

NEWS YOU CAN USE

Week of
October 28, 2024

Rogers Lane Head Start
616-532-4229

Site Happenings

It's Parent-Teacher conference time!

- As stated on the family partnership agreement at time of enrollment, conference are required.
- Please make sure you set a prefer time slot with your child's teacher, and if unable to make it message the teacher to reschedule.

Your child's teachers will be contacting you anytime before the end of the week, please check backpacks, email. Kaymbu and text messages.

Calendar of Events

**No School November 27,
28**

**Watch Dog Event
"Donuts with Dad" 10/31
more information see
page 2.**

Reminders

***Reminder NO costumes or outside treats/Food**

- **HS4KC does not celebrate Birthdays nor Holidays**
- **We go outside everyday unless the temperature is lower than 20*degrees, please send extra clothing, and enough warm clothes**
- **Please label all of your child's belonging to avoid misplacing.**

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

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

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

Join Us
For



Thursday, October 31st
@ 8:00 am - 9:00 am
Please RSVP but Walk INs Welcome!



If you are a dad or father-figure interested in learning about our exciting **WATCH D.O.G.S.** program, bring your kids and join us for a sweet treat!

Ask questions, discover how this unique volunteer program works, and find out how **YOU** can get involved to support students and make our school a better place!

You may sign your child out of the classroom to have breakfast with you for this event.



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 develop good attendance habits.

WHAT YOU CAN DO

Lay out clothes and pack backpacks the night before.

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

How Television/Technology/Media Affects Behavior

It is easy to fall into the trap of “my kid knows the difference between TV and real life.”, but do they really? A child’s brain does the most development in the first few years of life, but the part of the brain that is responsible for critical thinking does not develop until ages 12-24. Young children do not have the mental capacity to differentiate what they see on TV from reality. Seeing violent, derogatory, or sexual acts on TV or in a video desensitizes the child to those behaviors, and those behaviors become normalized to that child. They are more likely to repeat those behaviors at home and in other settings. Children learn by observation and repetition. If aggression is what they are seeing, that is how they will learn to act around others. We can combat the challenging behavior by spending time with our children, reading to them, talking to them, and teaching appropriate coping skills instead of letting the TV or tablet do it for us.

HEALTH LITERACY: A KEY TO UNDERSTANDING AND USING HEALTH INFORMATION



NATIONAL CENTER ON
Early Childhood Health and Wellness

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

Understanding What Your Doctor Tells You

Health literacy is how well you understand health information and make good choices about health and medical care.

Why Is It Important?

Many people find it hard to understand the health information they need to take care of themselves and their families.

When Parents and Caregivers Understand Health Information and How to Use it, Children Are More Likely to:

- Miss fewer days of school
- Make fewer trips to the pediatrician or the emergency room that are not needed

- Live healthier lives
- Get preventive care like flu shots
- Have a safe home where fewer accidents happen

Learning Ways to Understand and Use Health Information Can Help With:

- Talking with your doctor
- Asking questions
- Following a doctor's directions
- Taking or giving medicine the right way
- Getting needed medical tests and care
- Knowing what to do when your child gets sick
- Preventing diseases like diabetes, asthma, cancer
- Making healthy choices for you and your family
- Asking for help

Things You Can Do to Help Your Child

- ASK for help if you do not understand a health form or do not know how to fill it out.
- ASK for handouts in the language that is easiest for you to read.
- WRITE DOWN questions you have before you go on any health care visit.
- TELL YOUR DOCTOR if you do not understand what he or she is saying.
- Go to the library and ask how to find accurate information about your health concerns and medicines.
- Ask your Head Start or child care program for information on health issues that concern you.
- Go to health workshops at your child's Head Start program and in your community.



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