

Plainfield Head Start
616-454-8874
Week of
January 30, 2023

*February 16th Family
Engagement Event
Science Night
5:30 – 6:30
***SCHOOL CLOSED**
February 20, 2023

Parent – Teacher
Conferences start the
month of February. Your
Teachers will be contacting
you to schedule a time

We have Three New Teachers at Plainfield
Head Start.
Room 1 - Ms. Rachelle
Room 5 - Ms. Abigail & Ms. Tina
Supervisor – Jennifer Kassuba



**Bucket Bonanza &
Twister at the
January Family
Engagement Event**

Our classrooms provide hands on experiences such as setting the tables for meals. Every Thursday they are provided with a food experience that gives them the opportunity to learn about different foods. They are provided with family style eating with adult role modeling - healthy habits.

Parents... it's important that you try your best to have your students at school on time EVERYDAY, so they will not miss out on important learning activities that happen early in the day. Arriving on time also allows your child time to greet their friends, teachers and reduces the possibility of disruptions in the classroom.

Please call if you will be late.

Send Boots, Hats, Gloves, Snow Pants!
CHILDREN GO OUTSIDE EVERYDAY!

*If you need winter clothing, please contact Ellie @
Estemple@hs4kc.org



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

 **Head Start
for Kent County**
Connecting Families and Community Resources

These materials were funded in whole or in part under a grant awarded
by the Michigan Department of Education.

 **Great Start
Readiness Program**
Michigan's Nationally Recognized Pre-K Program

Plainfield Head Start
616-454-8874
Semana del Enero 23, 2023

Las conferencias de padres y maestros comienzan el mes de febrero. Tus profesores te estarán contactando para programar una hora.

Tenemos tres maestros Nuevos en Plainfield Head Start.
Sala 1 - Sra. Rachelle
Sala 5 - Sra. Abigail y Sra. Tina
Supervisora: Jennifer Kassuba

*16 de febrero Evento de participación familiar
Noche de ciencia
5:30 – 6:30
***ESCUELA CERRADA**
20 de febrero de 2023



Bucket Bonanza & Twister en el evento de compromiso familiar de enero



Nuestras aulas brindan experiencias prácticas, como poner las mesas para las comidas. Todos los jueves se les brinda una experiencia gastronómica que les da la oportunidad de aprender sobre diferentes alimentos. Se les proporciona una alimentación al estilo familiar con el ejemplo de un adulto: hábitos saludables.

Padres... es importante que hagan todo lo posible para que sus estudiantes lleguen a la escuela a tiempo **TODOS LOS DÍAS**, para que no se pierdan las actividades de aprendizaje importantes que ocurren temprano en el día. Llegar a tiempo también le permite a su hijo tiempo para saludar a sus amigos, maestros y reduce la posibilidad de interrupciones en el salón de clases.

Por favor llame si va a llegar tarde.

¡Envíe botas, sombreros, guantes, pantalones para la nieve! Los niños salen todos los días! *Si necesita ropa de invierno, comuníquese con Ellie @ estemple@hs4kc.org

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Estos materiales fueron financiados en su totalidad o en parte por una subvención otorgada por el Departamento de Educación de Michigan.

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The Health Benefits of Exercise

You already know that exercise is good for your body, but did you know it's also effective in dealing with depression, anxiety, stress, and more?

People who exercise regularly tend to do so because it gives them an enormous sense of well-being.

You don't need to be a fitness fanatic to feel the benefits. Modest amounts of exercise, such as 3-4 times for 30 minutes each week can make a difference.

There are ways you can exercise without a formal routine. Some fun ways to get in 30 minutes of exercise as a family include:

- Walking in your neighborhood.
- Playing in a nearby park.
- Have a dance party.
- Walk or run up and down stairs.
- Play active games, such as charades or salad bowl.
- Make up your own exercise routine.

Los beneficios del ejercicio para la salud

Usted ya sabe que el ejercicio es bueno para su cuerpo, pero ¿sabía que también es efectivo para tratar la depresión, la ansiedad, el estrés y más?

Las personas que hacen ejercicio regularmente tienden a hacerlo porque les da una enorme sensación de bienestar.

No es necesario ser un fanático del fitness para sentir los beneficios. Cantidades modestas de ejercicio, como 3-4 veces durante 30 minutos cada semana pueden hacer la diferencia.

Hay formas de hacer ejercicio sin una rutina formal. Algunas formas divertidas de hacer 30 minutos de ejercicio en familia incluyen:

- Caminar o correr en su vecindario o en un parque cercano.
- Tener una fiesta de baile.
- Caminar o correr arriba y debajo de las escaleras.
- Jugar juegos activos, como las charadas o la ensaladera.
- Inventar su propia rutina de ejercicios.



January-March 2023

Homeownership Education Webinars

Download the free Zoom app to your computer, smartphone or tablet!

January 5	9am-1pm ET	\$25*	Nancy Latham lathamn@msu.edu
January 11	1-5pm ET	\$25*	Jinnifer Ortquist ortquisj@msu.edu
January 17&19	6-8pm ET	\$25*	Beth Martinez mart1751@msu.edu
February 2	9am-1pm ET	\$25*	Jinnifer Ortquist ortquisj@msu.edu
February 16	4-8pm ET	\$25*	Beth Martinez mart1751@msu.edu
February 22	1-5pm ET	\$25*	Teagen Lefere leferete@msu.edu
March 2	9am-1pm ET	\$25*	Teagen Lefere leferete@msu.edu
March 9	1-5pm ET	\$25*	Jinnifer Ortquist ortquisj@msu.edu
March 22&23	6-8pm ET	\$25*	Brenda Long longbr@msu.edu
March 29	9am-1pm ET	\$25*	Nancy Latham lathamn@msu.edu

Webinar Pre-Registration is required. Click on the date link in the table above or go to mimoneyhealth.org under Online Classes, find the complete events calendar!

*Thanks to sponsorship from TCF Bank, income-based scholarships are available to waive the \$25 course fee **before registration** by contacting the class instructor with your annual income, county of residence and household size.

Accommodations for persons with disabilities may be requested by contacting the event contact three weeks prior to the start of the event by email. Requests received after this date will be honored whenever possible.

Prefer a self-paced online class? Go to www.ehomeamerica.org/msue and choose the Homebuyer Education Course. It is available in English or Spanish and has a \$99 fee. The coupon code for \$10 off is MSUE10. It provides a certificate of completion when finished. Income-based full scholarships are available by emailing a staff member.





Department of Psychology, Western Michigan University



Attention Parents!

Opportunity to Participate in a Research Study:
Caregiver Supervision of Young Children

We are seeking **parents from Kent County Head Start** to participate in a study testing a program to teach parents strategies to prevent accidental injuries in their preschool children.

Study involvement lasts for 11 weeks and includes between 3-8 **virtual** appointments (lasting 1.5-2 hours), and short weekly phone calls that last 5-10 minutes.

Parents will receive \$170-\$270 in Meijer gift cards for participating and will receive a pay-as-you-go cell phone to keep.

Participation is completely voluntary. Your decision about whether or not to participate will have no effect on the Head Start services that you are receiving. Eligible families are those who can speak English and who have a child participating in Head Start who does not have a developmental or physical disability (e.g., Autism Spectrum Disorder, Fetal Alcohol Syndrome, cerebral palsy, Down Syndrome, blindness, or deafness).

If you are interested in learning more, you may call Sophia at 269-350-3143 or email preventinj@gmail.com.