

# Head Start Herald 2021



Despite the challenges that we have worked to overcome, this school year has been very successful! We have made strides towards meeting the educational needs of students and supporting Head Start families. We are truly proud of the progress that our Head Start Scholars have made this school year, and we hope that each scholar will continue to be excited about growing and learning.

Our Head Start staff have worked diligently all year to help our children and families grow and learn together. As you know, we are always looking for feedback and suggestions to help us improve our services. Each family will receive an end-year survey in the coming weeks to complete and return. Information from surveys will be used to help us plan for the 2021-2022 school year. **Parents/Guardians can complete the survey online or complete it over the phone by calling their Family Service Specialist.**

I want to thank each of you for your ongoing participation in the program. Without you, there would not be a York County Head Start program. We wish each of you the best this summer and we hope that you have benefitted from the Head Start program this school year. Good Luck and be safe!!!

*Amber Richey*, Head Start Director

If you know anyone interested in enrolling in York County Head Start, please spread the word that **we are recruiting for the 2021-2022 school year!**

For an application or more information please call 757-890-3888 or visit [www.yorkcounty.gov/headstart](http://www.yorkcounty.gov/headstart)



Well, spring has sprung Head Start families! We have started winding down the school year, but we are not done yet! It's that time of year for some of our parents and Head Start teachers to start thinking about kindergarten transition. This is a nervous yet fun and exciting time for most parents. Some of you have already started asking what we will do to help make this change go smoothly for you. The answer is that we are willing to help you prepare for transition however you need us to.

You recently received information from York County School District about Kindergarten Kick-Off. It is important that families register for kindergarten at their child's home school.

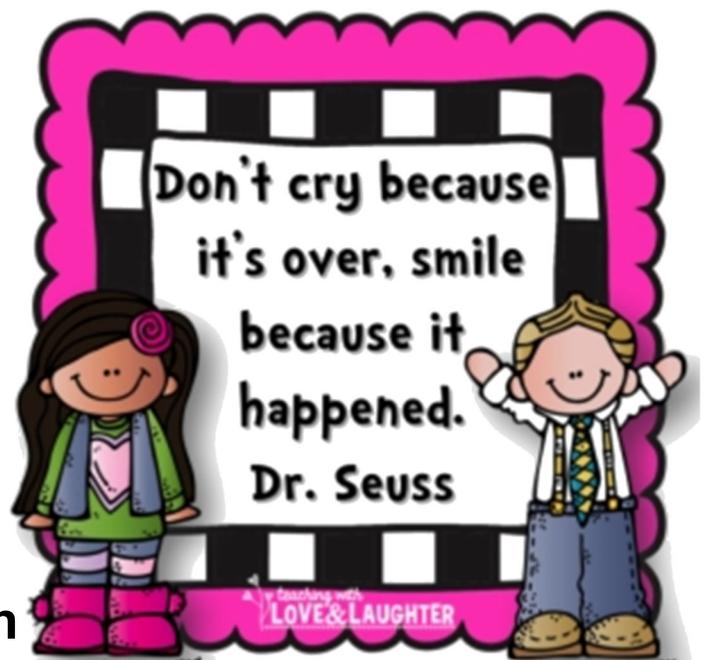
Our teachers will be contacting you about the final home visits for this school year and to give you updates on how your child has progressed throughout the year.

We also have some activities planned for the end of the year. Dates and locations are soon to come. We will be sending a Summer Literacy packet to each family with books and fun things to do this summer, as well as community activities.

If you are moving and/or your child will not be attending a York County school, please let us know so that we can send information to the correct school upon your request. If you need any help or have any questions, please call 890-3888.

Thank You!

*Head Start Teaching Staff*



**Last Day of School - May 27th**

**DATES TO REMEMBER:**

**May 7th** - No School

**May 20th** - Health Services Advisory Committee Meeting @ 10:00am via Zoom

**May 25th** - Stepping Up 5:30pm @ Wolf Trap Park (watch your email for details)

**May 27th** - Last Day of School

**PACKET DISTRIBUTION FOR VIRTUAL LEARNING CLASSROOM ONLY**

May 5, 2021

May 12, 2021

May 19, 2021

May 26, 2021



**Health Services Advisory Committee Meeting  
May 20, 2021 at 10:00am**

Join Zoom Meeting

<https://us02web.zoom.us/j/87515842241?pwd=aTBYTUgyQnhtOFVMdTUvZTAydOFFQT09>

**Meeting ID: 875 1584 2241**

**Passcode: 823585**

One tap mobile

+13126266799,,87515842241#,,,,\*823585# US (Chicago)

+16465588656,,87515842241#,,,,\*823585# US (New York)

Dial by your location

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+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

Find your local number: <https://us02web.zoom.us/u/kbn2MDGMz2>



# Activities to Promote Resilience in Preschoolers

Focusing on the protective factor of Attachment/Relationships

AR

**Attachment/Relationships** refers to a child's ability to promote and maintain mutual, positive connections with other children and significant adults. Here are three ways that parents and families can help their preschooler build this protective factor.

1

## **Hug and cuddle together.**

Safe, loving touch can help you to build a bond with your child. When your child runs to you for a hug and you respond, it tells him that you think he is important. This can then help children cope with outside experiences, like going to school for the first time, making new friends or getting through a conflict. Try giving your child warm hugs throughout the day. You can also connect with a gently pat on the back, holding hands, or smiling at each other.

2

## **Help your child make and keep friends.**

Children do not always know how to play with others. Provide help by suggesting words to use. Example: "Ellen, you could say something like, 'May I have a turn?'"

3

## **Talk with your child about things she does well.**

We all like to hear about something we have done well. Children also like to hear about their strengths. Try telling your child each day several things you saw or heard her do that were positive. Example: "Mila, you picked up Abuela's purse for her. That was thoughtful. Did you see her big smile?"

**Want to learn more about building the resilience of young children?  
Visit our website at [www.centerforresilientchildren.org](http://www.centerforresilientchildren.org) today!**



# Activities to Promote Resilience in Preschoolers

Focusing on the protective factor of Initiative

IN

**Initiative** is a child's ability to use independent thought and/or action to help meet his or her needs. Here are three ways that parents and families can help their preschooler build this protective factor.

1

## **Involve your child in doing simple, daily tasks.**

Preschoolers can help set the table, make a bed, sort and fold laundry, or tear lettuce for a salad. Make sure that the task is one your child can do. For example, rather than expecting her to make the whole bed, let her tuck in the sheets or just put the pillows on the bed.

2

## **Have fun together every day.**

For example, take turns pushing each other on the swings at the park. Turn ordinary events into opportunities for fun, such as talking about favorite foods at the grocery store. Play games or sing songs in the car/bus, or wherever your child has to wait. Play like you are four years old again! Your child will notice.

3

## **Find out what is special about your child.**

Each child is special in his or her own way. Comment on children's strengths. Example: "*Jackson, you tell silly jokes that make me laugh!*"

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# Activities to Promote Resilience in Preschoolers

Focusing on the protective factor of Self-Regulation

SR

**Self-Regulation** is a child's ability to express emotions and manage behaviors in healthy ways. Here are three ways that parents and families can help their preschooler build this protective factor.

1

### Talk about it later.

If your child acts out by having a tantrum, crying loudly, kicking or throwing toys, wait until he is calm and then talk. Together, come up with ways your child can cope the next time he is upset. Example: *"Ashton, you kicked your sister when she took your cars. It's not okay to hurt her. Next time, you could give her some cars to use. Or, maybe, you have another idea."*

2

### Practice taking turns.

For example, play catch or simple board games, and build in taking turns as part of family life. You could pass food around the table at mealtimes, or have your children take turns choosing a book to read at bedtime.

3

### Use warnings to help your child get ready for change.

Some children have a hard time going from one thing to the next, for example, from play time to lunch time. Try giving a warning or heads-up: *"In five minutes, we need to get ready for lunch."*

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