

NEWS YOU CAN USE

Week of
November 22nd, 2021

South Godwin Head Start
(616) 735-5351

Parking

During drop off please be mindful of the handicap spaces. These spaces are strictly for handicap only as we do have need for those spaces in this building. If the parking lot is full, please utilize street parking. We appreciate your understanding in this matter.



Calendar of Events

11/24 & 11/25
Agency Holiday – No School

12/22 & 12/23
Agency Holiday – No School

12/27 – 12/30
Winter Break

What's Happening?

Have you signed up to do your child's covid screener on your device? If not, during drop off, ask the office staff if they can help get you signed up. This will help make the screener process go smoother for all SGW Head Start families.

HS4KC is Hiring!

Are you looking for a job? Head Start for Kent County is hiring! Go to our website www.hs4kc.org to see all our open positions.



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

www.hs4kc.org

How Sugar Affects Baby Teeth

Children can be picky eaters and want pop and sugary treats often, but it's very important to begin healthy eating habits from an early age. Many parents aren't aware of how sugar affects baby teeth and what causes cavities. What does cause cavities? A cavity needs three things to form: a tooth, bacteria, and carbohydrates (sugars). When your child eats or drinks sugars, it only takes 20 seconds for the bacteria on their teeth to mix with the sugar and turn into acid. This acid begins to attack the tooth and break it down. Over time, this results in cavities.

Did You Know?

- Most children in the United States eat and drink at least 19 teaspoons of added sugar per day.
- Children under age 2 should not be served any foods or drinks with added sugar.
- Children over age 2 should not eat or drink more than 6 teaspoons of added sugar per day.

How to Prevent Cavities

- Have your child drink water between meals and snacks: water does not have sugar and will help wash the acid from the teeth
- Give milk or juice at mealtime only: fruit juice and milk have sugars, but the food helps to wash away the extra sugars in the milk and juice.
- Brush teeth twice a day, and after sugary food and drinks.

VEGETABLE/ FRUIT OF THE MONTH:



Celery

Celery is a great low calorie snack. It is rich in antioxidants and fiber and helps aid in protection of the digestive tract. Enjoy celery raw dipped in ranch or peanut butter or cooked in many different stews, soups and casseroles. **Celery is in season in Michigan from July until the end of December!**

DECA: Self-Regulation

Self-Regulation is the next area of the DECA we are looking at. Self-Regulation is a child's ability to express emotions and manage behaviors in healthy ways

Some examples of what this might look like in your child are...

- Shows patience
- Handles frustration well/controls his or her anger
- Shares with other children
- Listen to others
- Calms him/herself down

CARE Ballet Presents

'Twas the Night Before Christmas

A Community Performance

Show time

November 24, 2021

10:00 am

Masks are mandatory

Ballet performances

East Grand Rapids High School

Performing Arts Center

2211 Lake Dr SE

Grand Rapids, MI 49506

FREE for Head Start Families

Tickets will be sent home with your child.

Arrive at the show with your name and email on the ticket to be included in a drawing for 2 free tickets to the February performance of

Sleeping Beauty.

Applications for Grand Rapids Public Schools Theme Schools are OPEN!

If your child will be transitioning to GRPS for Kindergarten **NOW** is the time to get them enrolled, especially if you would like to enroll them in one of the many Theme Schools GRPS offers!

Theme School Application Window Round 1 is from November 1 – December 1, 2021 – So fill out your application ASAP in order to be considered for your Theme School of choice! Click the link below or get there by entering bit.ly/3bZW7GN in your browser.

APPLY TODAY. APLIQUE HOY.

grps.org/apply-to-a-school#how-to-apply

APPLICATION DEADLINE
FRIDAY, DECEMBER 3

LA FECHA LÍMITE DE APLICACIÓN
EL VIERNES, 3 DE DICIEMBRE

The logo for the Literacy Center of West Michigan (LCWM). It features a stylized house icon above the text "LITERACY CENTER OF WEST MICHIGAN".

Free English Classes
FOR PARENTS

*Mondays and Wednesdays
9:30-11:30 a.m.
at Sylvan Head Start*

- Connect with your child's school
- Free childcare
- Classes in person and online

A simple line-art icon of a laptop computer.

literacycenterwm.org

A simple line-art icon of a smartphone.

(616) 459-5151

Classes begin in November!

Free English Classes!

Are you interested in learning English?

We will be offering free English classes through the Literacy Center of West Michigan (LCWM). Classes will take place on Mondays and Wednesdays from 9:30-11:30 am at our Sylvan location, 1875 Rosewood Ave SE, Grand Rapids, MI 49506. (Start date TBD.)

Speakers of all other languages are encouraged to sign up, this is not only for Spanish-speaking families!

Talk to your Family Advocate or go to the LCWM website to get signed up!

literacycenterwm.org