

NEWS YOU CAN USE

Week of
May 13, 2024

South Godwin Head Start
(616)735-5351

EMPLOYEE SPOTLIGHT

Get To Know Our Team



Samantha Dakoske, TA

My name is **Samantha Dakoske**, and I'm a Teacher Assistant at South Godwin. I am passionate about teaching, a sentiment that has been with me since junior high. Outside of work, I am a dedicated mother to my 4-year-old son, Wyatt, who is my world! In my free time, I enjoy camping, shopping, attending concerts, and cherishing moments with my family and friends. I am thrilled to embark on this new journey and look forward to making a positive impact in the lives of our students.

South Godwin Head Start Spring Dance

This is just a **REMINDER** that our Spring Dance is:

- **Wednesday, May 29th @ 5 – 6 pm**
- **28 Bellevue, SE * Grand Rapids, MI**

Please **RSVP** with your child's teacher or Ms. Treasure at (616)735-5351 ext. 2121.

Dinner provided: pizza, salad, breadsticks and drinks.



Thursday, May 30, 2024





LAST DAY
of
SCHOOL!
HAVE A GREAT SUMMER!

CLOSED FOR
MEMORIAL DAY

Monday, May 27, 2024



I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION
					
Temperature of 100.4 or higher	Within the past 24 hours	Within the past 24 hours.	Body rash with itching or fever.	Itchy head, active head lice.	Redness, Itching, and/or "crusty" drainage from eye.

I AM READY TO GO BACK TO SCHOOL WHEN I AM....

Fever free for 24 hours without the use of fever reducing medication i.e. Tylenol, Motrin	Free from vomiting for at least 2 solid meals	Free from diarrhea for at least 24 hours	Free from rash itching, or or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home and proof is provided to nurse.	Evaluated by my doctor and have note to return to school
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Prescription Medication Assistance

If you are without health insurance or prescription medication coverage, there are several free or low cost options in Michigan to help you.

Michigan's Prescription Drug Discount Card: The MiRx Card is a prescription drug discount program for Michigan residents who do not have any prescription drug coverage.

For information, go to: www.mihealth.org/mirx or call 1-800-259-8016

RxAssist Patient Assistance Program Center: RxAssist has information on free or low cost medication.

For information, go to: www.rxassist.org

NeedyMeds.org: The NeedyMeds Drug Discount Card is a free prescription savings card available to people without insurance and to those who decide not to use their insurance.

For information, go to: www.needymeds.org

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 build relationships.

WHAT YOU CAN DO

Keep your child healthy and make sure your child has the required shots.

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

Playing outside with your children isn't just about encouraging more physical activity. A 2019 study found that kids who spend less time in green spaces are more likely to develop psychiatric issues, such as anxiety and mood disorders. So, time spent outside may improve your child's mental health.

With summer approaching soon, here are a few fun activities you can do with your kids to encourage getting outside and use their brain!

- Build paper airplane and see who can make theirs fly the farthest!
- Find a shady tree and read!
- Find shapes in the clouds.
- Go for a walk, set a timer to see how far you can walk in 5 minutes, 10, 20, or 30!
- Have a picnic at a local park, beach, or in your own backyard.
- Host a dance party.
- Host a nature scavenger hunt. Look for pinecones, acorns, and other common outdoor items and tally who found the most.
- Paint rocks.
- Search for bugs!
- Take a nap on a blanket in the grass.
- Wash the car.
- Walk barefoot in the grass. Then try the cement (make sure it isn't too hot first). Ask your kids to compare what they feel like. What other surfaces can you make your feet touch?

50 Fun Things to Do Outside With Kids as a Family (verywellfamily.com)