



March



Head Start Heard



Director's Spotlight

We celebrated our 100th day of school last month! Celebrating this milestone means that school will be coming to a close soon! Did you complete the goals that you set with Family Services? Have you attended a Parent Meeting or Training? Did you talk with your child's teacher about how to improve your child's learning at home? If not, it is NOT TOO LATE!

It is never too late to begin!! What you see in front of you is only a tiny percentage of what is possible. Small steps lead to bigger things. What are you waiting for? You have the power within you; the decision is yours to make!

We will begin accepting applications for the 2022-2023 school year in the next few weeks. Please ensure that you meet with Family Services staff to complete the re-enrollment process for your child! If you know anyone who lives in York County and has a child between the ages of 3 and 4, please tell them about York County Head Start. We want all children to be successful in kindergarten and beyond! For enrollment questions, please call 757-890-3888 or visit www.yorkcounty.gov/headstart.

Thank you for being a part of our HEAD START family.

Grow what matters

One step

At a time.

Little by little, your

Steps will add up.

Amber Richey, Head Start Director

DATES TO REMEMBER

Day	Date	Time	Event
Tuesday	March 1	10:00 am	Library Tours: Room 14 & 16
Wednesday	March 2	10:00 am	Library Tour: Room 15 Dr. Seuss Celebration
Thursday	March 3	10:00 am 10:00 am	Library Tour: Bethel Manor A & B Education Review Team Meeting 
Friday	March 4	10:00 am	Library Tours: Yorktown
Friday	March 11	—	No School: Teacher In-Service
Tuesday	March 15	5:30 pm	Money Management Training 
Wednesday	March 16	10:00 am	Policy Council: GYC or 
Friday	March 18	9:30am	Picture Day @ GYC
Monday-Friday	March 21st-25th	—	Parent Café/Training- Virtual
Wednesday	March 23	10:00 am	Parent CPR/1st Aide training @ GYC
Thursday	March 31	5:15 pm	Literacy Night at GYC (Blacktop)

Celebrating Dr. Seuss Week: February 28– March 4, 2022



It's Spirit Week! We have exciting things in store. Have your child join in on the fun. Each day we will wear something different!



Monday	Tuesday	Wednesday	Thursday	Friday
Wear Red or Blue	Wear Stripes	Wear Favorite Hat	Wear crazy socks	Wear Pajamas
				

****Facebook****

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

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

TELL A FRIEND



To Our Head Start Families,

Everyone is still feeling the effects of the many changes we experienced for the past two years. Please help us spread the word that we are now accepting applications for the 2022 - 2023 School Year.

For our families moving on to Kindergarten, thank you for letting us be a part of your child's education. We will be contacting you regarding Kindergarten Enrollment.

If you know a family who is interested in Head Start for their child, please let them know they can visit our website at www.yorkcounty.gov/headstart to start the application process or they can call our office at (757) 890-3888 to arrange a phone interview to fill out an application.

*Thank You,
York County Head Start*





As the seasons begin to shift, it's time to say goodbye to our cold and snowy winter and welcome spring back once again. Classrooms will be exploring the many changes that take place during this amazing season. The temperature will be warming up this month and there will be patches of green grass on the playground. We will observe the many biological things that happen outdoors in spring whether its flowers and trees starting to bud or animals such as caterpillars becoming butterflies. The children will also work towards earning their green thumbs by learning how to take care of their very own seeds. We will be monitoring our plants' progress closely as we measure their weekly growth and discover how important sunlight and water is for their survival.

In addition, we will introduce the children to weather and how its changes and affects us and the world around us. Ask your child, "Is it true that the days are getting longer or does it just seem that way because there are more hours of daylight?" This is an interesting question that the children have already been exploring through discoveries they made last month. Now we will continue this exciting adventure as the children are introduced to new and exciting topics every day!



HEAD START TEACHING STAFF



REMINDER

Please **do not** bring your child to school, if your child or anyone in your household has tested Positive to 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

Family Services



Screen Time Guidelines for Preschoolers Reviewed by: KidsHealth Medical Experts

Preschoolers learn by interacting with the world around them. They need to be physically active — to run, climb, and swing on the playground — and to have creative outlets like drawing or dress-up.

Time spent with screens (like a TV, tablet, or smartphone) can be an opportunity to reinforce learning and promote creative play. But too much screen time can have unhealthy side effects.

For this reason, the American Academy of Pediatrics (AAP) recommends limiting the amount of time that preschoolers spend in front of a screen. It's good advice — but in today's world, it can be tough to keep kids away from all the TVs, tablets, computers, smartphones, and gaming systems they'll see.

Here's how to keep time spent with screens as productive as possible.

How Much Is Too Much?

Preschoolers ages 2 to 5 should have no more than 1 hour of screen time each day. The exception to this rule is video chatting with grandparents or other family friends, which is considered quality time interacting with others.

Not all screen time is created equal. For example, you and your child playing an interactive phonics or numbers game on a tablet or watching high-quality educational programming together is **good screen time**. Keeping the TV on all day for "background noise" or letting your preschooler watch your favorite shows with you are examples of **bad screen time**.

Use screen time as a chance to interact with your child and teach lessons about the world. Don't let your child spend time alone just staring at a screen.

Screen Time Tips

The same parenting rules apply to screen time as to anything else — set a good example, establish limits, and talk with your child about it.

To make your preschooler's screen time more productive:

Be with young kids during screen time and interact with them. That can mean playing an educational game with your child or talking about something you see together in an age-appropriate TV show or video.

Research games and apps before getting them for your child. There are thousands of apps and games that claim to be educational, but not all of them are. Search online to see which ones educators and doctors consider the best.

Schedule plenty of non-screen time into your child's day. Unstructured playtime is important for building creativity, so young children should have time to play away from screens every day. Family meals and bedtimes are also important times to put the screens away and interact with your child.

Keep devices with screens out of your child's bedroom after bedtime, and don't allow a TV in your child's bedroom.

Parenting Group Support for Mothers/Mother figures

Parenting Group Supporting Mothers/Mother-Figures with children 3-5 years old. To sign up for the parenting group please call the Head Start office at 757-890-3888. For detailed information or questions about the parenting group please call the facilitators, Carolyn McCloud MSW at 757-564-2487 or Ashley Swain at 757-564-2486.

Parenting Group Support for Father/Father figures

Man Talk supporting any Father/Father figures. Engaging male figures in conversations and activities, while working with them to enhance key life skills and establish healthy behaviors. We are here and ready to help male figures meet their goals and improve the relationships in their lives. Interested in signing up call 757-890-3888.

For detailed information you can contact the facilitators,
Prennis Page (757) 897-1830 or Kamil Riddick (804) 693-1331.

CANDY Confused

Pills and candy can look, smell, and even taste alike.



IF YOU CAN'T TELL THE DIFFERENCE, YOUR KIDS PROBABLY CAN'T EITHER!



GUMMI BEAR
or
MULTIVITAMIN?



ALTOID MINT
or
ASPIRIN?



SWEETART
or
ANTACID?



M&M
or
PSEUDOEPHEDRINE?



GOOD N' PLENTY
or
IBUPROFEN?

Make sure your kids don't accidentally get into medicine thinking that it's candy.

Every year, approximately

60,000

young children end up in the emergency room after getting into medicines left within their reach.

That's nearly 4 school busloads of children per day!



Store medicine **UP AND AWAY** and out of sight of young children.



NEVER

refer to medicine as candy when giving to your child.

1 IN 5

Nearly grandparents store their OTC medicines in easy-access places.

Remind grandma and grandpa to store medicines up and away, too!



In case of an **ACCIDENT,**

call Poison Help 24/7 at 1-800-222-1222.

Save the number in your phone so you have it ready in an emergency.



Put your medicines **up AND away** and out of sight.

For more information about safe medicine storage, visit UpandAway.org