

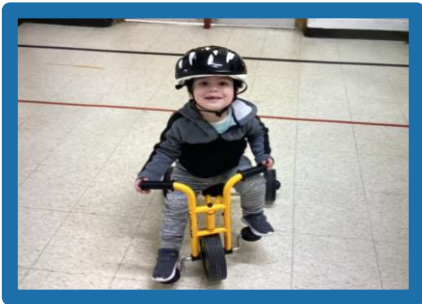
NEWS YOU CAN USE

Week of
February 10, 2025

South Godwin Head Start
616-735-5351

Too cold to go out? We go to the Gym!

When weather prevents us from going outside, we go to the gym. We have lots of balls, hula hoops, colorful floor mats. portable teeter totter and basketball hoops. We even have small bikes to ride.



Calendar of Events

NO SCHOOL on February 17, 2025
Presidents Day

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### Next Family Engagement

Feb. 29, 2025, 10:00-11:00

#### Transition Event

in the gym. Lots of information on how the transition to next year programs works!  
Please join us.

See the flyer in this newsletter.

## Dress up Fun

### LET'S CELEBRATE LOVE AND KINDNESS WEEK

Wear different clothes to school to show love and kindness to ourselves, our teachers and our friends!

Monday-Superhero day

Tuesday-Hearts all over the world – Show your culture

Wednesday-Dress to impress

Thursday Spread Love! –red,pink,white and hearts day



See attached  
flyer for  
more detail

<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

## **Words you'll hear at the dentist, and what they mean.**

Amalgam is the silver or white stuff used to fill a cavity.

Caries is a cavity, or a hole in the tooth caused by decay. Decay happens when the bacteria in your mouth eat the sugar on your teeth and then release acids that attack the tooth enamel.

Sugar Bugs a pediatric dentist will often refer to the bacteria and plaque in your child's mouth as the "sugar bugs".

Pedodontist, or pediatric dentist is a dentist for children.

Oral Health is the health of the mouth, teeth and gums.

Fluoride Varnish is made with fluoride, a mineral that can strengthen tooth enamel (outer coating on teeth). It is brushed onto the top and sides of each tooth.

Plaque is areas of bacteria that are hard and stuck to the tooth and cause decay. The dental hygienist gently removes plaque from teeth during cleaning.

## **Help Your Child Succeed in Preschool and Kindergarten**

Build the Habit of Good Attendance

**DID YOU KNOW...**

Showing up on time every day is important to your child's success and learning from preschool forward.

**WHAT YOU CAN DO**

Share ideas with other parents for getting to school on time.

Visit Attendance Works at [www.attendanceworks.org](http://www.attendanceworks.org) for free downloadable resources and tools!

# Love & Kindness Week

Monday

Super Friends Unite!  
Wear your Favorite Superhero or  
Princess



Tuesday

Hearts all Over World!  
Wear something that represent you and  
your culture!



Wednesday

Dress to Impress- Tap into your  
fancy side and Dress to Impress

Thursday

Spread love! - Red, Pink, white and  
hearts day!



# **South Godwin Presents: Gearing up for 2025-2026!**

February 26th 2025, 10:00am-11:00am , Gymnasium



- **Learn about the Transition Process**
- **Get valuable resources, support and information from Godwin Heights, Kelloggsville, Kentwood Representatives.**
- **Parents from Early Head Start, Head Start and GSRP are Welcome**
- **Find out how to register your child for preschool / kindergarten.**

# How to Safely Dispose of Expired or Unwanted Medicine

## Disposal Kiosk Sites

Many pharmacies and law enforcement agencies have disposal kiosks where you can get rid of unwanted, unused, or expired over-the-counter (OTC) and prescription medicines. To find a kiosk site near you, check out this locator on [MyOldMeds.com](http://MyOldMeds.com).



## In-Home Disposal

If there is not a kiosk located near you, follow these simple steps to dispose of OTC and most prescription medicines in your household trash:

### MIX



Remove the medicines from their original containers\* and mix them with something undesirable, such as used coffee grounds, dirt, or cat litter.

### SEAL



Put the mixture in something you can close, like a sealed plastic bag.

### THROW



Throw the container in the trash.

\* Be sure to scratch out all your personal information on the empty medicine packaging or bottle to protect your identity and privacy before throwing it away.

## Should My Medicine Be Flushed?

The U.S. Food & Drug Administration (FDA) has a flush list for specific medicines that should be flushed down the toilet if a disposal kiosk is not available. View the list on [FDA's website](http://FDA's website).

