NEWS YOU CAN USE

Week of December 6th, 2021

Rogers Lane Head Start
(616) 532-4229

Introducing our Rogers Lane Parent Policy Representatives

Fabiola

Shelly

Brenda

Shannicia

Calendar of Events

FAMILY NIGHT
Fun with Shapes
Wednesday 12/15 Odd Rooms 1,3,5,7 & 9 4-5 pm
Thursday 12/16 Even Rooms 2,4,6,8 & 12 4-5 pm
PLEASE ENTER AT DOOR 6 ☺
Hope to see everyone there.

More December Dates to Remember

School will be **closed** from December 22ND-31st
We will see everyone in the New Year on Monday, January 3rd, 2022.

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

Special Olympics Michigan & Head Start for Kent County
Connecting Families and Community Resources

We are so excited to finally bring our Young Athletes programming to Head Start for Kent County Schools! Our program will deliver biweekly lessons on sports skills and other healthy lifestyle habits. We are currently working with 7 of the Kent Head Start locations and are looking forward to working with the remaining 7 sites in the winter.

The Young Athletes curriculum focuses on a wide range of topics to encourage our students to develop healthy habits in order to become strong, healthy athletes. Some of the topics include an introduction to food groups, proper portioning, establishing healthy relationships, building a healthy self-esteem, staying hydrated, and alternative forms of combining movement with fitness, such as yoga and dance.

With the opportunity to have the program go for the entirety of the semester, we are able to focus more on developing skills that build on each other. During their first month, students will learn Foundational Skills. These skills allow our athletes to explore their surroundings, and develop body awareness, while

Try These *Healthy Habits* This Month!

7 Breakfasts Every Week allows children to learn and concentrate easier. It can also prevent over eating throughout the day!

6 Home Cooked Meals Every Week – Eaten as a Family allows families to consume more fruits & veggies and fewer calories. It also creates better social skills.

5 Servings of Fruits & Veggies Every Day equals fewer calories over the day and increased fiber. Try to incorporate fruits & vegetables from every color of the rainbow.

4 Ounces of 100% Juice Per Day or Less to avoid increased weight gain and increased caloric intake. Choose water as the best drink option!

3 Servings of Low Fat Dairy Each Day. Choose 1% or fat free for children over 2 years of age.

2 Hour or Less of Screen Time Each Day. This includes TV, video games and computers in your child's bedroom! Try playing outside instead!

1 Hour or More of Physical Activity Every Day! Try a family walk, bike ride, or play a sport!

DECA: Attachment/Relationships

The last DECA area is Attachment/ Relationships, or a child's ability to promote and maintain mutual positive connections with other children and adults

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

- Shows affection/excitement to familiar adults.
- Asks adult to play or read
- Looks forward to activities at home and school
- Seeks help when necessary

Please let your child's teacher know if you'd like any additional information on the DECA.

One World, One Sky: Big Bird's Adventure (Planetarium Show) at the Grand Rapids Public Museum

Do your kids like Sesame Street? If so, then they will love this opportunity that the Grand Rapids Public Museum is offering every day at 11 am from November 26 – January 2! (You'll need to arrive 15 minutes early for this show.) One World, One Sky: Big Bird's Adventure is a planetarium show where kids and families can learn about the sun, stars, and the Big Dipper! Did you know that the Grand Rapids Public Museum has reduced general admission for Kent County residents? If you provide proof of residency, general admission is FREE for children ages 17 and younger, $5 for adults, and $3 for seniors! With this discount, you will only need to pay $4 for the planetarium show for your kids, and $9 for adults. Go to grpm.org/admission/ for more information!

FALL 2021-22

CHILD OUTCOMES

*DATA ONLY INCLUDES SCHOOL READINESS TARGETED OBJECTIVES

SOCIAL-EMOTIONAL

Children meeting/exceeding widely held expectations:
0-3 Years - 93%
Preschool - 74%

PHYSICAL

Children meeting/exceeding widely held expectations:
0-3 Years - 88%
Preschool - 85%

LANGUAGE

Children meeting/exceeding widely held expectations:
0-3 Years - 88%
Preschool - 73%

COGNITIVE

Children meeting/exceeding widely held expectations:
0-3 Years - 95%
Preschool - 76%

LITERACY

Children meeting/exceeding widely held expectations:
0-3 Years - 90%
Preschool - 63%

MATHEMATICS

Children meeting/exceeding widely held expectations:
0-3 Years - 89%
Preschool - 58%

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