FROM THE DIRECTOR’S DESK... Dr. Lea Maue
As we finish another successful school year, I would like to thank our Head Start families who make our centers special places to learn for our children. Families are at the heart of the Head Start mission, and we will truly miss those children and families leaving the program as they transition to kindergarten next year.

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. I hope you have a safe and happy summer!

GET TO KNOW... Ms. Dinah Bates
My name is Dinah Bates and I am the Head Cook at the Marion Head Start center. I grew up on my family farm in DeSoto, IL. I have been happily married to my wonderful husband Vern for 16 1/2 years. Together we have six children. We have two boys and four girls. We have 13 grandchildren that are precious to us. I drove a school bus for 13 years and wanted to do something different.

My mother, Lois Clark, was instrumental in my volunteering at Head Start. I volunteered for two years riding the buses at the Marion Center. I felt so welcomed that I decided to work as a bus monitor. In 2017, I was hired as Head Cook. I love my job. I get all kinds of hugs from the children and when they say, “I Love You”, it is the best! When the children tell me they love my cooking, my heart melts. I feel like I have accomplished a good deed for the day. Making sure that the children are full of the great food that we serve each day, makes this job worth while. When I am not working, I like to bake, go for walks, read, and do “Painting with Diamonds.” I love to go fishing, giving parties and catering. My catering business is also very relaxing for me. We want to thank Dinah for her years of service to the SIU Carbondale Head Start 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 877877
VISIT: 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!
### END OF YEAR ACTIVITIES

<table>
<thead>
<tr>
<th>Center</th>
<th>Lead Teacher/ &amp; Teacher</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>CD</td>
<td>Ms. Renee &amp; Ms. Kay</td>
<td>May 2</td>
<td>9:30 am</td>
<td>Evergreen Park</td>
</tr>
<tr>
<td>CD</td>
<td>Ms. Angela &amp; Ms. Cherrell</td>
<td>May 3</td>
<td>9:30 (morning classes)</td>
<td>Head Start</td>
</tr>
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<td></td>
<td></td>
<td></td>
<td>2:00 pm (afternoon classes)</td>
<td></td>
</tr>
<tr>
<td>CD</td>
<td>Ms. Tarina &amp; Ms. Yolanda</td>
<td>May 6</td>
<td>9:30 am</td>
<td>Head Start</td>
</tr>
<tr>
<td>CD</td>
<td>Ms. Heather &amp; Ms. Jessica</td>
<td>May 7</td>
<td>9:30 am (morning classes)</td>
<td>Evergreen Park</td>
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<td></td>
<td></td>
<td></td>
<td>2:00 pm (afternoon classes)</td>
<td></td>
</tr>
<tr>
<td>CD</td>
<td>Ms. Krystal &amp; Ms. Sabrina</td>
<td>May 8</td>
<td>9:30 am</td>
<td>Evergreen Park</td>
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<tr>
<td>CD</td>
<td>Ms. Cally &amp; Ms. Kim</td>
<td>May 9</td>
<td>9:30 am</td>
<td>Evergreen Park</td>
</tr>
<tr>
<td>CD</td>
<td>Ms. Noel &amp; Ms. Syhemia</td>
<td>May 10</td>
<td>9:30 am</td>
<td>Head Start</td>
</tr>
<tr>
<td>MN</td>
<td>Ms. Melody &amp; Ms. Jennifer</td>
<td>May 3</td>
<td>5:00 pm (Both sessions combined)</td>
<td>Ashley Park</td>
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<tr>
<td>MN</td>
<td>Ms. Renee &amp; Ms. Taylor</td>
<td>May 9</td>
<td>9:30 am (morning classes)</td>
<td>Marion Center</td>
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<td></td>
<td></td>
<td></td>
<td>2:00 pm (afternoon classes)</td>
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<tr>
<td>MN</td>
<td>Ms. Jennifer &amp; Ms. Tammy</td>
<td>May 10</td>
<td>9:15 am (morning classes)</td>
<td>Marion Center</td>
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<td></td>
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<td>1:30 pm (afternoon classes)</td>
<td></td>
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<tr>
<td>MN</td>
<td>Ms. Kristen &amp; Ms. Sarah</td>
<td>May 10</td>
<td>9:00-10:45 am</td>
<td>Ray Fosse Park</td>
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<tr>
<td>MB</td>
<td>Ms. Chrisden &amp; Ms. Massa</td>
<td>May 9</td>
<td>5:30 pm (morning classes)</td>
<td>Gym</td>
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<td></td>
<td></td>
<td>May 10</td>
<td>5:30 pm (afternoon classes)</td>
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<tr>
<td>MB</td>
<td>Ms. Kim &amp; Ms. Lindsey</td>
<td>May 10</td>
<td>9:30 am (Full-Day)</td>
<td>Long Fellow Park</td>
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<td>MB</td>
<td>Ms. Robertta &amp; Ms. Patrice</td>
<td>May 14</td>
<td>10:00 am</td>
<td>Classroom</td>
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<td>JALC</td>
<td>Ms. Robin &amp; Ms. Heather</td>
<td>May 14</td>
<td>6:00 pm</td>
<td>JALC Auditorium</td>
</tr>
</tbody>
</table>

*The rain location for all activities scheduled outdoors will be the classrooms.*

### OTHER COOL DATES TO REMEMBER!

**For all Murphysboro children** going to Kindergarten next year. Don’t forget to attend the bookcase ceremony on **May 5th** at the Elks in Murphysboro at 2pm. Attending children receive a beautiful handmade bookcase with their name on it, a book, and a stuffed animal.

**May 14th** is the last day of school!
CONSCIOUS DISCIPLINE IN THE HOME...Consequences

This school year we have examined the Seven Powers of Conscious Adults and the Seven Skills of Conscious Discipline. We have reviewed the Seven Skills of Discipline: Composure, Choices, Assertiveness, Positive Intent, Encouragement, Empathy and lastly we have made it to the skill of Consequences. This skill is last because it requires all of the other six skills to be effective. It is time for a change!

The Power of Intention states that mistakes are opportunities to learn. As we end this school year, remember that we can use motivation to own the consequences of our actions, reflect from the higher centers of our brains, and we can consciously choose a different action. This is the key to change!

Also, as the school year comes to a close and summer break is rapidly approaching, we wanted to share with you a free resource from Conscious Discipline that would be helpful at home. Visit www.consciousdiscipline.com and sign up for a FREE membership. All you need is an email address! It takes less than a minute to set up an account. Once you are signed up, you have access to resources to help with temper tantrums, biting, challenging behaviors, child development, difficult situations, special needs and so much more! There are free printables, songs and chants (these may sound familiar to your child from school). There are also tips and frequently asked questions. Have a great summer!

“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.**

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=HrGzpveTQE

**Activity:** Using the provided summer calendar, 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.