

# NEWS YOU CAN USE

Week of  
May 13, 2024

Sylvan Head Start  
(616) 241-0250

## Site Happenings

Warm weather is here, hopefully to stay for the season, with that comes constantly thirsty children and more bathroom accidents.

Our site has run out of extra emergency clothing for our children to borrow therefore, we need you to send back those borrowed clothes and send extra clothes to keep in their backpacks or cubbies. If you need clothing resources, please let us know we can help.

## Calendar of Events

### Important Dates:

- \*May 13<sup>th</sup> Last Home Visits begin
- \*May 16th @ 4:30 PM Family Engagement Event  
PICNIC PARTY! (See Page 2)  
(Note Date Change)
- \*May 24 – May 27<sup>th</sup>  
No School
- \*May 30th Last Day for Students

## Reminders

### SPREAD THE WORD!!

Head Start is taking applications for next year. Three or Four by or on

December 1, 2024, Apply at  
<https://hs4kc.org/apply/>

It's  
**SUMMER**  
Time

COUNTDOWN TO  
SUMMER  
AS OF 5/13/24

**11**  
MORE SCHOOL DAYS



# PICNIC PARTY

**Thursday, May 16**

**@ 4:30pm**

**1875 Rosewood Ave**



**Celebrate the end of a great year and the start of new beginnings!**

**Menu: Pulled chicken barbeque on buns, potato salad, fruit salad  
& cookies**



**Food • Community • Games**



RSVP online or with any member of staff

<https://forms.office.com/r/pgdGg8hr3p>



## **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))**