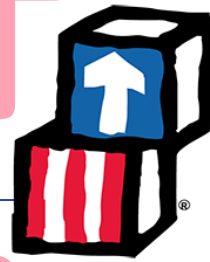


# HEAD START



News

February 2023



## Welcome To Head Start!

Your Head Start newsletter has gotten a modern facelift by entering the world of QR codes! Each month we will share Head Start happenings and information through the use of these codes to help give you access to even more valuable resources. Simply open the camera on your smartphone or smart device and hold it steady for a few seconds. Your device will read the code and a notification will appear. Tap the notification and you'll be directed to the document or website! Please reach out to any Head Start staff if these aren't working for you, or if you'd like a quick demonstration.

### Family Engagement

Brushing teeth can quickly become routine with just a few small steps. At school, we often use visual aids to help remember the steps to create these healthy habits. We can share them for at home use if you think that would be helpful! Just ask your child's Teacher or Family Service Specialist!

Follow the QR code for more tips and helping your child create healthy habits around dental health!

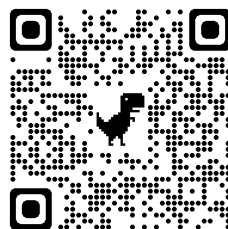


### Health/Safety

You can promote good oral health with your child by knowing you and your family have health mouths and teeth. Model healthy habits for your child by brushing your teeth with them and making healthy food choices.



Remind them that taking care of our teeth helps them be able to focus and have a pain free mouth!



Follow the QR code for more tips on promoting good oral health!

## Attendance is important!

Did you know that children can suffer academically if they miss just 10 percent of school days? That means missing just one day every two weeks, and that can happen before you know it. Get your children off to a good start. Make sure they attend school on time every day....Because Every Day Counts!

- Children can't benefit from what is taught in the classroom unless they are present and engaged.
- Chronic absence is an early warning sign that children are off track for success.

Did you know that students who do not graduate have greater health risks as adults than higher-achieving peers? A lifetime of good health correlates with receiving more education. It's important to build a healthy habit of daily school attendance right from the beginning.

How is your child's school or your family's home visiting attendance adding up? Is your attendance rate at or above 90%? You can always talk to your child's teachers, Family Service Specialist, or Home Visitor if you have questions or concerns about attendance.

Fit Families -  
WIC newsletter



Center Happenings

## Important Dates



Reminders

## Volunteer Opportunities

