

NEWS YOU CAN USE

Week of
May 13, 2024

Kentwood Head Start
616-735-5345

Site Happenings

The School Year is winding down. Last Home Visits will begin May 13th. This is a Federal Mandate that Head Start for Kent County must complete. Your Childs teacher will be contacting you to schedule this appointment.

Calendar of Events

May 27th - NO SCHOOL

May 30th - Last of School

End of Year Carnival!

The carnival will be on May 30th from 4:30pm-6pm. We will have games, food! We hope to see everyone there! This will be our last family night of the year.



May 30th
@ 256 Alger Se
4:30 -6:00pm



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)