

NEWS YOU CAN USE

Week of
December 6, 2021

Sylvan Head Start
(616) 241-0250

Positive Behavior Intervention
and Support system (PBIS)

Calendar of Events

WHAT CAN YOU DO TO BE SAFE?

- * Stay With an Adult
- * Walking Feet Please
- * Keep Your Body to Yourself!
- Use Quiet Voices
- Stay in the Classroom
- Follow Directions

WINTER BREAK – NO SCHOOL

Wednesday, December 22, 2021
through

Sunday, January 2, 2022

RETURN TO SCHOOL:
MONDAY, JANUARY 3, 2022

Head Start is HIRING

SCHOOL CLOSINGS!

HS4KC has Job openings
in the teaching dept. Apply
at: www.hs4kc.org
[https://www.facebook.com/
pg/hs4kc/events](https://www.facebook.com/pg/hs4kc/events)

If our school closes due
to weather, it will be
listed on channels 8 and
13 under Sylvan Head
Start or Head Start for
Kent County.

WINTER IS HERE!!!

The weather is changing, and we've had our first snow fall of the season. Please make sure you continue to send your child to school with the appropriate gear (i.e., snow pants, snow coats, mittens/gloves, snow boots), as the weather permits, children will go outside every day. If you need assistance with these items, please contact your Family Advocate.
<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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