

NEWS YOU CAN USE

Week of
March 25, 2024

Rogers Lane Head Start
616-532-4229

Site Happenings

It is extremely important that parents/guardians keep contact information up to date. If you've changed your phone number or email address, please let us know immediately. This way, if we need to reach you in an emergency, we will be able to reach you.

Thank you.

Please remember we will return back to school from spring break on 4/8/4.

Enjoy your vacation!

Calendar of Events

Spring Break
3/29/24- 4/5/24

Memorial Day
5/27/2024
Last Day of School
5/30/24

Reminders

Preschool:
7:35am-2:35pm
Doors open at 7:25am
Due to classrooms
transitioning, there is NO Entry
to our building between:
2:15pm – 2:30pm

I/T
Hours

EHS- Early Head Start
7:20am- 2:50pm

This week's spotlight
is
Room 9

Check the next page
for more information

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

These materials were developed under a grant awarded by the Michigan Department of Lifelong Education, Advancement, and Potential."

 **Head Start
for Kent County**
Connectir

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

Room 9 Spotlight



Ms. Sam:

This is my 3rd school year with Head Start. I am currently attending Muskegon community college to finish my degree in early childhood development. I have 2 young boys, and love spending time with them by doing things outside and staying



In the classroom:

In the classroom we have been really enjoying sensory time, we are really enjoying drawing and making pictures for our families or to hang around our classroom, and really enjoying our music time and having dance parties!



Ms. Amber:

Hello, I'm the Teacher Assistant in RM 9. I am a previous Head Start parent to two boys, who are now 13 years old and 11 years old. I have two dogs, Layla and Ravyne. In my free time you will find me with my friends and family as much as possible. I love playing games, going to the beach, walking, and organizing. I recently finished my CDA and am planning to start my associate degree in child development this Fall.



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

Connecting Families and Community Resources



March is Reading Month!

10 Tips to Keep Reading Fun

1. **Keep the Topics Interesting:** Let your child pick out the books they want to read.
2. **Read Aloud:** Listening to books read aloud helps children learn about fluency and expression.
3. **Set a Good Example:** Read for pleasure, talk to your children about how much you love to read, make it fun.
4. **Make a Special Spot for Reading:** Let infants and toddlers have access to their books, keeping them on a low shelf or in a basket that is accessible.
5. **Visit your Local Library:** Nothing beats a trip to the library! Many offer fun, interesting, and free events.
6. **Have a Read-In:** Leave on your pajamas, build a blanket fort, and snuggle up with a good book.
7. **Be Flexible:** Help your child find time to fit reading in that works well for your family. Avoid having hard and fast rules out reading as this is a time that should be fun and not a punishment.
8. **Reward Wisely:** Kids are smart, and they are paying attention, and the message we want to give them is that reading is its own reward.
9. **Reading is Reading:** Let your child select their own reading material, it's okay if that includes magazines or comic books!
10. **Books are Special Too:** Emphasize the special nature of books, let children know that books they receive as gifts are theirs and theirs alone.

Parent Engagement

Help Your Child Succeed in Preschool and Kindergarten

Build the Habit of Good Attendance

DID YOU KNOW...

Missing 10% of school (1 or 2 days every few weeks) can make it harder to develop good attendance habits.

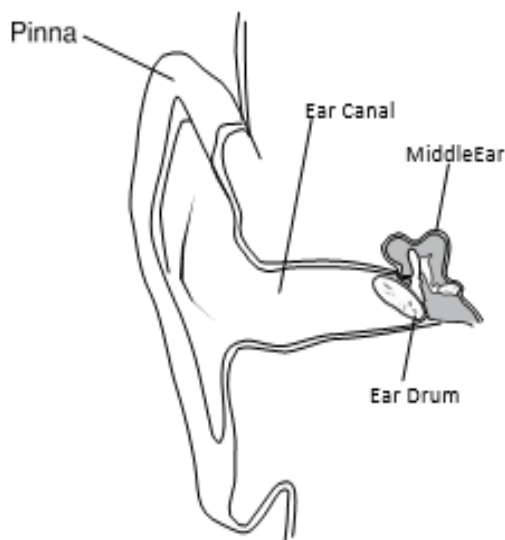
WHAT YOU CAN DO

If your child seems anxious about preschool or kindergarten, talk to the program director, teacher, your doctor or other parents for advice.

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!

Middle Ear Infection in Children

Middle ear infection, also called otitis media, can be painful for children. This infection is caused when the fluid draining from your child's ear gets blocked. This may happen when your child has a cold, allergy, or the flu. The fluid build-up lets bacteria grow and puts pressure on your child's eardrum.



Signs of a Middle Ear Infection

- Waking up at night crying
- Rubbing or pulling of the ear
- Trouble hearing
- Not wanting to breastfeed, suck a bottle or eat because it hurts
- Fever over 101 degrees F under the arm
- Vomiting
- Diarrhea

Older children may complain of:

- Pain in the ear or jaw
- Ringing in the ear
- Feeling of motion or fullness in the ear
- Trouble hearing
- Dizziness

Your Child's Care

Ear infections sometimes go away on their own, but it is best to see your child's doctor if signs last more than two days.

- Your doctor will look at your child's ears and ask about his or her signs.
- Antibiotic medicine may be ordered. Be sure to give **all** of the medicine, even if your child feels well.
- Your doctor may also suggest over the counter pain medicine, such as acetaminophen or ibuprofen to help with fever and pain.

Here are some ways to prevent an ear infection

- Hold your baby upright when feeding. Never prop up the bottle.
- Keep your children away from people who are smoking.
- Teach your children to wash their hands often and not to touch their eyes or runny nose.

Talk to your child's doctor or nurse if you have any questions or concerns.

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