

ICS HEAD START Newsletter

FROM THE DESK OF OUR EXECUTIVE DIRECTOR

We've taken off like a rocket in 2020. Our primary focus to school readiness is still children are ready for school, families are ready to support their children's learning, and schools are ready for children.

We respect the role parents play in their child's education. We encourage you to advocate for your child and talk to us about the school readiness goals you have for your child.

We know the importance of the relationship between teachers and parents. Head Start teachers truly care about your children and want them to be successful. It's great when you call or visit the center. Remember we are on your side. "The child's success is our success."



Eloise McClinton
Executive Director



PRE-K FOUNDATIONAL SKILLS

“There's nothing more contagious than the laughter of young children; it doesn't even have to matter what they're laughing about.”

Criss Jami

Students need a good foundation to be successful as they enter kindergarten. In order for your child to have a successful school year, he/she needs a good understanding of the following school readiness skills listed below:

1. Recognizes his/her own name in print
2. Identifies letters in his/her own name
3. Writes first name with first letter capitalized and all other lower case letters
4. Identifies colors: red, yellow, blue, green, orange, black, brown, purple, pink, and white
5. Identifies the 4 basic shapes: circle, triangle, square, and rectangle
6. Counts objects up to 5
7. Identifies numeral 1—5
8. Has self help skills: can tie shoes, button pants, and zip jackets
9. Is familiar with nursery rhymes
10. Can say or sing ABC song
11. Shares with others
12. Can state first and last name when asked

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BECOME FINANCIALLY FIT IN 2020 – FIVE TIPS

Are you drowning in debt? If so, there are five easy tips to follow to decrease the amount of debt that you owe.

Step 1: Accurately determine how much you owe

- ◆ Make an accurate list of all debts that you owe

Step 2: Make a budget

- ◆ List all of your monthly expenses
 - Fixed expenses: such as mortgage, car payment, loans
 - Flexible expenses: such as utilities, gas, food
 - Periodic expenses: car tags, insurance, land taxes

Step 3: Create more income

- ◆ Get a second job
- ◆ Make your hobbies or crafts work for you

Step 4: Use cash only

- ◆ Stop using credit cards and borrowing

Step 5: Change debt-enabling habits

- ◆ Study your credit card bills to see your habits
- ◆ How often do you buy coffee, a soft drink, cigarettes, eat out, etc.
- ◆ How warm or cool do you set your thermostat



**Beware of little expenses;
a small leak will sink
a great ship.**

For more information go to extension.msstate.edu/publications



TIPS FOR CUTTING CALORIES

Tip 1: Eat Healthy Food

- ◆ Skip one high calorie snack each day
- ◆ Reduce portion sizes
- ◆ Eat slowly and stop when full
- ◆ Add more fresh fruits and vegetables
- ◆ Cook at home more often

Tip 2: Be Active Every Day

- ◆ Get 30 – 60 minutes of physical activity most days

Tip 3: Make Lifestyle Changes

- ◆ Make small changes in diet and lifestyle
- ◆ Pay attention to what you eat and drink
- ◆ Plan what you will eat and drink daily
- ◆ Tackle a new goal each week
- ◆ Be realistic – it takes a month to form a habit
- ◆ Stress management – work through stress by exercising, meditation, relaxation



FEBRUARY IS NATIONAL DENTAL HEALTH MONTH

Oral Health Is Important!

Tooth brushing is an important part of a child's health. At your child's Head Start Center, the teacher's assist the children in brushing after a meal with fluoride toothpaste. The American Dental Association (ADA) recommends that brushing should occur twice a day (in the morning and at bedtime). The dentist should be seen regularly for prevention and treatment of oral disease, which is the key to a lifetime of healthy teeth and gums.

Things You Can Do to Help Your Child

- Brush your child's teeth with fluoride toothpaste twice a day.
- If your child is younger than 3 years old, brush with a smear of toothpaste.
- If your child is 3-6 years old, brush with a pea-size amount of toothpaste.
- Help your child brush their teeth until they are about 7-8 years old. They need help until their hand skills are better developed.
- Be a role model. Brush your teeth and floss twice a day.
- Take your child to the dentist every 6 months for routine cleanings.
- Limit the number of snacks your child has each day.
- Serve healthy meals and snacks like fruits, vegetables, low-fat milk and milk products, whole-grain products, and meat.



DURING THIS BRUTAL COLD AND FLU SEASON, BOOST YOUR IMMUNE SYSTEM

It's a brutal cold and flu season. Your immune system bands together to fight foreign invaders—bacteria, viruses, parasites, and even cancerous cells. There are scientifically proven measures you can take to help boost your immune system.

1. **Food fuels your body**—consuming a well-balanced diet rich in fruit, vegetables, legumes, lean meats, and fish provides the right ingredients to keep our immune system (and our body) in tip-top shape.
2. **Exercise**—promotes good circulation so that immune cells can move through our body more rapidly and kill both viruses and bacteria.
3. **Sleep**—While you sleep, your body utilizes energy to recharge and rejuvenate our immune system.
4. **Managing Stress**—Throughout life we will be exposed to stressful situations, understanding what is beyond your control and accepting it can be a successful coping mechanism.
5. **Moderate or eliminate excessive sugar and fatty food**
6. **Excessive alcohol**—avoid
7. **Smoking**—weakens the immune system

Along with these measures and getting a **flu vaccination**, maintaining good hygiene habits provides a line of defense that will also help keep germs at bay.

Credit: Washington Post



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APPLY NOW FOR EARLY HEAD START & HEAD START FOR THIS FALL!

Contact Family Services at your local Head Start Center to get an application packet.

- ICS wants to reach out to fathers during recruitment. We want engaged mothers and fathers.
- Parent conversations are important in building relationships.
- Both parents may attend meetings on applications and be involved in the family partnership process.



RECRUITING PARENTS FOR POSSIBLE EMPLOYMENT:

- ICS, Inc. has some job openings. Human Resources or your local Head Start Center Director are the proper contacts.
- Current and former parents are given preference when they qualify for a position.



Remember to participate in the 2020 Census! Be counted.

Get ready for tax time.