

# NEWS YOU CAN USE

Week of  
May 13, 2024

Springhill Head Start  
616-791-9894

## Keep us updated

For the safety of your child and to get important information to you please make sure we have your current address, phone number, and email address. Please let your teacher know if any of your information changes or call us at 616-791-9894 option 3



## Calendar of Events

Our last  
Family Engagement Event  
**May 21, 2024**  
4:00 - 5:30  
**CELEBRATION and DANCE PARTY!!!**  
See flyer in this newsletter for information!

Last day for students is  
Thursday  
MAY 30<sup>th</sup>, 2024

## Reminders

Once again, our Michigan weather is very unpredictable! Please dress your child in layers. They will be able to adjust layers as needed throughout the day

We go  
outside  
everyday!



COMING  
SOON!

End of the Year Celebration

&

Dance Party

SPRINGHILL HEADSTART

May 21

4:00 - 5:30



FOOD  
FUN  
CELEBRATING

## **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](http://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](http://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](http://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](http://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](http://verywellfamily.com))**