From the Director’s Desk

I would like to extend a warm welcome to our newly enrolled families and welcome back to our returners. Due to federal regulations, we will continue to use health precautions to keep your children safe. The well being of our children and staff are very important, and it’s our responsibility to work together to keep everyone healthy. If your child or anyone in your family is experiencing symptoms of COVID such as fever, fatigue, coughing, body aches, or lack of smell or taste, keep the child get them tested immediately. If your child or someone in the home is positive, the child can stay in class if they are vaccinated and do not have symptoms. If unvaccinated or sick, the child will be required to quarantine for five days before returning to school. If your child has been exposed to anyone displaying symptoms — again, keep them at home until they have been determined to be safe to return by the local health department.

Lastly, I want to thank all of our families for their patience as we have mostly transitioned to Jackson County Mass Transit providing our bussing. It’s a new process, and it started with a few bumps, but it appears that the routes are getting more streamlined. We’re just happy to have bussing at our centers! Without JCMTD, we would have only bus driver at each center.

— Dr. Lea Maue

Supporting the Social-Emotional Skills of Children

This school year we are implementing the Pyramid Model to support the social and emotional development of the children in our program (See article and insert). The more socially skilled children are, the more likely they are to succeed in school. As part of our implementation of the Pyramid Model, along with the Devereux Early Child Assessment (DECA) Program, the parenting curriculum—Your Journey Together (YJT), and Build Your Bounce (BYB), we are promoting social emotional development, fostering resilience, and building skills for school and life success in children and the adults who care for them. By appointment, you can visit your child’s classroom to assist with daily activities and so much more. Contact your Center Director or Community Worker about how to become involved. Looking forward to having a great school year.

Important Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Sept. 5</td>
<td>Labor Day, No School</td>
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<tr>
<td>Sept. 8</td>
<td>Murphysboro In-Person Parent Meeting, 6:00 pm</td>
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<tr>
<td>Sept. 13</td>
<td>Marion In-Person Parent Meeting, 5:30 pm</td>
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<tr>
<td>Sept. 14</td>
<td>Carbondale In-Person Parent Meeting, 5:30 pm</td>
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<tr>
<td>Sept. 15</td>
<td>John A. Logan In-Person Parent Meeting, 5:30 pm</td>
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<tr>
<td>Sept. 19</td>
<td>Policy Council/Transition Meeting, 6 pm</td>
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<tr>
<td>Sept. 22</td>
<td>Nutrition Activity, All Centers (Classroom participation by appointment ONLY). Contact your Center Director for details!</td>
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All classroom volunteers MUST be vaccinated and wear a mask!

Hearing and Vision Screenings

- John A. Logan: Sept. 6
- Marion: Sept. 7
- Murphysboro: Sept. 8
- Carbondale: Sept. 13 & 14
Getting Your Child Ready For School

Starting preschool is such an exciting and momentous occasion! When children are three years old, they are no longer toddlers. They are “big kids” ready to start preschool. As parents, you can help your children prepare for this next big step.

The children who are most ready often have parents who do these five things:

**Read!**

Read every day. Have books in every room, in your handbag, and in the car. Read favorite books so often that you and your child have them memorized. Visit the library often.

**Talk!**

Developing your child’s oral language skills is a crucial part of preparing them for preschool. Turn off the movie in the car and engage your child in a discussion about the world around them. Ask questions. Talk about nature, colors, letters, and feelings. Put down your phone and listen when your child talks to you. Encourage your child to make eye contact and greet others with a “Hello” and “Good Bye.”

**Play!**

Spend time every day on the floor playing with your child. Encourage pretend play and role playing. Get messy! Laugh and have fun together. Offer your child time to play by herself, giving her the opportunity to decide what to do.

**Encourage Independence!**

Children who are able to take care of some of their personal needs do better at the beginning of preschool than children who rely on adults for everything. Make sure your child has shoes that she can put on herself. Allow extra time before you need to leave the house each day so that your child can put on her own shoes. Support your child in taking care of her own bathroom needs. If they ask for help with their pants or with wiping, try talking them through it rather than doing it all for them. Teach them to wash their own hands and flush the toilet. It’s not glamorous, but these are important skills in preschool!

**Practice!**

Give your child time away from you. Practice separating and giving your child a little bit of space. Leave your child with a family member while you go to the grocery store or run errands. Before you leave, make sure to tell your child where you are going and reassure them that you will be back.

*Source: https://playtolearnpreschool.us/ready-for-preschool/*
Introducing the Pyramid Model for Promoting Social Emotional Competence in Infants and Young Children:

This program year we are introducing the Pyramid Model to the support social and emotional development of the children in our program. Young children who have a strong foundation in social-emotional skills are more likely to experience later academic success and positive post-school outcomes.

Welcome to the Pyramid Model Classroom!
In your child’s classroom, you will hear teachers...
• Comment on what children and adults are doing well so that children are taught what the classroom expectations are and how we follow our rules.
• Speak positively about each other and families.

You will see teachers...
• Have conversations with children and help them have conversations with each other to build community and increase engagement.
• Use tools to help children solve social problems together and help each other with classrooms responsibilities.

You will know...
• What is happening that day—look for our visual schedule.
• What our expectations are and the rules we follow to meet them—look for the posters!

You will feel...
• Welcomed when you are greeted when you enter the classroom.
• A sense of positivity and community because we focus on building nurturing relationships between and among children, team members, and families.

In our monthly newsletters, and during our monthly parent meetings, you will receive more information on how to help promote children’s social and emotional skills throughout the school year.

Stay tuned next month for more information. Remember to check your child’s backpack and CLASStag for more information on the Pyramid Model, Parent Curriculum—Your Journey together (YJT), and Build Your Bounce (BYB).

Hearing and Vision Screenings
A child’s ability to hear and see in the classroom is so critical to success in school. Per Head Start regulations, we have 45 days to screen your child’s hearing and vision. These tests will begin immediately and are performed on site at your child’s center. Results will go home in each child’s backpack immediately after testing. If any concerns are detected, it will be noted on the results page. If you need assistance seeking follow up services, please contact your Family Advocate or the Health Specialist.
Recipe of the Month:  Apples & WOW Butter

Parents: Please join your child on September 22nd (by appointment only) for some tasty Apples & WOW Butter for this month’s Nutrition Activity! Listed below you will find the recipe that you could make with your child at home. (Decrease ingredients to make less for home).

Prep ingredients needed: Cutting board, knives, spoon, and plates.

3 lbs - 7 ounce apples, any variety of your choice
14 ounces of WOW Butter

DIRECTIONS: Cut apples and spread with the apples with WOW Butter and enjoy!

Caution: ADULT SUPERVISION! Use safety precautions with children handling knives and sharp utensils. Have the children practice cutting skills in the first month’s nutrition activity! Apples and Almond/Soy Butter is a naturally sweet snack.

(Makes 25 Servings)

Book of the Month:  David Goes to School by David Shannon

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

https://www.youtube.com/watch?v=kYN684gQjvM

Activity: Work with your child to retell the story and focus on the rules of David’s school and why they have those rules. For example, David must keep his hands to himself so he does not get the little girl dirty. Make a list of the rules that David follows at school. Next, talk to your child about what the rules are for their Head Start classroom and why they have these rules. Once you have both sets of rules, talk to your child about how the two sets of rules are similar and different.

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 understand and follow classroom expectations, routines, and directions.