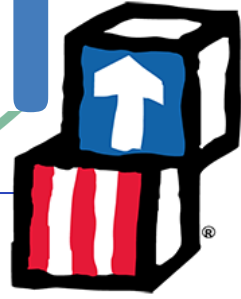


HEAD START

News



While this year's winter has been quiet a surprise - you may still find yourself needing cold weather clothing for your child. Please speak with your Family Advocate for any needs you have.

If you haven't already, check out our Facebook Page - Western Dairyland Head Start, where we will share upcoming community events and bits from our daily programming. Make sure you check the upcoming events section and know the protocols at your location should weather prevent us from safely opening.

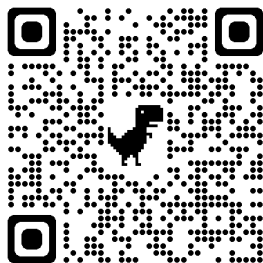
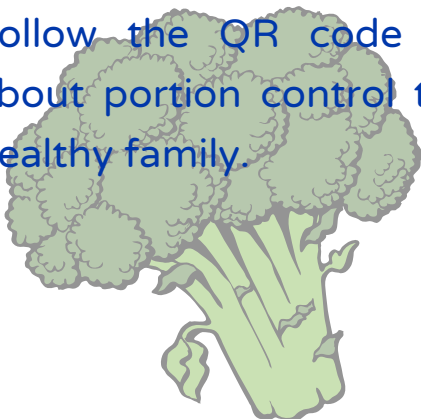


Family Engagement

Being healthy is not just making nutritious choices about what foods you eat but also about how much you eat.

Parents can promote healthy food habits by starting early. When families learn and engage in healthy eating routines, they have an opportunity to be good role models for their children.

Follow the QR code to learn more about portion control to support your healthy family.



Health/Safety

Eating healthy and moving more are the key ingredients to a healthy life! It may be easier than you think to start eating healthy and incorporating active times in your day. Making small switches in your diet can make a big difference such as switching soda with water or using herbs to season foods instead of salt. Planning family activities can help everyone get enough exercise and enable you to spend more time together.

Scan the QR code to find a list of tips you can try to help your family eat healthy and move more!



When is sick too sick for school?

We often stress the importance of attendance, but we also recognize the importance of rest when our bodies need it!

Below are a few tips on when to come to school, when you stay home, and when you may want to call your child's doctor if they are feeling unwell.

Send me to school if...

- I have a runny nose or just a little cough, but no other symptoms.
- I haven't taken any fever-reducing medicine for 24 hours, and I haven't had a fever during that time.
- I haven't thrown up or had any diarrhea for 24 hours.

Keep me home if...

- I have a temperature higher than 101 degrees even after taking medicine.
- I'm throwing up or have diarrhea.
- My eyes are pink and crusty.

Call my doctor if...

- I have a temperature higher than 101 degrees for more than two days.
- I've been throwing up or have diarrhea for more than two days.
- I've had the sniffles for more than a week, and they aren't getting better.
- I still have asthma symptoms after using my asthma medicine (and call 911 if I'm having trouble breathing after using an inhaler).

Fit Families -
WIC newsletter



Center Happenings

Important Dates



Reminders

Volunteer Opportunities

