

NEWS YOU CAN USE

Week of
May 6, 2024

North Kent
(616)696-3990

Site Happenings

Come one, come all to our End of Year Carnival! The carnival will be on May 21st from 4:30pm-6:00pm. We will have games, food, prizes and even some special guests! We hope to see everyone there! This will be our last family night of the year.

Calendar of Events

End of Year Carnival
May 21st

No School
May 27th

Last Day of School
May 30th

STEAM Week

Does your child get too much screen time? Try a Screen Free Week with some STEAM activities from page 2! STEAM stands for Science, Technology, Engineering, Art and Math.

Outdoor Fitness

There are so many benefits to fitness, and even more benefits when done outside. The Grand Rapids Department of Parks and Rec have teamed up with Priority Health and Downtown Grand Rapids to provide a Free Outdoor Fitness Series featuring: yoga, barre, HIIT, Zumba, WERQ, Pound, African dance, line dancing and more! Check out page 3 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**
Connecting Families and Community Resources

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

Screen Free Week




S	T	E	A	M
Vinegar and baking soda reaction	Read by flashlight	BUILD A FORT	DRAW A PORTRAIT OF SOMEONE	KIDS PICK AND HELP MAKE SUPPER
GO ON A NATURE HIKE	Design your own robot from nature	MAKE A PAPER BOAT & SEE WHAT IT WILL HOLD PLACED IN WATER	WRITE A STORY	Read Maps
Reuse plastic in a creative way	Listen to an audio book	Design a musical instrument	Make and send a card	GO ON A SHAPE OR NUMBER SCAVENGER HUNT
Plan or plant a garden	Avoid using any items that need electricity	Marshmallows and toothpick structure	Make puppets	CREATE A PATTERN AND SEE IF SOMEONE CAN SOLVE IT
FLY KITES	DESIGN A DRONE	Create with boxes	Color, paint, or doodle	BAKE SOMETHING

GET ACTIVE OUTSIDE FOR FREE





GRAND RAPIDS FREE OUTDOOR FITNESS SERIES

CLASSES RUN FOR 15 WEEKS STARTING MAY 13. DROP-IN, NO REGISTRATION REQUIRED!





MONDAYS (no class May 27)

-  **Yoga** at Mulick Park (1632 Sylvan Ave SE) from 6 to 6:45 pm
-  **SoulfulMOTION** at MacKay-Jaycees Park (2531 Kalamazoo Ave SE) from 6:30 to 7:15 pm
-  **Zumba** at Rosa Parks Circle (135 Monroe Center St. NW) from 6:30 to 7:15 pm






TUESDAYS

-  **Barre** on The Blue Bridge from 5:30 to 6:15 pm
-  **30-Minute HIIT** at Lookout Park (801 Fairview Ave NE) from 6:15 to 6:45 pm
-  **Glute Aerobics** at 555 Monroe Ave NW from 6:30 to 7:15 pm
-  **Sunset Yoga** at Lookout Park (801 Fairview Ave NE) from 7 to 7:45 pm

WEDNESDAYS

-  **Sunrise Yoga** at Indian Trails Golf Course (2776 Kalamazoo Ave SE) from 6:30 to 7:15 am
-  **Pumped Up Strength** at Cherry Park (725 Cherry St SE) from 6 to 6:45 pm
-  **WERQ** at Highland Park (700 College Ave NE) from 7 to 7:45 pm
-  **African Dance** at 555 Monroe Ave NW from 7 to 7:45 pm

THURSDAYS (no class July 4)

-  **Yoga** at Sixth Street Park (647 Monroe Ave NW) from noon to 12:45 pm
-  **POUND** on The Blue Bridge from 5:30 to 6:15 pm
-  **HIGH Low Fitness** at Calder Plaza (320 Ottawa Ave NW) from 6 to 6:45 pm
-  **Yoga** at MLK Park (1200 MLK Jr. St SE) from 6 to 6:45 pm
-  **Line Dancing** at Roosevelt Park (739 Van Raalte Dr SW) from 6:30 to 7:15 pm

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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.

WHAT YOU CAN DO

Share ideas with other parents for getting to school on time.

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

How to Handle Swearing

Why do kids swear:

- Exploring language
- Mimicking it from others (adults, TV, YouTube, etc.)
- Looking for attention, know they'll get it if they use a "bad word"
- Makes them feel powerful

Do's

- Ignore unless its repetitive
- Explain why we don't use those words "those words can upset and hurt people"
- Think of alternatives words together, model these words yourself

Don'ts

- Laugh or overreact
- Only tell them "it's a bad word"

Family Collaborations: These monthly activities help Head Start for Kent County parents advocate for and promote successful kindergarten transitions for their children.

May



Preschool Activities

Ask if an end of the year celebration is planned. Could you help? How could your family show appreciation to the educators?

Family Activities

Help your child continue to learn anytime and anywhere. Play "help me find the number" or "look for the letter A" at the grocery store. You can do this throughout the summer.

Kindergarten Activities

Visit the new school with your child. Share ideas about what will happen in kindergarten. What might be the same as preschool, or different?



Laugh & Learn

FAMILY - FUN - RESOURCES

Sponsored by:



FREDERIK MEIJER
Gardens & Sculpture Park

Families in Kent ISD early childhood programs are invited to this FREE event.

Wednesday, May 15, 2024 | 5pm - 8pm
Frederik Meijer Gardens & Sculpture Park
1000 East Beltline Avenue NE, Grand Rapids

Rain or shine,
the fun will
go on!

- Explore the beautiful gardens and trails at Meijer Gardens
 - Play in the interactive Lena Meijer Children's Garden
 - Listen to Storytime with Kent District Library in English and Spanish
 - Visit Wimee at the bookmobile
 - Dance along with percussion musician Josh Dunigan
 - Enjoy ice cream and snacks
 - Create art and have fun with messy play
 - Learn about programs supporting health and development of families
 - End the night with a fun concert from Miss Paula and the Candy Bandits
- Families of young children are encouraged to bring strollers.

Laugh & Learn is a collaboration between:



Questions? Please contact karenlezan@kentisd.org.



SAFETY AND INJURY PREVENTION



NATIONAL CENTER ON
Early Childhood Health and Wellness

Tips for Families from the National Center on Early Childhood Health and Wellness

Safety and Injury Prevention for Young Children Is:

- Making sure children have safe places to grow and learn
- Protecting children from danger
- Teaching children what to do to be safe

Why Is It Important?

Children Like to Explore But Need:

- Safe places to play
- Adults who watch and listen so they can prevent an injury before it happens
- Opportunities to practice new skills safely

When Children Are Safe, They Are More Likely To:

- Be injury-free
- Focus on learning
- Explore new situations with confidence



Things You Can Do to Help Your Child

- **At Home:**
 - Keep all medicine, cleaning and harmful products away from children.
 - Use cabinet locks and electrical socket covers.
 - Use safety gates on stairs.
 - Use cribs with fixed sides rather than drop sides.
 - Keep cribs away from windows and blind cords.
 - It is best to use cordless window coverings, if possible. If not, keep cords tied high out of children's reach.
 - Put babies to sleep on their backs in a crib with no soft blankets, pillows or bumpers.
 - Keep children away from hot foods and liquids.
 - Turn pot handles to the back of the stove.
 - Set your water-heater thermostat to 120 degrees or less.
 - Keep children away from heaters or fires.
 - Have a smoke alarm on every floor. Replace batteries in the spring and fall.
 - Get a carbon monoxide detector, if you do not have one.
 - Check with your local fire station to see if they can help you find a smoke alarm or carbon monoxide detector.
 - Ask your pediatrician about foods and small objects that can cause choking.
 - Make and practice an escape plan.

Things You Can Do to Help Your Child

Continued from previous page

• Outside:

- Use sunscreen.
- Teach your child to stay out of the street.
- Look for playgrounds with soft surfaces instead of dirt or grass.
- Watch your child closely on the playground.
- Remove drawstrings from clothing.
- Keep shoelaces short and tied.

• Water Safety

- Know that a child can drown in any amount of water that covers his mouth and nose.
- Always stay within arm's reach of your child if he is in or near water.
- Learn to swim, and take your child to professionally supervised swim lessons.
- Use four-sided fences with self-latching gates around pools.
- Learn cardiopulmonary resuscitation (CPR).

• Car and Truck Safety

- Choose a car seat that is right for your child's age, height and weight.
- Choose a seat that fits in your car or truck and use it all the time.
- Ask your Head Start staff where you can go in your community to learn how to install your child's car seat safely.
- Be sure that children younger than 13 only sit in the back seat.
- Never leave your child in a car without an adult.
- Teach children that vehicles are never safe places to play. Even if the windows are open, young children can become dangerously overheated within the first 10 minutes.

