

HEAD START



News

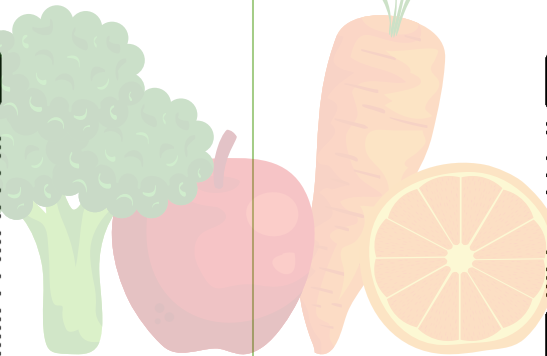
Hello Head Start families! Just over three months left in our Head Start School year - where has the time gone? Hopefully in the coming weeks, we will be able to spend more time outside, enjoying the sun and above freezing temperatures. We still bundle up to get outside and stay dry so please continue to send boots, hats, gloves, jackets and snow pants each day.

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!



Attendance Matters!

Why does attendance matter?

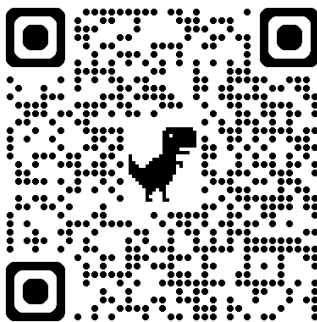
Children need to be at school to succeed. If children don't show up for school regularly, they miss out on fundamental reading and math skills. They miss out on opportunities to engage in social activities with their peers. They miss out on opportunities to build meaningful relationships with caring and trusted adults. They miss out on opportunities to learn basic social skills. When a child misses too much school, teaching time can be taken from all other children when the teacher helps them reacclimate to the classroom routine.

Most children average 4-5 absences per school year. Those who miss more days tend to always be trying to "catch up" rather than "keep up".

Daily attendance helps build skills for success! Skills such as:

- Confidence and ability to solve social problems
- Capacity to develop good relationships with peers and adults
- Concentration and persistence on challenging tasks
- Ability to effectively communicate emotions
- Ability to listen to instructions and be attentive

Fit Families -
WIC newsletter



Important Dates

Reminders

