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

It’s hard to believe, but the end of the 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 and use the backpacks that were sent home as a resource. I hope you have a safe and happy summer!

GET TO KNOW... Paula Beckham

Hello. My name is Paula Beckham. I have been employed a little over a year now and I am somewhat new to the SIU Carbondale Head Start team. I work in the Administration office and I absolutely love my job and have fantastic co-workers. Although I do not work directly with the children, I have plenty of experience in the classroom prior to joining the administration team.

The majority of my employment had been in the classroom serving as a Sign Language Interpreter. Mostly I enjoyed watching the other children learning to sign and being able to communicate with children that are hearing impaired. In 2007, I graduated from John A. Logan College with an Associate of Arts Degree majoring in ASL/Deaf Studies and the Interpreter Preparation Program. I am EIPA certified, and hold a state license in American Sign Language.

I am married and have one son. I have lived in the area pretty much my whole life. I am a very down to earth person who enjoys family time, listening to music, camping, and I have a great love for animals and the smell of fresh cut grass.

*We want to take this time to thank Paula for her support and assistance to staff and families in the program.*

Summer Meals

Did you know that children under 18 years of age can receive free meals over the summer? To find a location that offers summer meals near you:

- **CALL:** 1-800-359-2163
- **TEXT:** FOODIL to 877-877
- **VISIT:** [http://summerfeedingillinois.org/](http://summerfeedingillinois.org/)

When using the website, click “Find Food” and then “Find Sites” at the top right hand corner of the map. Then, type in either your city or zip code to find the nearest location.

You can also call the Health and Nutrition Coordinator at SIU Carbondale Head Start for assistance at 618-453-0930.

This will be our last Family Connections Newsletter for this school year. Enjoy your Summer!
2022 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—Yellow</td>
<td>Ms. Cherrell R &amp; Ms. April W</td>
<td>May 4</td>
<td>9:30 am (Full Day)</td>
<td>Carbondale Head Start Center</td>
</tr>
<tr>
<td>CD—Orange</td>
<td>Ms. Noel M &amp; Ms. Yolanda D</td>
<td>May 5</td>
<td>9:30 am (Full Day)</td>
<td>Carbondale Head Start Center</td>
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<tr>
<td>CB—Blue</td>
<td>Ms. Jennifer B &amp; Ms. Julie M</td>
<td>May 10</td>
<td>9:30 am (Full Day)</td>
<td>Carbondale Head Start Center</td>
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<tr>
<td>CD—Green</td>
<td>Ms. Krystal H</td>
<td>May 11</td>
<td>9:00 am (Morning class)</td>
<td>Carbondale Head Start Center</td>
</tr>
<tr>
<td>CD—Green</td>
<td>Ms. Krystal H</td>
<td>May 11</td>
<td>2:00 pm (Afternoon class)</td>
<td>Carbondale Head Start Center</td>
</tr>
<tr>
<td>CD—Purple</td>
<td>Ms. Tara T &amp; Ms. Hannah T</td>
<td>May 12</td>
<td>9:00 am (Morning class)</td>
<td>Carbondale Head Start Center</td>
</tr>
<tr>
<td>CD—Purple</td>
<td>Ms. Tara T &amp; Ms. Hannah T</td>
<td>May 12</td>
<td>2:00 pm (Afternoon class)</td>
<td>Carbondale Head Start Center</td>
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<tr>
<td>MN—20</td>
<td>Ms. Danielle A &amp; Ms. Amanda W</td>
<td>May 11</td>
<td>9:00 am (Full Day)</td>
<td>Marion Head Start Center Large Playground</td>
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<tr>
<td>MN—16</td>
<td>Ms. Jennifer B &amp; Ms. Kristen B</td>
<td>May 12</td>
<td>9:15 am (Morning class)</td>
<td>*Ray Fosse Park—Kaesar Pavilion</td>
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<tr>
<td>MN—17</td>
<td>Ms. Jennifer B &amp; Ms. Kristen B</td>
<td>May 12</td>
<td>1:30 pm (Afternoon class)</td>
<td>*Ray Fosse Park — Kaesar Pavilion</td>
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<tr>
<td>MB—25</td>
<td>Ms. Kendra C &amp; Ms. Regina R</td>
<td>May 16</td>
<td>10:00 am (Morning class)</td>
<td>McElvain School Gym</td>
</tr>
<tr>
<td>MB—26</td>
<td>Ms. Kendra C &amp; Ms. Regina R</td>
<td>May 16</td>
<td>2:00 pm (Afternoon class)</td>
<td>McElvain School Gym</td>
</tr>
<tr>
<td>MB—24</td>
<td>Ms. Massa K &amp; Ms. Katherine B</td>
<td>May 17</td>
<td>11:00 am (Full Day)</td>
<td>*Longfellow Park</td>
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<tr>
<td>MB—23</td>
<td>Ms. Robertta L &amp; Ms. Kim W</td>
<td>May 18</td>
<td>10:00 am (Full Day)</td>
<td>McElvain School Gym— Playground Entrance ONLY!</td>
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<tr>
<td>JALC—27</td>
<td>Ms. Kim C &amp; Ms. Caitlin M</td>
<td>May 18</td>
<td>2:30 pm (Full Day)</td>
<td>John A Logan Head Start Center</td>
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<tr>
<td>JALC—28</td>
<td>Ms. Chrisden &amp; Ms. Shannon K</td>
<td>May 19</td>
<td>2:30 pm (Full Day)</td>
<td>John A Logan Head Start Center</td>
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</tbody>
</table>

*RAIN SCHEDULE. CONTACT CENTERS FOR MORE INFORMATION!*

*MN Center (In case of rain recognitions held inside—2 guest per child ONLY).*

*MB Center (In case of rain recognitions held at McElvain School).*

End of the Year and SUMMER FUN Activities!

Children that are “Kindergarten Bound” and children that will be returning next year will receive education materials at end of the year activities.

Take advantage of all the fun Summer Story-Time Reading and other activities going on all summer long at your local public libraries. (Contact local libraries for any COVID protocols).

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

During our time together this school year, we have talked about the importance of adult resilience and the role our own resilience plays in maintaining our well-being and our ability to care for ourselves, our children, and those around us. Resilience is a life journey and should be a priority each and every day. As Audra Lorde said, “Caring for myself is not self-indulgent. Caring for myself is an act of survival.” This quote is powerful and it reflects the weight and importance that resilience has on our lives. There is a profound connection between resilience, health and wellness. The experience of reflecting on our resilience and taking action to make some changes for ourselves does not end. Building residence is an ongoing process. Life will bring uncertainty and joy, and when we are resilient we begin to embrace it all and live life to the fullest.

Next program year we will continue our resilience journey and feature more strategies to assist us in building our strength and courage to enhance our well-being and resilience. We are on a resilience journey and every journey is unique. Be the resilient person you were meant to be, and keep building your bounce.

Thank you parents/caregivers and staff that attended the Parent Committee Meetings this program year! Stay tuned next September as we continue our journey together to strengthen our resilience so that we can build our bounce together! Enjoy your simmer!

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 “s’mores.”** 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.


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=HrGzpjejTQE

**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.