FROM THE DIRECTOR’S DESK... Dr. Lea Maue

It’s hard to believe that the end of the school year is only about six weeks away! April is an important month for our children heading to kindergarten because it is the last full month that we are able to provide transition activities to prepare children for kindergarten. We are confident that they have received the best possible classroom instruction and support, and the final piece is giving children the opportunity to prepare children for what will happen in kindergarten. We cooperate with the local school districts in many ways, and a number of schools in the area have very effective transition programs in place. Inside this issue, you will find all of the kindergarten registration dates and transition programs available. I highly encourage all parents to contact their school districts as soon as possible.

On a final note, I appreciate our parents’ diligence in getting children to school on a daily basis as we come to the end of the year. The more a child is in school, the more we are able to assist in preparing them for success in kindergarten!

GET TO KNOW... Ms. Patrice Turner

Patrice Turner is a Childcare Assistant at the Murphysboro Center. Since starting in November 2017, she has become an important member of the Head Start team at this site. Ms. Turner is a former Head Start parent and had three children attend the program many years ago. She saw the benefit it provided her own children, and so she is happy to work in the program assisting young children in preparing for kindergarten.

Ms. Turner has worked with all ages of children and finds the work that she does with pre-kindergarten children very rewarding. Her favorite part of her job is helping and interacting with the kids and getting to know all of our parents at the Murphysboro Center. She’s already looking forward to the next school year.

DATES TO REMEMBER

April 2-6
Murphysboro (MB) Spring Break

April 3
Carbondale/Puka (CD/PK) registration, 9 am-6pm

April 5
Marion (MN) registration, 9 am-6pm

April 9
MB registration, 9 am-6pm

Parent Meetings:
- Murphysboro, 6 pm
- Marion, 5:30 pm

April 14
MB Parent Activity, 4-7 pm, MB Youth and Rec Center

April 16
MB Transition Night, 6 pm

April 17
MN registration 9 am-6pm
CD/PK Parent Meeting, 6 pm

April 18
MB registration 9 am-6pm

April 19-20
No School, home visits

April 26
CD/PK registration 9 am-6pm
Jackson County

- Parrish - Ready Freddy Events
  3/28, 4/12, and 4/26 @ 4:30 pm
  Registration - To Be Determined
  Call 457-5781 for information

- Unity Point - Ready Freddy Events
  3/22, 4/17, and 5/15 @ 6:00 pm
  Kindergarten Screenings
  * 5/3 4:00-7:00 pm
  * 5/4 8:30-11:30 am
  Call 529-4151 for information

- Giant City - Registration
  4/25 from 8:30-2:30 p.m.
  Call 457-5391 for an appointment

- Murphysboro - Registration
  Going on now
  Call 684-3781 x 6102 for information

- DeSoto - Registration
  4/18 from 8:15-11:15 a.m.
  4/19 from 12:00-6:30 p.m.
  Call 867-2317 for information

Williamson County

- Herrin - Ready Freddy Events
  1/25, 2/22, 3/15, and 4/26 @ 6:00 pm
  5/10 @ 8:30 am and 1:30 pm
  Registration - To Be Determined
  Call 942-5418 for information

- Carterville - Ready Freddy Events
  3/27, 4/17, 5/8 @ 6:00 pm
  Registration going on now
  Call 985-8742 for information

- Marion Registration
  4/25 and 4/26 from 3:00-7:00 pm
  Registration - 4/27 from 9 am - 3 pm
  Call 993-2321 for information

- Johnston City - Registration - 5/23
  Call 983-7561 to schedule an appointment and for information
**CONSCIOUS DISCIPLINE IN THE HOME. . . .**

**A.C.T.**
Use Positive Intent to see the missing skill behind a hurtful action, and then use A.C.T. to teach that skill.

- Acknowledge the child’s desire. “You wanted ___________.”
- Clarify the skill to use. “When you want ___________ say (or do) ___________.”
- Take time to practice. “Try it now for practice.” Or “Let’s do it together for practice.”

---

**Parent Skill: Positive Intent**
Choosing to teach instead of punish is a conscious choice that parents can make that allows a child to make a mistake and recover by learning. By using the Power of Love, we learn to see the best in others, even when their behavior is undesirable. For example, instead of viewing a child as a troublemaker, we can begin to see them as a child who is having a hard time adjusting to mommy caring for a new infant sibling. We will then seek out new ways to strengthen our connection.

Finding solutions to a challenging situation rather than placing blame or making judgements is the foundation of this skill. We need to see children differently in order for them to behave differently.

*Source: Conscious Discipline, Parent Education Curriculum, Dr. Becky Bailey.*

---

"Educating Children, Empowering Families, Strengthening Communities"

---

**FLOURIDE VARNISH**
This month, SIU Carbondale Head Start is partnering with the SIU Carbondale Dental Hygiene program to provide the last free fluoride varnish clinic of the program year. Fluoride varnish is a vitamin that is applied to the teeth to help protect them from cavities. Similar to last year, permission forms were required only once and should already be on file. Fluoride varnish will not be applied without a permission form, so if unsure, check with either your Community Worker or Center Director. Below are the dates that each center will have their last fluoride varnish clinic of the program year.

- **Carbondale**
  Monday, April 16th

- **Puka**
  Tuesday, April 16th

- **Marion**
  Monday, April 23rd

- **Murphysboro**
  Wednesday, April 25th
RECIPE OF THE MONTH: Apple Oatmeal Muffins

On Thursday, April 12th, the classrooms will be making apple oatmeal muffins! You are more than welcome to come in to help in the classroom on April 12th and enjoy the muffins with them on April 13th!

**Apple Oatmeal Muffins**
*Makes 12 muffins*

**Ingredients:**
- Butter or nonstick spray for greasing tin or paper liners
- 1 1/2 cups Flour
- 1 1/2 cups Instant Oats
- 1/2 teaspoon Cinnamon
- 1 teaspoon Baking Powder
- 1 Egg
- 3/4 teaspoon Baking Soda
- 1/4 cup Sugar
- 2 tablespoons Oil
- 1 cup Applesauce
- 2/3 cup Skim Milk
- 1 cup finely chopped Apple

Preheat oven to 400°F. Measure all ingredients. Grease the muffin tin or line with paper liners. Wash and chop the apple into small pieces, throwing out the core. In a large bowl, combine the dry ingredients. Add the remaining ingredients and mix until lumpy batter forms. Fill muffin tin with batter until each is two-thirds full. Bake 20 minutes or until golden brown. Enjoy!

BOOK OF THE MONTH: “Miss Bindergarten Gets Ready for Kindergarten” by Joseph Slate

Activity:

Read the book or watch the story being read aloud on YouTube- [https://www.youtube.com/watch?v=J1j3sboRi4](https://www.youtube.com/watch?v=J1j3sboRi4)

After reading the book, talk to your child about all the ways that you as a family can get ready for kindergarten. Discuss attending local Ready Freddy events (at Unity Point, Parrish, Carterville, and Herrin school districts only), registering for kindergarten, what the classroom and teacher will be like, etc. After discussing ways to prepare for kindergarten, use the sheet included in the newsletter to make a list of tasks or draw a picture of how you as a family plan to be ready for kindergarten.

For those children not going to kindergarten in August, talk to your child about what they can expect when they return to Head Start in the fall. How will next year be the same or different from this year? What new things will they learn next year? Which of their friends will be going to kindergarten and how they feel about their friends leaving? Use the sheet included in the newsletter to draw a picture of what they think school will be like in August.