



Head Start Herald 2021

Can you believe that we are almost half-way through the school year? Time truly flies! Although this year has been different for all of us, we have continued to do our best to adjust to our “new normal”. Some of the things that we have done to adjust have included:

- ◆ Creating a new drop-off/pick-up process.
- ◆ Requiring all staff and children to wear personal protective equipment.
- ◆ Offering virtual parent meetings and trainings for families.
- ◆ Providing resources for families to encourage learning at-home.

We hope that we have shown you that we care about your family’s well-being and that we are committed to helping your child prepare for Kindergarten. We emailed each family a link to complete a Fall Family Satisfaction Survey that we want you to complete by December 18, 2020. We use the information from the survey to plan our program activities and services. So, your participation is important! The survey link is:

<https://forms.gle/2nZtNDDNxXV7kVeH9>

If you have questions about the survey, Head Start, or your family’s services please contact your child’s teacher or Family Services. You can email us at headstart@yorkcounty.gov.

Amber Richey, Head Start Director

Enjoy winter break and have a great New Year!

Please meet Charlie! Charlotte (Charlie) Wells is our new Family Services Specialist at the Griffin-Yeates Center.

“I have a Bachelor’s of Science in Human Services. I am passionate about helping people to help themselves and find case management extremely rewarding.”



REMINDER

Please do not bring your child to school, if your child or anyone in your household has tested Positive for COVID-19 or has potentially been exposed to COVID-19. **Please do not bring your child to school**, if your child or anyone in your household is showing signs and/or symptoms of COVID-19. ***If there is a possibility that your child may have been exposed to COVID-19, please contact Julie Conka, Head Start Health Services Program Administrator, at 890-3888 to discuss your child's health status before coming to school.***

We want to do all that we can to continue to protect Head Start's children and staff. It is a confidential matter but it is our reality. We cannot protect your child, other children, and our dedicated team if we are not aware. We ask that you please make us aware so that we can problem solve together. It is the only way that we can limit the spread of a virus that is changing everyone's world!

Thank you for your cooperation. Stay safe, stay healthy, and stay well.

Head Start Management

Keys to Coping With Grief During the "WINTER SEASON"

(Information taken from Dr. Mercola's Natural Health Newsletter)

While many view the "winter season" as a wonderful time of the year — especially as it relates to the many festivities enjoyed together with family and friends — dealing with stress or grief can make these occasions less wonderful and depressing.

Grief or depression can be an "emotional rollercoaster" — one day you're up and the next day you're down — and feelings of loss can sweep over you unexpectedly at any time; dealing with stress, grief, and loss during the "winter" can be particularly challenging.

Here are some tips to help you navigate the "winter season" and cope with stress: Be gentle with yourself; listen to your body and your emotions; seek out activities and people that make you happy; learn to say no; talk about how you're feeling; exercise daily; try to get proper sleep; have a healthy diet.



We hope that everyone will have a safe and happy winter break! It's hard to believe that 2021 is already upon us. January is the beginning of the New Year and the teachers will be working diligently on the goals that you set at the parent conference to prepare your child for kindergarten.

Whether your child attends school in the classroom or virtual, we want to make sure that we are doing everything to help your child reach their goals and would appreciate your help in this too. So, please keep up all the good work that you are doing to help your child's reading, counting, and handwriting. To help your child, practice rhyming sounds, letter recognition, and letter sounds with your child regularly at home. This will help with your child's Phonological Awareness Literacy Screening (PALS) scores. When possible, please join in the Zoom meetings with your child; we love having you participate and be a part of their learning experience. Also, remember to turn in school work from the distribution packets that your child has completed to teachers. The work that teachers collect is used to measure your child's developmental progress and skills.

**PACKET DISTRIBUTION
FOR VIRTUAL LEARNING
CLASSROOM ONLY**

January 6, 2021–
NO DISTRIBUTION

January 13, 2021

January 20, 2021

January 27, 2021

February 3, 2021

DATES TO REMEMBER:

January 1st - Closed

January 4th - January 15th - Remote Learning for All Students

January 18th - Closed

January 20th - Fatherhood Event at 5:30pm (further details to come)

January 29th - No School

****Facebook****

Like us on Facebook and keep up-to-date on all events and school closures.

<https://www.facebook.com/YorkCountyVirginiaHeadStart>



Physical Activity: Introduction

Physical activity is key to your child's health now and in the years ahead. It also gives them a head start on leading a healthy, active life.

Get Physical!

Any kind of exercise can be considered physical activity. Encouraging physical activity is a great way for you to help your child be healthy.

There are lots of physical activities that your child can do. They can:

Run Dance Swim Climb Jump or hop

These are just a few examples of ways your child can exercise and have fun at the same time.

Playful activities are a great way for your child to be physically active. Children love to play, and it's good for them too. Active play that gets your child's muscles moving and heart pumping has lots of health benefits. So encourage your child to play every day!

Health Benefits of Exercise

We all want our children to be happy and healthy, and daily exercise can help do just that! Children should be physically active for at least one hour every day to stay healthy.

A little bit of regular physical activity can go a long way because it:

- *Builds strong muscles and bones
- *Teaches the parts of the body to work together
- *Handle stress
- *Be happier
- *Makes the heart and lungs stronger
- *Physical activity can also help children:
 - *Increase their ability to learn
 - *Feel better about themselves

Exercise is a great way for children to have fun and stay in shape. Being out of shape or overweight can cause health problems for your child, including diabetes and heart disease.

Children and Parents at Play

Take time to play with your child as often as possible. Be silly - hopping like a bunny or running like a monkey can show your child how fun exercising can be. You'll enjoy yourself and get good exercise too. Your child will see you as a good role model and learn the importance of physical activity when you exercise together.

Teach your child:

- Examples of good exercises
- How long to exercise
- When to exercise
- How exercise keeps you healthy

Along with a nutritious diet, this physical activity will help your child avoid the risks that come with being overweight.

Knowing the importance of physical activity can also help you and your child make healthy choices in the future.