School Readiness has been a major focus of Head Start since Head Start began in 1965. “Head Start views school readiness as children possessing the skills, knowledge, and attitudes necessary for success in school and for later learning and life.” As parents/guardians, you play an important role in helping your child be ready for school and get the most out of the Head Start Program.

Here are 3 areas where we need your help:

1) ATTENDANCE- As parents, it is your job to make sure your child attends regularly. We know that children get sick and there are guidelines for when a child should stay home due to illness. Except for child illness we are asking you to do everything possible to send your child to the program daily. Please help us increase your child’s opportunities to learn and our program goal of increasing our attendance.

2) WORK WITH STAFF- In order to help your child learn all they can we need your help. Staff need your input and ideas about how your child is learning and growing at home. You are the one who knows your child best. When staff call you on the phone, come for home visits or ask you to send information back to them, please do all you can to respond. We know you are all busy but we can’t do the best for your child without you helping us. Remember, you are always welcome in the centers.

3) WORK WITH YOUR CHILD- Since you are the 1st and most important teacher of your child, you also can be helping him/her learn every day at home. Please always make sure and check back-packs for information sent home. Please know that we want and value your thoughts and ideas. Your parent meetings and Policy Council representatives are ways for you to give your input to the program. You may also contact any of the Head Start staff with any ideas or concerns you have.

In the spirit of the Thanksgiving season, thank you for helping us with your child’s school readiness and with our overall program goals.

The 3 C’s of Cold & Flu Season

It’s cold and flu season again—time to practice the three C’s to prevent the spread of cold and flu...

Clean— wash your hands often with soap and water or use an alcohol based hand sanitizer, especially after coughing or sneezing.

Cover— Cover your coughs and sneezes by coughing into your elbow, arm or sleeve instead of your hand. Teach your children how to cough into their sleeve.

Contain— Contain your germs by staying home if you are sick. Please stay home for at least 24 hours after you no longer have a fever without the use of fever-reducing medications. By staying home, you are helping to prevent the spread of germs.

Information is available at:
Jackson County Health Department
618-684-3143
www.jchdonline.org

Franklin-Williamson Bi-County Health Department
618-993-8111
bicountyhealth.org

Center for Disease Control
www.cdc.gov

Info. provided by www.cpsc.gov
From your Policy Council

My name is Melissa and I currently have my son Antonio enrolled in the Head Start program. I was actually introduced to the program back in 2013 with my oldest daughter. The program offered so many wonderful opportunities for her and as soon as my son was old enough to enroll I jumped on the opportunity. He is the only boy, having 2 sisters and 2 cousins that are girls and needed a friend who shared the same interests as him. We always found him playing alone or feeling left out. The first week of him attending the Head Start program, he was changed.

Antonio absolutely loves going to school and has something to be excited about every morning and a story after every day. This program has helped him so much already and it makes my heart so happy to see him have friends and be able to talk to me about all the things he learns and does every day. Not only have I seen this program help him, I also see a big difference in my niece who is the same age as Antonio and is in the same class. Together they help each other learn and grow and it’s such a beautiful bond to see them as cousins interact at school.

After attending the first parent meeting, I was drawn in to all the opportunities for the parents. I knew then I wanted my voice to be heard. Not only for Antonio and my niece Zyleen, but for my youngest daughter Lilly who will soon follow in their footsteps and my youngest niece Niya. Soon they too will enroll in Head Start and I have a chance to improve things for the future of head start and voice my opinion as a parent! That is when I joined to be a parent council representative for the Murphysboro location.

Being a representative has showed me so many things from behind the scenes that are truly so important. It has shined the light on a lot of areas in which I hope to help spread awareness to other parents. I feel very important and being a part of the council has helped me just as I feel it’s helped Antonio. The head start program is so much more than school. Everyone I’ve met have been genuinely caring people, and even after our move I made sure to find a way to transport Antonio and Zyleen just so they could continue to attend at the Murphysboro location. I feel safe sending my kids to school everyday and feel comfort in knowing he will have fun and learn something new every day.

Overall, Head Start is doing something amazing with helping families the way they do and it’s up to us parents to continue to help, and volunteer, and be a part of our children’s schooling. We all have a voice to be heard and at Head Start I feel they actually care and listen. Us as parents need to remember this is our children’s future, and to be able to be a part of it is a wonderful opportunity. I want to thank Head Start and everyone in the program for all they do and for all they have done for Antonio and all the other kids who attend. I even want to thank Head Start for helping me feel needed, and important, and I’m so thankful for this opportunity to be a part of the council. This program is a beautiful place to have your child’s education begin and grow.

Melissa Karr

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Family Literacy Night
Head Start will be hosting a Family Literacy night. Come out to your center and enjoy stories, activities and snacks.

- December 8th at 5:00pm Murphysboro
- December 10th at 5:30pm Carbondale
- December 15th at 5:30pm Marion

Head Start Job Openings
We are looking for:
- Bus Driver
- Bus Monitors
- Substitute Bus Drivers
- Substitute Teachers

Contact your Center Director or call 453-6448 for more info.

Literacy Corner
Book: The Snowy Day
Author: Ezra Jack Keats
Activity: After reading the story on a snowy day make snow ice cream!

Recipe:
- 4 Cups Snow
- 1 Cup Milk
- 1/4 Cup Sugar
- 1 tsp. Vanilla

Mix and Enjoy!
Parent Involvement: What Skills Need to be Part of a Daily Routine?

Parent involvement in early literacy is directly connected to academic achievement. Children need parents to be their reading role models with daily practice in order to navigate successfully through beginning literacy skills. According to research, parents should focus on the words on the page while reading with their Pre-K reader (Evans, Shaw, Bell, 2000).

Here are some strategies for beginning readers’ literacy success:

- **Point to each word on the page as you read.** This beginning literacy strategy will assist children with making print/story/illustration connections. This skill also helps a child follow from one line of text to the next one.
- **Read the title and ask your child to make a prediction.** Beginning readers need to make predictions before reading a story. This will go a long way to ensure that a child incorporates previewing and prediction in his or her own reading practices both now and in the future.
- **Take “picture walks.”** Help your child use the picture clues in most picture books to tell the story before reading.
- **Model fluency while reading, and bring your own energy and excitement for reading to your child.** Both new and seasoned readers struggle with varying pitch, intonation and proper fluctuations when they read aloud. Older readers will benefit from shared reading (taking turns).
- **Ask your child questions after reading every book.** Reading comprehension is the reason we read. The reading process must begin when first learning to read. This can happen through incorporating repetition, skills and modeling.

Beginning and lifelong literacy is constantly growing. However, the process must begin when first learning to read. This can happen through incorporating repetition, skills and modeling.

*Faughn, P. Family Life Educator, University of Illinois Extension*

Getting Ready for School

Many parents worry about what and how much their child should know before they arrive at school. There are no hard and fast rules for what teachers expect. It can differ from school to school. Some common skills kindergarten teachers look for a child to do:

- **Name and identify the four basic shapes.** (square, circles, triangles, rectangles)
- **Name and identify basic colors.** (red, blue, yellow, green, orange, purple, white, black, brown)
- **Identify some letters in the alphabet and match some letter-sounds.** Does he know the difference between numbers and letters? Can he find the letter A in random letters?
- **Count from one to ten and match one-to-one.** Are there enough cookies for everyone to have one?
- **Recognize her printed name.** Can she print her first name?
- **Put on coat, use bathroom, and wash hands with minimal help.** With less adults per child, being as independent as possible, helps a child feel successful.
- **Get along with others.** Does she use words like please, thank you and excuse me? Can she solve problems using words instead of hitting, or take a break to calm down?
- **Connect reading and writing if possible.** The connection between reading, writing and discussion should be incorporated with daily literacy practice. A child’s process of drawing pictures brings his or her personal creativity toward the story.

Beginning and lifelong literacy is constantly growing. However, the process must begin when first learning to read. This can happen through incorporating repetition, skills and modeling.

Children learn best when they are having fun. Point out shapes, colors, numbers and words during daily activities. Ask:

- “Is your plate round or square?”
- “How many carrots do we have for snack?”
- Point out objects that start with the same sound, (bowl, ball, bat)
- Talk about sharing, taking turns, and handling anger.

Be and Stay Informed

It is important for you, as a parent, to also get ready for school. Contact your local school, and become familiar with policies. Begin to build a relationship with the teacher. Studies show that informed and involved parents have a major impact on a child’s school success.

*Ericka Burton, www.edutopia.org*
<table>
<thead>
<tr>
<th>DATES</th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>SNACK</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>Milk, apple juice, Kix cereal</td>
<td>Milk, corn dog nuggets, baby carrots, and pears, ketchup, ranch dip</td>
<td>Milk, string cheese, chips, and salsa</td>
</tr>
<tr>
<td>1</td>
<td>Milk, banana, English muffin with cream cheese</td>
<td>Milk, grilled cheese sandwich, tomato soup, and grapes</td>
<td>Milk and trail mix</td>
</tr>
<tr>
<td>2</td>
<td>Milk, orange juice, scrambled eggs, biscuit, and honey</td>
<td>Milk, cheeseburger, potato wedges, fruit mix, ketchup, mustard, and pickles</td>
<td>Milk, animal crackers, and vanilla pudding</td>
</tr>
<tr>
<td>3</td>
<td>Milk, spiced apple rings, waffles, and syrup</td>
<td>Milk, chicken fajitas, corn and black beans, orange slices, cheddar cheese, sour cream, and salsa</td>
<td>Milk, pumpkin bread</td>
</tr>
<tr>
<td>4</td>
<td>Milk, peaches, and rice</td>
<td>Milk, beef and tater bake, fruit cocktail, and wheat bread</td>
<td>Milk, blueberry muffin, and apple slices</td>
</tr>
<tr>
<td>7</td>
<td>Milk, banana, raisin bran</td>
<td>Milk, tuna casserole, peas, and mandarin oranges</td>
<td>Tropical punch, Chex mix, and assorted cheese cubes</td>
</tr>
<tr>
<td>8</td>
<td>Milk, mango, and cinnamon toast</td>
<td>Milk, sliced turkey breast, mashed potatoes, apricots, and wheat bread</td>
<td>Milk, breadstick, spaghetti sauce</td>
</tr>
<tr>
<td>9</td>
<td>Milk, applesauce, and bagel with cream cheese</td>
<td>Milk, chicken and rice, mixed beans, and peaches</td>
<td>Milk, banana bread</td>
</tr>
<tr>
<td>10</td>
<td>Nutrition Education Activity</td>
<td>Milk, chicken and stuffing, green beans, and tropical fruit salad</td>
<td>Nutrition Education Activity</td>
</tr>
<tr>
<td></td>
<td>Milk, English muffin, cream cheese, peanut butter, pineapple tidbits, raisins, and extreme berries</td>
<td>Milk, pumpkin and black bean chili, celery, and pineapple tidbits</td>
<td>Milk, English muffin, cream cheese, peanut butter, pineapple tidbits, raisins, and extreme berries</td>
</tr>
<tr>
<td>11</td>
<td>Milk, blueberries and cream of wheat</td>
<td>Milk, turkey and cheese wrap, potato salad, apricots, and ranch dip</td>
<td>Milk, baby carrots, pretzels, and ranch dip</td>
</tr>
<tr>
<td>14</td>
<td>Milk, banana, toasted oats</td>
<td>Milk, taco soup, tortilla chips, corn and black beans, fruit cocktail, cheddar cheese, and sour cream</td>
<td>Tropical punch, cottage cheese and pineapple tidbits</td>
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<tr>
<td>15</td>
<td>Milk, applesauce, and blueberry muffins</td>
<td>Milk, chicken alfredo, broccoli, and pears</td>
<td>Milk and peach crisp</td>
</tr>
<tr>
<td>16</td>
<td>Milk, orange slices, biscuit, and country gravy</td>
<td>Milk, baked ham, mixed fruit, sweet potatoes, yeast roll, and margarine</td>
<td>Milk, cheesy bean roll up</td>
</tr>
<tr>
<td>17</td>
<td>Milk, apple rolls</td>
<td>Milk, fish sandwich, baked beans, pears, tartar sauce, and ketchup</td>
<td>Milk, fruit salad, vanilla wafers</td>
</tr>
<tr>
<td>18</td>
<td>Milk, grape juice, and oatmeal with raisins</td>
<td>Milk, BBQ sandwich, potato wedges, tropical fruit salad, ketchup, and pickles</td>
<td>Milk, graham crackers, and pineapple cream cheese</td>
</tr>
<tr>
<td>21</td>
<td>Milk, banana, and granola cereal</td>
<td>Milk, Chicken Chili, corn bread, mixed vegetables, peaches, and margarine</td>
<td>Milk, pretzel bites, and honey mustard</td>
</tr>
<tr>
<td>22</td>
<td>Milk, orange juice, and cream of wheat</td>
<td>Milk, chicken and noodles, green beans, and beets</td>
<td>Milk and apple-cranberry crisp</td>
</tr>
<tr>
<td>25</td>
<td>NO SCHOOL</td>
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<td>31</td>
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**December Menu**