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

It’s hard to believe, but the end of the regular school year is right around the corner. Despite the challenges of the past year, we were able to keep our doors open and serve our families to the best of our abilities. Children made excellent gains in their skills, which is so important for their success in kindergarten. As your child’s first and most important teacher, there are things you can do over the summer to help prepare him or her for kindergarten or the next year of Head Start. First, read to your child every day, or as much as possible. Reading aloud to children has many benefits, but one that I feel is most valuable is that it presents books as sources of pleasant experiences. Second, engage your child in more educational activities and less screen time (television, computers, devices). Lastly, try to incorporate math into daily activities. For example, having children count items or classify toys by shape. Ask your child’s teacher or Center Director about additional summer activity ideas. I hope you have a safe and happy summer!

GET TO KNOW... Mrs. Christina Lewis

I began working at SIU Head Start in September 2013 at the Marion center as a Family and Community Service Worker, later transferring to the Carbondale center. I then accepted a position in the administration office as the Enrollment and Family Services Specialist. Since I’m not working in the centers, you may not see me much. I’m busy working behind the scenes reviewing new family applications, monitoring enrollment and attendance as well as making sure our program is following state and federal regulations. Working for Head Start has provided me the opportunity to collaborate with other agencies in the community and to share information about the services that our program provides to children and families. I moved to Southern Illinois from the Northwest suburbs of Chicago in 2013. I graduated from Northern Illinois University in 2004 with a Bachelor’s degree in Psychology. Currently I live in Du Quoin with my husband and our 10-year-old daughter and 8-year-old son. I enjoy spending time outside with family and friends, running, boating, attending the kids’ sporting events, and cooking.

We want to take this time to thank Christina for eight years of service to the children and families in the program.

This will be our last Family Connections Newsletter for this school year. Enjoy your Summer!
## 2021 END OF YEAR ACTIVITIES

<table>
<thead>
<tr>
<th>Center</th>
<th>Lead Teacher/ Teacher/CCA</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>CD</td>
<td>Ms. Cherrell &amp; Ms. Laura P.</td>
<td>May 11</td>
<td>9:45 am</td>
<td>Evergreen Park</td>
</tr>
<tr>
<td>CD</td>
<td>Ms. Jessica &amp; Ms. Mel</td>
<td>May 12</td>
<td>9:45 am (morning class)</td>
<td>Evergreen Park</td>
</tr>
<tr>
<td>CD</td>
<td>Ms. Jessica &amp; Ms. Mel</td>
<td>May 12</td>
<td>1:45 pm (afternoon class)</td>
<td>Evergreen Park</td>
</tr>
<tr>
<td>CD</td>
<td>Ms. Heather &amp; Ms. April</td>
<td>May 13</td>
<td>9:45 am</td>
<td>Evergreen Park</td>
</tr>
<tr>
<td>CD</td>
<td>Ms. Angela &amp; Ms. Kendra</td>
<td>May 13</td>
<td>10:30 am</td>
<td>Evergreen Park</td>
</tr>
<tr>
<td>CD</td>
<td>Ms. Noel &amp; Ms. Shannon</td>
<td>May 14</td>
<td>9:45 am</td>
<td>Evergreen Park</td>
</tr>
<tr>
<td>MN</td>
<td>Ms. Jennifer &amp; Ms. Jamie</td>
<td>May 12</td>
<td>10:00 am</td>
<td>Ray Fosse Park—Kaesar Pavilion</td>
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<tr>
<td>MN</td>
<td>Ms. Jenn &amp; Ms. Emily</td>
<td>May 13</td>
<td>9:30 am</td>
<td>Ray Fosse Park—Kaesar Pavilion</td>
</tr>
<tr>
<td>MN</td>
<td>Ms. Kristen &amp; Ms. Taylor</td>
<td>May 14</td>
<td>9:00 am (morning class)</td>
<td>Ray Fosse Park—Broeking Pav.</td>
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<tr>
<td>MN</td>
<td>Ms. Kristen &amp; Ms. Taylor</td>
<td>May 14</td>
<td>1:15 pm (afternoon class)</td>
<td>Ray Fosse Park—Broeking Pav.</td>
</tr>
<tr>
<td>MB</td>
<td>Ms. Kim A. &amp; Ms. Yolanda</td>
<td>May 13</td>
<td>10:00 am (morning class)</td>
<td>Long Fellow Park</td>
</tr>
<tr>
<td>MB</td>
<td>Ms. Kim A. &amp; Ms. Yolanda</td>
<td>May 13</td>
<td>2:30 pm (afternoon class)</td>
<td>Long Fellow Park</td>
</tr>
<tr>
<td>MB</td>
<td>Ms. Robertta &amp; Ms. Kim</td>
<td>May 14</td>
<td>10:15 am</td>
<td>McElvain Gym—Playground Entrance ONLY!</td>
</tr>
<tr>
<td>MB</td>
<td>Ms. Massa &amp; Ms. Tara</td>
<td>May 14</td>
<td>2:00 pm</td>
<td>Long Fellow Park</td>
</tr>
<tr>
<td>JALC</td>
<td>Ms. Tammy &amp; Ms. Danielle</td>
<td>May 13</td>
<td>9:30 am</td>
<td>Cannon Park</td>
</tr>
<tr>
<td>JALC</td>
<td>Ms. Chrisden &amp; Ms. Kim</td>
<td>May 13</td>
<td>1:45 pm</td>
<td>Cannon Park</td>
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<tr>
<td>RL—30</td>
<td>Ms. Krystal H.</td>
<td>May 19</td>
<td>10:00 am</td>
<td>During remote learning!</td>
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<tr>
<td>RL—31</td>
<td>Ms. Lindsay R.</td>
<td>May 19</td>
<td>10:00 am &amp; 3:00 pm</td>
<td>During remote learning!</td>
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<tr>
<td>RL—32</td>
<td>Ms. Leslie F.</td>
<td>May 19</td>
<td>11:30 am &amp; 1:30 pm</td>
<td>During remote learning!</td>
</tr>
</tbody>
</table>

* *NO RAIN SCHEDULE. CONTACT CENTERS FOR MORE INFORMATION!*

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### OTHER COOL INFORMATION FOR SUMMER FUN!

Inside this newsletter is information about Keeping Kids Safe and Summer Fun Ideas. Your local public libraries are beginning to open with limited schedules and COVID restrictions. Take advantage of all the fun Summer Story-Time Reading and other activities going on all summer long. Refer to the enclosed flyers with contact information for the local public libraries in your community.

**May 19th is the last day of school!**
Your Journey Together: Building the Resilience of Children and Families (Building Your Bounce)

This school year has been very difficult not only for parents, children, and staff, but also for our own families and closest friends. We have all been affected by the pandemic. Our patience, strength, and even our resolve has been tried and tested this year. During our Parent Café meetings, you have shared how much you learned about your children and yourselves. Beginning in September 2020, we introduced the term resilience and ways to identify and understand our own resilience. Your Journey Together (YJT) offers strategies to cope with adversity and provides information on ways to use those challenges to build strength and courage through the toughest times we have ever had to face. Life is a journey and every journey is unique. Your Journey Together offers the keys that we need to “bounce back” from the challenges and trauma we have endured.

Next program year we are implementing the Parent Curriculum: Building Your Bounce Resilience of Children and Families! Included in the curriculum are modules and stepping stones geared to strengthen our protective factors. Stay tuned as we journey together to strengthen our resilience so that we can build our bounce together!

Joyce Guy, Family Community Partnerships Coordinator

“Educating Children, Empowering Families, Strengthening Communities.”

Keeping Kids Safe This Summer

Summer is a fun time for children to play outside and walk in their neighborhoods, but kids can be at risk for injury during this season. To make sure your kids stay safe, here are a few recommendations for children and parents:

- Cross the street at corners, using traffic signals and crosswalks.
- Slow down and be especially alert in residential neighborhoods.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully. Be on the lookout for children playing.
- Never leave a child alone in a vehicle. Temperatures can climb dangerously HIGH very fast!
- Carry SPF 30 and above to apply at all times. Especially for those bright and sunny outdoor days.
- Brush up on the list of poisons. There are many poisonous products that are similar to edible things.
- Enroll your family in a CPR class. Learn how to be prepared for emergencies.
- Hydration is key. Keep non-sugary drinks available at all times!

Here are a few websites with more information to keeping children safe this summer!

https://www.verywellfamily.com/top-summer-safety-checklist-tips-620524
SUMMER FUN IDEAS FOR KIDS AND PARENTS

As summer break approaches, here is a list of fun and easy activities you can do with your child.

1. **Pick your own...whatever.** Find a farm with blueberries, strawberries, tomatoes, flowers, etc., and get picking.
2. **Play outside in the rain.** Smell the rain on the pavement; splash in puddles; make mud pies.
3. **Make your own rain.** Douse everyone with the hose or sprinkler.
4. **Cook out...frequently.** Go beyond the burgers. Try veggies or fish. The kids might like them more if they come off the grill!
5. **Make "smores."** Chocolate + marshmallow + graham cracker = summer
6. **Camp out.** First-timers, try backyard camping.
7. **Camp in.** Put the sleeping bags on the floor and have a family slumber party.
8. **Stargaze.** Invite friends and make a party of it.
9. **Catch lightning bugs.** And then watch them flicker away into the night.
10. **Rearrange the furniture.** Give the kid's graph paper and have them draw out a plan first.
11. **Take family naps together.** Parents can snooze too!
12. **Make your own pizza.** Children enjoy picking their own toppings.
13. **Stop to smell the flowers.** Go to a botanical garden.
14. **Talk to the animals.** Go to the zoo.
15. **Get wet.** Go to a water park.
16. **Grow vegetables.** And then eat them.

*Source: https://www.verywellfamily.com/summer-fun-ideas-kids-and-parents-3542627*

BOOK OF THE MONTH: “Mouse’s First Summer” by Lauren Thompson

Read the book aloud or watch the story being read aloud on YouTube:

https://www.youtube.com/watch?v=HrGzpjtQ

**Activity:** Using the summer calendar you were provided during home visits, work with your child to schedule summer activities. Use the activities in the book as a reference (eating watermelon, making lemonade, making peanut butter and jelly sandwiches, roll in the grass, etc.). Write activities on the calendar and put it on your refrigerator. You can also use the calendar to document important activities as you get ready for the next school year (doctor appointments, registration activities, the first day of school).

**School Readiness Goals Aligned To This Activity:**

- Children will express their thoughts and needs in clear and complete sentences using a varied and complex vocabulary.
- Children will use small muscles to manipulate materials with strength and coordination, including using art and writing tools to convey meaning through written symbols and letters.