

NEWS YOU CAN USE

Week of
November 18, 2024

Kentwood Head Start
616-735-5345

- **Always Kind** - You held the door open. That was a kind way to help your friend
- **Be Safe** - Let's walk in the hallway to be safe.
- **Care for your Space** - Remember, if you are done with your toy, care for your space and put it away.

Parent-Teacher Conferences are still happening for the rest of the month. Please connect with your child's teacher to schedule.

Family Engagement

SAVE THE DATE!

Nov 21st

Alger Head Start
1:30pm- 2:30pm

NOV. 21 Family Event

Nov. 27-29 NO SCHOOL
Fall Break

Winter Break- NO SCHOOL
Dec. 24 to Jan 3

Return on January 6, 2025

Please contact the school if your child is going to be absent. If you leave a message, please give your child's name and room #, state reason for the absence: cough, fever, etc. You can contact us by calling 616-735-5318 or e-mail at nsantiago@hs4kc.org

<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

Preschool through first grade establishes the foundation for relationship building and life-long learning. Help your child gain comfort, self-confidence and delight in these milestone events.

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

How Sugar Affects Baby Teeth

Children can be picky eaters and want pop and sugary treats often, but it's very important to begin healthy eating habits from an early age. Many parents aren't aware of how sugar affects baby teeth and what causes cavities. What does cause cavities? A cavity needs three things to form: a tooth, bacteria, and carbohydrates (sugars). When your child eats or drinks sugars, it only takes 20 seconds for the bacteria on their teeth to mix with the sugar and turn into acid. This acid begins to attack the tooth and break it down. Over time, this results in cavities.

Did You Know?

- Most children in the United States eat and drink at least 19 teaspoons of added sugar per day.
- Children under age 2 should not be served any foods or drinks with added sugar.
- Children over age 2 should not eat or drink more than 6 teaspoons of added sugar per day.

How to Prevent Cavities

- Have your child drink water between meals and snacks: water does not have sugar and will help wash the acid from the teeth
- Give milk or juice at mealtime only: fruit juice and milk have sugars, but the food helps to wash away the extra sugars in the milk and juice.
- Brush teeth twice a day, and after sugary food and drinks.



Registration: Open Now until December 1, 2024

Toy Distribution Date: December 21, 2024

Apply Here: <https://grand-rapids-mi.toysfortots.org/local-coordinator-sites/lc-sites/local-toy-request-single-form.aspx>



Registration: Open Now, will close when full

Gift Distribution Date: December 14, 2024 between 9am-4pm

Apply Here: <https://www.santaclausgirls.org/family-register/>



Salvation Army Angel Tree

Registration: Open Now until December 2, 2024

Gift Distribution Date: NA

Apply Here: <https://saangeltree.org>