

Week of October 7, 2024

North Kent
(616)696-3990

Room 1 went on their Field Trip Thursday. They had a lot of fun and saw so many cool things. Stay tuned for pictures!

Room 2's Field Trip is Monday. Please dress your child for the weather. If you plan to join us, we will meet you at Meijer Gardens at 10:45am.

October 7
Room 2 Field Trip

October 14
Agency Holiday - Closed

Smart Tag: You *must* be registered for Smart Tag. This is how we are able to release children to authorized adults. If they're not on Smart Tag, they will not be allowed to pick up, no exceptions. It is required for you to be registered and your responsibility to have your emergency contacts updated at all times

Outside: Please be sure your child is dressed appropriately for the weather. Sending your child in layers is a great option so we can add or drop a layer as needed.

Dental exams are coming due. Please get these to your child's teacher or to Ms. Liz in the office ASAP.

Are you struggling to get your child to school on time? Here are some helpful tips.

- ❖ Help your child get a good night's sleep by limiting tablet and screen time, especially 30 minutes before bedtime
- ❖ Prep the night before – have your child pick out their clothes the night before. Your child can even sleep in their clothes to make mornings easier
- ❖ Schedule trips and family outings during school breaks or on the weekends
- ❖ Stay up-to-date on routine well child and dental visits
- ❖ Make it game – how many times can we get to school on time this week, this month? Pick a small prize for winning.

<https://www.facebook.com/pg/hs4kc/events>

www.hs4kc.org

 **Head Start
for Kent County**
Connecting Families and Community Resources

These materials were funded in whole or in part under a grant awarded by the Michigan Department of Education.

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

Playing in the Rain:

When the weather is rainy and uncomfortable for us as adults, it doesn't mean that our children feel that way. Rain puddles have an almost magnetic pull for children.

How to explore:

1. Puddle Jumping- What a fun way to develop the gross motor skills of jumping and stomping! Children also experience cause and effect and properties of water through this simple activity.
2. Floating and Sinking- Use a puddle as a natural water table. Let your child explore properties of floating and sinking by experimenting with different items found outside. Does a leaf float in the puddle? What about a stick? Or a rock?
3. Puddle Soup- Provide some buckets and scoops or spoons to use in puddle play. Children practice and build vocabulary and build confidence and self-regulation through imaginative play.

For more information go to: <https://www.naeyc.org/our-work/families/play-in-puddle#:~:text=Developing%20a%20sense%20of%20rhythm,very%20little%20help%20from%20adults.>

Why does my child get sick so much?

Children who go to preschool or childcare get sick a lot, especially during their first year of preschool. Did you know that children who attend preschool or childcare:

- Are two to three times more likely to get sick than children who do not attend preschool or childcare?
- Have illnesses that last longer?
- Have more ear infections and are more likely to have tubes placed in their ears?

The good news is...

- The incidence of illness decreases from 12 per year to 4 per year by the time they turn 5 years old
- 90% of illnesses are mild and require no treatment
- Illness incidences decrease after children's first full year of attendance
- Kindergartners who were previously enrolled in preschool or childcare have fewer illnesses and therefore fewer absences.

If you find that your preschooler is getting sick a lot, please remember that he or she is building their immune system, and it will get better!

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 gain early reading and math skills.

WHAT YOU CAN DO

Talk about it – sing about it – make it an adventure

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



**BOYS & GIRLS CLUBS
OF AMERICA**



What is Indigenous Peoples' Day?

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On the second Monday of October, our nation honors Indigenous Peoples' Day, commemorating the heritage of Native American people. Indigenous Peoples' Day recognizes the strength and resilience of Indigenous communities since European ships first arrived in North America in 1492. It's also a time to celebrate the cultures, traditions and contributions of Native people in the U.S. today.

Not yet a federal holiday, Indigenous Peoples' Day has been honored at the national scale since 2021, when President Joe Biden became the first U.S. President to [mark the holiday as Indigenous Peoples' Day via presidential proclamation](#). However, there is ongoing advocacy around making it a federal holiday.

How to talk to kids about Indigenous Peoples' Day

For children with Native American ancestry, Indigenous Peoples' Day is an opportunity to celebrate their heritage. Other kids may only know Native American history from Thanksgiving celebrations and have questions about what Indigenous Peoples' Day is all about.

Who are Indigenous people?

Indigenous people have lived on our nation's land for thousands of years. They have roots in American Indian, Alaska Native, Native Hawaiian and American Samoan ancestries.

Why do we celebrate Indigenous Peoples' Day

Indigenous people have made major contributions to our society, from medicine and travel to agriculture and invention (like snow goggles — the predecessor for sunglasses)! However, many of these contributions go unrecognized. This is a result of Native Tribes enduring generations in a nation that stripped away their ancestors' rights, land ownership, livelihoods, health and safety — all inequities that remain very real for American Indian and Alaska Natives representing just 1% of the U.S. population today. By celebrating Indigenous Peoples' Day, we highlight their legacy, resilience and ongoing impact on our country.

Is Columbus Day still called Indigenous Peoples' Day?

Columbus Day became an official U.S. holiday in 1972 under President Richard Nixon. In the early 1990s, many U.S. cities, universities and states began observing Columbus Day as Indigenous Peoples' Day, recognizing the Native citizens who lived on our country's land before European explorers arrived. Columbus Day is still celebrated in some states, with others celebrating in parallel with Indigenous Peoples' Day or in place of Columbus Day.