
- Allow enough time to eat. This may give your child a chance to feel full.
- Offer a small snack between meals.