

# NEWS YOU CAN USE

Week of  
January 29, 2024

Kentwood Head Start  
616-735-5345

## Site Happenings

It's conference time- starting in February... Teachers will be contacting you soon to schedule a date and time.



IN OBSERVANCE OF  
**Presidents' Day**  
**NO SCHOOL**  
MONDAY, FEBRUARY 19, 2024

February 22nd at 4:30pm

**FAMILY EVENT**

## Reminders

- \*Has your child had a dental exam yet?
- \*Has your child had the physical/well child check done?
- \*This is the time to keep them up to date.
- \*We have resources if needed.



<https://www.facebook.com/pg/hs4kc/events>  
[www.hs4kc.org](http://www.hs4kc.org)

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

 **Head Start**  
for Kent County  
Connectir

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



## Preschool Activities

Think about ways your family could be involved at school. The educators might suggest helping in the garden, or cutting out letters, or making a bulletin board for parents.

Could you share a family tradition with the class?

## Family Activities

Add to your child's word "bank." Use and explain new words. Play word games, sing songs, and make up silly rhymes like giggle, wiggle, jiggle.

Help your child label emotions when different feelings arise (happy, sad, mad, disappointed).

## Kindergarten Activities

Complete the kindergarten registration forms at home or school (where your educator can offer you support). Do you have questions about the kindergarten program? Call the new school for information or check out their website.

## Six Ways to Beat the Winter Blues

Here are 6 scientifically proven ways to lift your spirits and ease the mid-winter doldrums.

1. Make your environment brighter: Open blinds and curtains to let in the light and catch that rare ray of sunshine we get in the winter.
2. Eat smarter: Certain foods, like chocolate, can help to enhance your mood and relieve anxiety.
3. Exercise: Studies have found that exercising, especially under bright light in the winter, improves general mental health, social functioning, and symptoms of depression.
4. Turn on the tunes: listening to upbeat or cheery music improves mood.
5. Help others: Serving food at a local shelter or volunteering your time can improve mental health and life satisfaction.
6. Get outside: Talking yourself into taking a walk when it's cold outside isn't easy, but the benefits are big. Spending time outside, even when it's chilly, can improve focus and mood and lower stress levels.



## Help Your Child Succeed in Preschool and Kindergarten Build the Habit of Good Attendance

### DID YOU KNOW...

Showing up on time every day is important to your child's success and learning from preschool forward.

Missing 10% of school (1 or 2 days every few weeks) can make it harder to:

- Gain early reading and math skills.
- Build relationships.
- Develop good attendance habits.

High quality preschool and kindergarten has many benefits!

- The routines your child develops will continue throughout school.
- Make the most of early grades by encouraging your child to attend every day.

### WHAT YOU CAN DO

Work with your child and his/her teacher to develop your child's strong attendance.

Talk about it – sing about it – make it an adventure!

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Share ideas with other parents for getting to school on time.

Before the school year starts

- Find out what day school starts and begin a countdown!
- Keep your child healthy and make sure your child has the required shots.
- Attend orientation with your child to meet teachers and classmates and find out about health and safety procedures.

Ready, Set, GO!

- If you are concerned your child may have Covid-19, call your school for advice. Ask for resources to continue learning at home if needed.
- Ask family members or neighbors for assistance if you need help.
- Try to schedule non-Covid-19 medical appointments and extended trips when school is not in session.
- If your child seems anxious about preschool or kindergarten, talk to the program director, teacher, your doctor or other parents for advice.



Revised October 2021

Visit Attendance Works at [www.attendanceworks.org](http://www.attendanceworks.org) for free downloadable resources and tools!

# Have you seen a dentist lately?

You'll often hear us tell you how important it is for your child to have regular dentist visits, but what about you? It's important for you to have regular dental visits, too.

## Why do regular dental visits matter?

Regular dental visits can help spot dental health problems early when treatment is likely to be simpler. They also help prevent many problems from starting in the first place.

## What are some signs I should see a dentist?

- o Your teeth are painful
- o Your gums are puffy and/or they bleed when you brush or floss
- o You have persistent bad breath or bad taste in your mouth
- o You are pregnant
- o You have a medical condition such as diabetes, heart disease, eating disorders or are HIV positive
- o You smoke or use other tobacco products
- o You have a spot or sore that doesn't look or feel right in your mouth and it isn't going away

## I'm not having any symptoms. Do I still need to see a dentist?

Yes. Even if you don't have any symptoms, you can still have dental health problems that only a dentist can diagnose. Keeping your mouth healthy is an important part of your overall health.

## How do I find a dentist?

For adults without dental insurance, Kent County has some great low cost or free dental options:

Cherry Health – several clinics in Kent County  
Call 616-965-8308 to schedule an appt at a clinic near you.

Exalta Health - Clinica Centro  
2060 Division Ave S  
Grand Rapids, MI 49507  
616-475-8446

Exalta Health - South Clinic at Streams of Hope  
280 60<sup>th</sup> St. SE  
Grand Rapids, MI 49548  
616-475-8446

Mel Trotter Ministries  
225 Commerce Ave SW  
Grand Rapids, MI 49503  
616-588-8715

Catherine's Dental Center  
781 36<sup>th</sup> St SE  
Grand Rapids, MI 49548  
616-828-0052

My Community Dental Centers  
Kentwood: 4700 Kalamazoo Ave SE (616) 281-7464  
Walker – 890 3 Mile Rd NW (616) 438-6464  
Cedar Springs – 14111 White Creek Ave NE (616) 696-0879

If you need any assistance in finding a dentist or making a dentist appointment, please call

Lauren at 616-453-4145  
extension 2275.