Happy Spring Head Start parents! I hope you are enjoying the change in season and the warm weather with your children. I see how the children love playing outside on the playground when they are at school.

Our Book in Every Home campaign is going very well and will continue through April 15th. This drive is an effort to provide at least ten books for each of our enrolled Head Start children. Collection boxes for books are located throughout the community, and we have received great response from both individuals and businesses. If you would like to help collect the book boxes, please call the main office at 453-6448 to volunteer. The books will go home with the children the first week of May.

When the children are on summer break, it is important that they are read to on a regular basis (preferably daily) in order to strengthen their sound-letter skills and to prepare for Kindergarten. Reading to preschoolers is proven to result in higher aptitude for learning and an early love of reading, which are important for future school success.

For those children going to Kindergarten in the fall, it will be an important and exciting transition for them. One of the most important goals of Head Start is to provide all children with a solid foundation of academic, social, and emotion readiness skills that will promote school success in Kindergarten and beyond.

Your role in the readiness process is key; you are your child’s first and most important teacher. We have several events planned through the remainder of the school year that focus on making a successful transition to kindergarten—contact your child’s teacher for specific information.

From Your Policy Council

I remember my other children being in Head Start, all the friends they made and all they learned.

Mary Lou Evans November 2015

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.

Melissa Karr December 2015

My son was in the Marion Center for two years, and it is because of this program that he is doing so well.

Jamie Kerrigan January 2016

The program has a diverse environment which enables my son to explore new languages and cultures.

Eleni Gabre February 2016

One of the main things I love about SIU Head Start is the diversity because I didn’t get to experience different cultures growing up.

Dana Smith March 2016
Literacy Activity

Book: Clifford Goes to Kindergarten
Author: Norman Bridwell

Activity: Handprint Clifford
Materials: White or Red Construction Paper, Black Marker

1. Trace the child’s hand with the middle three fingers in a closed position and the pinky and thumb separate from them, make a handprint.
2. Draw on a nose, mouth, eyebrows, and hair.

Meet Your Child’s Kindergarten Teacher

Kindergarten teachers and staff from your school district are invited to present at the April Parent Meetings. If necessary, you may attend the presentation at another site to receive information from the district your child will attend.

Fun parent/child activity will occur 30 minutes before the parent meeting.

Marion Parent Meeting
Monday, April 18 at 6:00 p.m. at the Marion Center
(907 N. Vicksburg, Marion)
- Northside School, Herrin
- Jefferson School, Marion
- Lincoln School, Marion
- Washington School

Carbondale Parent Meeting
Thursday, April 21 at 6:00 p.m. at the Carbondale Center,
(1900 N. Illinois Ave., Carbondale)
- Parrish School (Carbondale District 95)
- Unity Point School, Carbondale
- DeSoto School, Carbondale
- Giant City School

Marion Center
Wednesday, April 6 OR
Tuesday, April 19
9:00 a.m.—6:00 p.m.

Murphysboro Center
Tuesday, April 12 OR
Tuesday, April 26
10:30 a.m.—6:30 p.m.

Carbondale Center
Tuesday, April 5 OR
Thursday, April 28
9:00 a.m.—6:00 p.m.

Malone's Co-Location
Wednesday, April 13 OR
Wednesday, April 27
3:00 p.m.—6:00 p.m.

Registration flyers will be distributed at the April Parent Meetings and Parent Activities to share with others about Head Start!

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

Murphysboro)
• Carruthers School, Murphysboro
• General John A. Logan, Murphysboro

Malone’s Parent Meeting
- Wednesday, April 5 at 6:30 p.m. at the Carbondale Science Center. This is the Parent Activity.
- Tri-C will be conducting Kinderclub meeting on April 26 or May 10 at 6:00 p.m.

Spread the word— we’re starting to enroll children for next year!

Enrollment & Application Information

On April 1st, we will begin taking applications for August 2016, so please help us spread the word.

Families currently enrolled do not need to reapply for enrollment, however you must complete and return the Returner Form.

Applications for the 2016-2017 school year can be completed at the following registration events, please call for an appointment.

Murphysboro Center
Tuesday, April 12 OR
Tuesday, April 26
10:30 a.m.—6:30 p.m.

Marion Center
Wednesday, April 6 OR
Tuesday, April 19
9:00 a.m.—6:00 p.m.

Carbondale Center
Tuesday, April 5 OR
Thursday, April 28
9:00 a.m.—6:00 p.m.

Malone’s Co-Location
Wednesday, April 13 OR
Wednesday, April 27
3:00 p.m.—6:00 p.m.
Health: Spring into Action with Physical Activity Outdoors

As the weather gets nicer, families who took the winter off from being physically active can look forward to exercising outdoors. With Spring around the corner, here are a few things that you and your family can do to stay active while enjoying the upcoming warm weather.

**Play Kickball**
Kickball can be fun for all ages. It is easy to learn and doesn’t require a lot of strength or skill. The game can be played in your backyard or at a local park. Kickball requires a lot of running, throwing, kicking, and burning of calories. You and your family can have a great workout while having fun.

**Go for a Hike**
A hike together with the family is a great way to enjoy the spring weather. Your children will be able to view beautiful sceneries and explore nature while being active.

**Stay Hydrated**
As the temperature rises, so does your body’s sweat rate. Your body is made up of mostly water. Fluid loss through sweat can affect mental and physical performance. Proper hydration is a constant concern. Therefore, make sure you and your family are drinking plenty of fluids throughout the entire day. This is especially important for days leading up to a longer game of kickball, hike, or bike ride.

**April Is Here**
There is a lot going on this spring, especially in the month of April. Here are just of few special dates to keep in mind that will keep the celebrations going all month long!

**Enjoy a Good Book**
April 2 is International Children’s Book Day, but we don’t have to wait on April to enjoy a good book. This year’s theme for International Children’s Book Day is Once Upon a Time and is sponsored by the country of Brazil. Você leu um livro de bom hoje? Have you read a good book today?

**Hug a Librarian**
Just kidding! You don’t have to hug a librarian, but you could certainly check out a book at your local library! April 10 through 16 is National Library Week. Celebrations include, National Library Workers Day on April 12 and National Book Mobile Day on April 13. Which ever way you choose to celebrate National Library Week, be sure to ler um livro or read a book!

**Have a Picnic at the Park**
April 7th is World Health Day. This year’s World Health Day campaign is to Stay Super and Beat Diabetes! According to the World Health Organization, there is an increasing number of children and adolescents with type 2 diabetes, resulting in adult-onset-diabetes as the main type of diabetes in children. The global rise of childhood obesity and physical inactivity is believed to play a huge role in these findings. Eating healthy and staying active are two ways children and adults can Stay Super and Beat Diabetes.

**Have a Party Under the Stars**
Held every year on April 12, Yuri’s Night is an international celebration in honor of Yuri Gagarin, the first human to venture into space. The goal of this annual celebration is to promote public interest in space exploration, while inspiring the next generation of explorers. Take this day to commemorate the world’s milestones in space exploration by making your own rocket or simply gazing at the stars.

**Get Creative and Innovative**
Tap into your imagination on April 21 in celebration of International Creativity and Innovation Day. This global festival aims to make the world a better place through creativity and innovative ideas. Get together with family and friends and make something special. The possibilities are endless!

**Plant a Tree**
This year’s Earth Day theme is Trees for Earth. Did you know “arbor” means tree in Latin? Help celebrate Earth Day April 22 and Arbor Day April 29 by planting a tree. Trees help the earth by creating shade from the sun, cleaning pollutants from the air, converting carbon dioxide into oxygen we need to breathe, and producing fruits that people and animals eat to stay healthy. Can you think of another way we can help the earth? Reduce, Reuse, Recycle, Refurbish!
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<thead>
<tr>
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<th>BREAKFAST</th>
<th>LUNCH</th>
<th>SNACK</th>
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<tbody>
<tr>
<td>1</td>
<td>Milk, Orange Juice, Kix Cereal</td>
<td>Milk, Chicken Tenders, Steamed Broccoli, Cauliflower, &amp; Carrots, Peaches, Wheat Bread, Sweet &amp; Sour Sauce, Ketchup</td>
<td>Milk, Cottage Cheese Dip, Pretzels</td>
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<td>4</td>
<td>Milk, Apple Juice, Toasted Oats</td>
<td>Milk, Roast Beef &amp; Swiss, Carrots &amp; Celery Sticks with Ranch Dip, Pears</td>
<td>Milk, Soft Pretzels, Sweet &amp; Sour Sauce</td>
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<td>5</td>
<td>Milk, Banana, Biscuit and Honey</td>
<td>Milk, Broccoli Quiche, Boiled Potatoes, Pineapple Tidbits</td>
<td>Milk, Grapes, Animal Crackers</td>
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<tr>
<td>6</td>
<td>Milk, Mixed Berries, Waffles, Syrup</td>
<td>Milk, Hard Shell Beef Taco, Corn, Peaches, Lettuce, Tomato, Shredded Cheese, Sour Cream</td>
<td>Milk, Vanilla Pudding with Banana Slices, Vanilla Wafers</td>
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<td>7</td>
<td>Milk, Apple Slices, Scrambled Eggs, Wheat Toast, Apple Butter, Margarine</td>
<td>Milk, Turkey Sausage Pizza, Salad, Fruit Cocktail</td>
<td>Milk, Graham Crackers, Orange Slices</td>
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<tr>
<td>8</td>
<td>Milk, Orange Juice, Frosted Mini Wheat Cereal</td>
<td>Milk, Tuna Salad Sandwich, Pickled Beets, Tropical Fruit Salad</td>
<td>Milk, Cracker Medley, Colby Jack Cheese</td>
</tr>
<tr>
<td>11</td>
<td>Milk, Banana, Kix Cereal</td>
<td>Milk, Corn Dog Nuggets, Baby Carrots, Fruit Salad, Ranch Dressing, Ketchup</td>
<td>Milk, Mini Bagel, Strawberry Cream Cheese</td>
</tr>
<tr>
<td>12</td>
<td>Milk, Blueberries, Oatmeal</td>
<td>Milk, Meatloaf, Mashed Potatoes, Tropical Fruit Salad, Yeast Roll</td>
<td>Milk, Apple-Cranberry Crisp</td>
</tr>
<tr>
<td>13</td>
<td>Milk, 5-Way Mixed Fruit, and Wheat Toast</td>
<td>Milk, Chicken &amp; Noodles, Peas, Apricots</td>
<td>Milk, 5-Way Mixed Fruit,</td>
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<td></td>
<td>NUTRITION EDUCATION:</td>
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<td>NUTRITION EDUCATION:</td>
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<td>Squirrel Feed</td>
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<td>Squirrel Feed</td>
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<td></td>
<td>Toast</td>
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<td>Toasted Oats, Raisins, and Sunflower Seeds</td>
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<td>14</td>
<td><strong>NO SCHOOL– HOME VISITS</strong></td>
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<tr>
<td>15</td>
<td><strong>NO SCHOOL– HOME VISITS</strong></td>
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<tr>
<td>18</td>
<td>Milk, Grape Juice, Kix</td>
<td>Milk, Sloppy Joes, Tater Tots, 5-Way Fruit Deluxe</td>
<td>Milk, Apple Slices, Vanilla Fruit Dip</td>
</tr>
<tr>
<td>19</td>
<td>Milk, Banana, Wheat Toast, Apple Butter</td>
<td>Milk, Spinach Lasagna, Green Beans, Pears</td>
<td>Milk, Salsa, Tortilla Chips</td>
</tr>
<tr>
<td>20</td>
<td>Milk, Mandarin Oranges, English Muffin, Cream Cheese</td>
<td>Milk, Chez Burgeroni, Peas &amp; Carrots, Peaches</td>
<td>Milk, Fruit Salad, Graham Crackers</td>
</tr>
<tr>
<td>21</td>
<td>Milk, Apple Juice, Rice Crispies</td>
<td>Milk, Chef Salad, Grapes, Cracker Medley, Ranch Dressing</td>
<td>Milk, Cheese Cubes, Crackers</td>
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<tr>
<td>22</td>
<td>Milk, Strawberries, Pancake, Syrup</td>
<td>Milk, Chicken Sandwich, Potato Salad, Mixed Fruit</td>
<td>Milk, Applesauce, Vanilla Wafers</td>
</tr>
<tr>
<td>25</td>
<td>Milk, Banana, Toasted Oats</td>
<td>Milk, Turkey Meatball Sub, Mixed Vegetables, Pears</td>
<td>Milk, Trail mix</td>
</tr>
<tr>
<td>26</td>
<td>Milk, Applesauce, Bran Muffin</td>
<td>Milk, Fish Sticks, Mac &amp; Cheese, Peas, Fruit Cocktail, Tarter Sauce</td>
<td>Milk, Rice Crispie Treat, Orange Slices</td>
</tr>
<tr>
<td>27</td>
<td>Milk, Mixed Berries, Waffle, Syrup</td>
<td>Milk, Stir Fry Chicken, Sugar Snap Peas, Apricots</td>
<td>Grape Juice, Colby Cheese, Cracker Medley</td>
</tr>
<tr>
<td>28</td>
<td>Milk, Raspberries, Biscuit with Gravy</td>
<td>Milk, Spaghetti, Green Beans, Tropical Fruit</td>
<td>Milk, Apple Turnover</td>
</tr>
<tr>
<td>29</td>
<td>Milk, Orange Juice, Kix Cereal</td>
<td>Milk, Chicken Tenders, Steamed Broccoli, Cauliflower &amp; Carrots, Peaches, Wheat Bread, Sweet &amp; Sour Sauce, Ketchup</td>
<td>Milk, Cottage Cheese Dip, Pretzels</td>
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