

NEWS YOU CAN USE

Week of
November 20, 2023

Leonard Head Start
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SMART TAG



Don't forget you can
update your
Parent Portal anytime!

You can change your "release to"
list from any smart
phone/computer.
Please make changes by 11:00 AM.

Calendar of Events

Schedule your
November
Parent/Teacher meeting
TODAY!

November 22rd & 23rd
2023
No School – Fall Break
Return to school on
Nov. 27th, 2023

December 22, 2023, to
January 7, 2023
Winter Break
Return on Monday
Jan 8, 2024

Success Starts Early



Math plays a part in life even when we don't realize it. For example, to prepare dinner, you measure ingredients, set the oven timer, and count plates. Find ways to let your child help.

Visit
[www.successta
rtsearly.org](http://www.successta
rtsearly.org)
To learn more!

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

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Family Engagement

Did you know that missing just one or two days of preschool or kindergarten every few weeks can make it harder for children to develop reading skills, and to be prepared for kindergarten or first grade?

These tips can help your children look forward to going to school every day.

Tell your child positive stories from when you were a young student.

Read to your child each night in your home language.

Visit Attendance Works www.attendanceworks.org for strategies and resources.

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.

STRENGTHS AND OPPORTUNITIES

Fall 23-24

This data includes targeted items for children 0-5 years old.

STRENGTHS

3.38

PHYSICAL DEVELOPMENT AND HEALTH

Fine Motor Skills

3.27

SOCIAL AND EMOTIONAL
DEVELOPMENT

Building Relationships with
other Children

2.96

SOCIAL AND EMOTIONAL
DEVELOPMENT

Building Relationships with
Adults

OPPORTUNITIES

2.19

LANGUAGE, LITERACY, AND
COMMUNICATION

Phonological Awareness

2.48

SOCIAL AND EMOTIONAL
DEVELOPMENT

Emotions

2.54

LANGUAGE, LITERACY, AND
COMMUNICATION

Alphabetic Knowledge