

# NEWS YOU CAN USE

Week of  
November 18, 2024

Rogers Lane Head Start  
616-532-4229

## Site Happenings

This is the last week to complete the parent/teacher Conferences, unless you hear differently from your teachers! This is a Federal requirement for our program! Thank you to those that rsvp for the Muffins for mom Family Engagement Event, we are so excited to have you and share a special moment with your child♥

## Calendar of Events

Fall break (No School)  
November 27 & 28  
Winter Break (No School)  
December 20<sup>th</sup>-  
January 3<sup>rd</sup>  
Return January 6, 2025

## Truancy Vs. Chronic Absence

### TRUANCY

- Counts only unexcused absences
- Emphasizes compliance with school rules
- Relies on legal & administrative solutions

Vs.

### CHRONIC ABSENCE

- Counts all absences: excused, unexcused & suspensions
- Emphasizes academic impact of missed days
- Uses community-based, positive strategies

## Attendance Reminders

Please make sure child is in their classroom no later than **8am (which is considered 25min late)**. Coming in tardy creates a huge disruption for the classroom as whole as, well as behavior issues due to transitions.

<https://www.facebook.com/pg/hs4kc/events>  
[www.hs4kc.org](http://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](http://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.