

Plainfield Head Start
616-454-8874
Week of June 7, 2021

"Keep Smiling because life is a
Beautiful thing and there's so
much to smile about"
-Marilyn Monroe



IMPORTANT DATE

June 15, 2021

ENROLL YOUR CHILD NOW

<https://hs4kc.org/apply/>

If you would like to complete an
application over the phone, please
call 616-453-4145 Ext. 4010
Share with your family and friends!

Teachers will be contacting parents for their last home visit of the
year, this is a **REQUIREMENT** for our program.
Please make sure you get one scheduled.

STRAWBERRY CHEESECAKE MILKSHAKE

INGREDIENTS:

8 frozen strawberries
1 banana, sliced and frozen
1 cup milk (we use 2%)
3 oz. cream cheese, or plain Greek yogurt
optional: whipped cream and
graham cracker crumbs to garnish



INSTRUCTIONS

Add frozen fruit, milk and cream
cheese to a blender. Blend until
mixture is uniform. Pour into
glasses. Top with whipped cream
and graham cracker crumbs if desired.

<https://themanylittlejoys.com/healthy-strawberry-cheesecake-milkshake/>

<https://www.facebook.com/pg/hs4kc/events>

www.hs4kc.org

P-EBT Reconsiderations

Great news! We have received permission from the State of Michigan to submit reconsideration forms for those children who qualify. We will use your child's enrollment record to inform the state of all children who should receive full benefits for the months they were enrolled 100% distance learning. We will also include those who should receive partial benefits during months when we reported the site as primarily in-person but the child was enrolled in the hybrid model or switched between in-person and distance learning during that month. Please note that the reconsiderations will not be processed until after the initial benefit issuance cycle, which started on May 22.

If you have any questions, please feel free to contact the Family Advocate at your child's site.

Interested in starting a garden?

Figure out what type of garden is right for you and how much space you have.



Here is a list of fruits and vegetables that are easy to grow!
Beets, Cucumbers, Melon, Broccoli, Green Beans, Peppers,
Cabbage, Green Peas, Potatoes

Rent This Way

Rent This Way is a three-session, no cost, tenant training program that educates and empowers existing and future tenants to become successful, stable renters. When you graduate you will even earn a certificate!

There are multiple topics that will be covered, including: Tenant Rights and Responsibilities Screening Criteria, Leases, Evictions, Budgeting, and Credit. You can also develop your own Housing Stability Resume! These classes feature At-Your-Own-Pace Video Class Sessions and Test-Your-Knowledge Quizzes.

Rent This Way begins June 1, 2021.

Email emily.stroka@kentcountymi.gov

with any questions and to register!

Sleep and Your Child

Sleep is important to how your child learns, grows, and even behaves. A regular bedtime routine can help your child get enough sleep. It can also make bedtime easier for you!

How much sleep does your child need?

- Infants (0-12 months) need 14-15 hours throughout the day
- Toddlers (1-3 years old) need 12-14 hours throughout the day
- Preschoolers (3-5 years old) needs 11-13 hours throughout the day

A bedtime routine is a great way to help your child get enough sleep. Here are a few tips for building a bedtime routine:

- Stick to the same bedtime each night, including the weekends.
- Start your child's bedtime routine about 30-60 minutes before their bedtime. One idea is to put pajamas on, brush teeth and read a book in the half hour before bedtime.
- Avoid drinks or foods with caffeine or sugar.
- Make the bedroom a quiet place.
- Consider playing soft, soothing music.

June 29th to August 3rd

Every Tuesday night
from 6:30 pm to 8:30 pm

Must register for 1st
session by June 22nd

**Please plan to attend
all 6 sessions**

REQUIRED Workbook
pick up:

June 22nd
6:30 pm to 7:30 pm
864 Crahen Av NE
Grand Rapids
MI 49525

More information:
kentresourcecenter@kentisd.org
616-447-5678
877-614-7328 (toll free)



Tuesday Summer Series

Parenting the Love and Logic Way

This is a FREE series for all providers and families

Funding from the Office of Great Start within the Michigan Department of Education supports the implementation of Great Start.

Session 1: **EVENT 84975**
June 29th / 6:30 pm to 8:30 pm
MIRaistry here

Session 2: **EVENT 84978**
July 6th / 6:30 pm to 8:30 pm
MIRaistry here

Session 3: **EVENT 84981**
July 13th / 6:30 pm to 8:30 pm
MIRaistry here

Session 4: **EVENT 84982**
July 20th / 6:30 pm to 8:30 pm
MIRaistry here

Session 5: **EVENT 84983**
July 27th / 6:30 pm to 8:30 pm
MIRaistry here

Session 6: **EVENT 84984**
August 3rd / 6:30 pm to 8:30 pm
MIRaistry here