

Week of April 29, 2024

Sparta Head Start
616-735-5327

Dates to Remember

May 13th

Last Home Visits begin

May 15th

Family Engagement Event

May 24 – May 27th

No School

May 30th

Last Day for Students

Sleep and Your Child

Sleep is important to how your child learns, grows and even behaves. A regular bedtime routine can help your child get enough sleep. It can also make bedtime easiest for you!

*Infants (0-12 mths) need

14 -15 hours throughout the day

*Toddlers (1-3 yrs. old) need

12 -14 hours throughout the day

*Preschoolers (3-5 yrs. old) needs

11-13 hours throughout the day



The weather is starting to become warm outside! PLEASE send your child to school with shoes and not sandals. Our playgrounds are covered in wood chips!

**Week 2 of the Very Hungry Caterpillars!
What do you think the caterpillars ate this week?
Do you think they have grown in a week?**

<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**
Connecting Families and Community Resources

 **Readiness Program**
Michigan's Nationally Recognized Pre-K Program
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Help Your Child Succeed in Preschool and Kindergarten

Build the Habit of Good Attendance

DID YOU KNOW...

Make the most of early grades by encouraging your child to attend every day.

WHAT YOU CAN DO

Lay out clothes and pack backpacks the night before.

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

First Aid: Animal Bites

These guidelines can help you care for a minor animal bite, such as one that only breaks the skin:

- Wash the wound thoroughly with soap and water.
- Stop any bleeding by applying pressure with a clean cloth or towel.
- Cover the bite with a clean bandage. Keep the bandage on until the wound forms a scab. Change the bandage if it gets dirty.

Seek medical care if:

- The wound is deep or you're not sure how serious it is
- The skin is badly torn, crushed or the bleeding won't stop.
- You notice signs of infection, such as swelling, redness, pain or oozing.