From the Director’s Desk

Linda Flowers

The 2015-2016 school year is in full swing with one-fourth of the year behind us. We will soon be in the planning stage to begin work on our annual program Self-Assessment.

This is our opportunity to look at what is working, as well as what needs work to help us improve the quality of instruction and services to Head Start children and families.

In addition to our Self-Assessment, we will also begin to work on our annual Community Assessment. Your participation in providing information on surveys, input at parent meetings, etc. will be greatly appreciated. This document, along with our self-assessment helps the program make decisions and set goals.

As is expected for this time of the year, our weather has turned colder. Please make sure your child is dressed for the weather. As a general rule we are outside for recess as long as the wind chill index does not drop below 25°.

Thank you for walking your child to and from the bus as we work together to provide safe transportation to and from school, as well as a safe school environment for all of our students. As always, feel free to give us a call should you have questions or concerns.

From Your Policy Council

Mary Lou Evans

This isn't my first time being a Head Start parent, but it is my first time being active in it.

My son came from Early Head Start, where I was on Policy Council. I remember my other children being in Head Start, all the friends they made and all they learned.

There are so many things we as parents do to help out at school, from reading books to the class to helping in the kitchen.

Also, the weather is starting to get colder, time for jackets, pants and long sleeves. You may want to switch out clothes in cubbies too.

Remember to turn in your child’s weekly homework sheet and don’t just think of it as homework but spending time with your child. Let’s make this a great year!
Mark your Calendars!!!

Fluoride Varnish Dates
Nov 17 & 19—Carbondale
Nov 10—Murphysboro
Nov 5 & 6—Marion

Dental Safari will be completing dental exams at Malone’s on Nov 18th

How to Keep Your Child Smiling

Here are some guidelines that dental care professionals recommend for parents to follow to help their preschool child form healthy tooth care habits:

**Teach proper brushing.** Show how to use circular motions, brush all surfaces, and spend adequate time brushing. Let your child do it first, then take your turn to finish.

**Use a soft child-sized brush.** Choose a brush with soft, rounded-end bristles and a wide handle with rubber treads that make it easier to grip. Replace your child’s toothbrush every 3-4 months and after any illness.

**Rinse after brushing.** Teach your child to rinse thoroughly and spit, and to wash off the brush. If she/he is unable to brush right after eating, rinsing with water helps wash away food particles and sugar.

**Floss your child’s teeth.** Consult your dentist about when to start flossing. When the teeth have grown close enough together to be touching, it is usually necessary to begin flossing between them.

**Brush at least twice a day.** Teach your child to brush teeth for at least two minutes in the morning and before bedtime. Tooth decay is most active during sleep.

**Be a role model.** Your positive attitude and healthy practices influence your child. Set a good example.

Fluoride Varnish—Protect Your Child’s Smile

This month SIU Carbondale Head Start is partnering with the SIU Dental Hygiene program to offer fluoride varnish applications to enrolled children with permission at the Head Start Centers. Consent forms will be provided for parents prior to the application. Below are answers to frequently asked questions about fluoride varnish.

**Why is fluoride varnish recommended?** Tooth decay is one of the most common preventable diseases seen in children. Cavities in children’s teeth cause pain and prevent children from eating, speaking, sleeping and learning.

**How is fluoride varnish applied to the teeth?** It is easily painted on the teeth with a small disposable brush. It is quick, painless and does not have a bad taste.

**How long does fluoride varnish last?** It sticks to the teeth until it is brushed away the next day; however, the benefits of the fluoride will last for several months.

Fluoride varnish may be yellow or clear. If the teeth appear yellow for 24 hours, this is normal. This yellow color will disappear when the teeth are brushed the next day.

**Is fluoride varnish safe?** Yes, it is approved by the FDA and endorsed by the American Dental Association.

**What should parents do after fluoride varnish is applied to a child’s teeth?** Do not brush or floss until the next day. Don’t allow your child to eat hard or chewy foods or chew gum on the day it is applied, this might chip off the varnish. Do not give your child a fluoride supplement on the day the varnish is applied. The fluoride varnish may be yellow or clear. If the teeth appear yellow for 24 hours, this is normal. This yellow color will disappear when the teeth are brushed the next day.

Head Start Job Openings

We are looking for:
- Substitute Teachers
- Bus Monitors
- Bus Drivers
- Sub Bus Drivers

Contact your Center Director or call 453-6448 for more info.
Dealing with Temper Tantrums

Children have many skills, but controlling their temper is not one of them. Tantrums are common at this age because children are becoming independent and developing their own wants, needs, and ideas. However, they are not yet able to express their wants and feelings with words.

Here is what you can do:
- Give your child a choice in small matters. (“Do you want to eat peas or carrots?”)
- Stick to a daily routine that balances fun activities with enough rest and healthy food.
- Anticipate when your child will be disappointed. (“We are going to buy groceries for dinner. We won’t be buying cookies, but you can help me pick out some fruit for later.”)
- Praise your child when he or she shows self-control and expresses feelings with words.

If you cannot prevent the tantrum, here are some tips for dealing with it:
- Say what you expect from your child and have confidence that your child will behave.
- Remain calm. You are a role model for your child.
- Take your child to a quiet place where he/she can calm down safely. Speak softly or play soft music.
- Resist overreacting to tantrums, and try to keep your sense of humor.

Social and Emotional Development

According to kindergarten teachers, the most important skill a new kindergartener can have when transitioning from a preschool program is self-regulation and pro-social behavior. If a child can identify and regulate their emotions throughout the day, they are more likely to learn and thrive in kindergarten.

If a child can interact appropriately with teachers and fellow students, this will increase their confidence and lead them to academic achievement as well.

At Head Start, we understand that these social and emotional skills are vital to future school success.

In the classroom, we teach social-emotional lessons weekly in a variety of ways. Teachers give new emotional vocabulary lessons weekly to broaden the children’s use of words and relate the words to how/when the children may be expressing that particular emotion (“I feel excited when…”).

Teachers also teach self-regulation skills through the use of the dragon brain and tucker turtle methods, which focus children on taking deep breaths to calm and regain their composure. Teachers also provide children with problem solving lessons using our I Can Problem Solve Curriculum.

This curriculum emphasizes vocabulary building and problem solving skills.

Head Start understands the crucial role that you as parents play in developing your child’s social-emotional skills.

Because of the vital role you play, we will be providing social and emotional skills training during our upcoming November parent meetings. Our Mental Health Consultant, Theresa Eytalis, will be leading the meeting and talking to parents about building relationships and developing social-emotional skills at home.

Literacy Activity

Book: Blueberries For Sal
Author: Robert McCloskey

Activity: While reading the book incorporate some snacks made from blueberries. These snacks can include the following:
- Blueberry Yogurt
- Blueberry Oatmeal
- Blueberry Muffins
- Yogurt covered blueberries

For more ideas go to this website: www.myjoyfilledlife.com/2014/06/01/blueberries-for-sal-storytime-activities/

Also, visit your local farmers market. Some farmers markets will take your WIC coupons.
<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Snack</th>
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</thead>
<tbody>
<tr>
<td>2</td>
<td>Milk, apple juice and Kix</td>
<td>Milk, corn dog nuggets with ketchup, baby carrots with ranch, pears</td>
<td>Milk, string cheese, chips</td>
</tr>
<tr>
<td>3</td>
<td>Milk, banana, English muffin with cream cheese</td>
<td>Milk, grilled cheese sandwich, tomato soup and grapes</td>
<td>and salsa</td>
</tr>
<tr>
<td>4</td>
<td>Milk, orange juice, scrambled eggs and biscuit with honey</td>
<td>Milk, cheeseburger with ketchup, mustard and pickles, potato wedges, and 5-way fruit mix</td>
<td>Milk, animal crackers and vanilla pudding</td>
</tr>
<tr>
<td>5</td>
<td>Milk, spiced apple rings, and waffle with syrup</td>
<td>Milk, chicken fajitas with cheddar cheese, sour cream and salsa, corn and black beans, and orange slices</td>
<td>Milk and pumpkin bread</td>
</tr>
<tr>
<td>6</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>9</td>
<td>Milk, banana and raisin bread</td>
<td>Milk, tuna casserole, peas and mandarin oranges</td>
<td>Tropical punch, Chex mix and cheese cubes</td>
</tr>
<tr>
<td>10</td>
<td>Milk, mango and cinnamon toast</td>
<td>Milk, turkey breast with gravy, mashed potatoes, Apricots and wheat bread</td>
<td>Milk, breadstick with spaghetti sauce</td>
</tr>
<tr>
<td>11</td>
<td>NO SCHOOL</td>
<td></td>
<td></td>
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<tr>
<td>12</td>
<td>Milk, NUTRITIONAL EDUCATION– YOGURT FRUIT DIP– slice wheat toast, yogurt, banana slices, apple slices, grapes, honey and cinnamon</td>
<td>Milk, chicken and stuffing casserole, green beans and tropical fruit salad</td>
<td>Milk, NUTRITIONAL EDUCATION– YOGURT FRUIT DIP– wheat toast, yogurt, banana slices, apple slices, grapes, honey and cinnamon</td>
</tr>
<tr>
<td>13</td>
<td>Milk, blueberries and cream of wheat</td>
<td>Milk, pumpkin and black bean chili, corn bread, celery and pineapple tidbits</td>
<td>Milk, baby carrots, pretzels and ranch dip</td>
</tr>
<tr>
<td>16</td>
<td>Milk, banana, and toasted oats</td>
<td>Milk, turkey and cheese roll-up with ranch dip, potato salad, and apricots</td>
<td>Milk, grapes and rice crispy snack</td>
</tr>
<tr>
<td>17</td>
<td>Milk, applesauce, and blueberry muffin</td>
<td>Milk, taco soup with cheddar cheese and sour cream, tortilla chips, corn &amp; black beans, and fruit cocktail</td>
<td>Tropical fruit punch, cottage cheese and pineapple tidbits</td>
</tr>
<tr>
<td>18</td>
<td>Milk, orange slices, biscuit and country gravy</td>
<td>Milk, chicken alfredo, broccoli and pears</td>
<td>Milk, peach crisp</td>
</tr>
<tr>
<td>19</td>
<td>Milk, apples rolls</td>
<td>Milk, baked ham, 5-way mixed fruit, sweet potatoes, and roll with margarine</td>
<td>Milk, cheesy bean roll up</td>
</tr>
<tr>
<td>20</td>
<td>Milk, grape juice, oatmeal and raisins</td>
<td>Milk, fish sandwich with tartar sauce and ketchup, baked beans and pears</td>
<td>Milk, fruit salad and vanilla wafers</td>
</tr>
<tr>
<td>23</td>
<td>Milk, banana and granola</td>
<td>Milk, BBQ sandwich with ketchup and pickles, potato wedges, and tropical fruit salad</td>
<td>Milk, graham crackers and pineapple cream cheese</td>
</tr>
<tr>
<td>24</td>
<td>Milk, orange juice and cream of wheat</td>
<td>Milk, white chicken chili, corn bread, mixed vegetables, and peaches</td>
<td>Milk, pretzel bites and honey mustard</td>
</tr>
<tr>
<td>25</td>
<td>Milk, pears, and bran muffin</td>
<td>Milk, chicken and noodles, green beans and beets</td>
<td>Milk, apple-cranberry crisp</td>
</tr>
<tr>
<td>26</td>
<td>No School—Thanksgiving Holiday</td>
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<tr>
<td>27</td>
<td>No School—Thanksgiving Holiday</td>
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<tr>
<td>30</td>
<td>Milk, apple juice and Kix</td>
<td>Milk, corn dog nuggets with ketchup, baby carrots with ranch dip and pears</td>
<td>Milk, string cheese, and chips and salsa</td>
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