

Sparta Head Start
616-735-5327

Week of
March 10, 2025

“The more that you **READ**,
The more things you will **KNOW!**
The more that you **LEARN**,
the more places you ‘ll **GO**”
Dr. Suess

****SCHOOL CLOSED****

March 17th

Family Engagement Event

March 27^h

4:30 – 5:30

****SPRING BREAK****

April 7th – April 11th

Reading and Storytelling –

- Promotes brain development, imagination, language and learning
- Strengthens relationships
- Builds communication, social and emotional skills
- Promotes bonding and builds your relationship with your child
- <https://raisingchildren.net.au/>

The "spring forward/fall back" switch disturbs everyone's schedule! When springing forward, children are more likely to be exhausted. Here are some ways to help kids sleep better before/after the time change.

*Getting plenty of exercise during the day, so they get tired.

*Create a short bedtime routine and follow through.

*Shut off devices an hour before bedtime.

*The blue light from screen time on tablets, cell phones, computers and TVs can send the brain a fake signal that it is still daylight and make it harder to unwind.

*Use soft music or the white noise app to listen to while slowing the body down.

[White Noise](#)



<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

March is Reading Month!

In honor of Dr. Seuss's Birthday, March is National Reading Month! During this month, we want to dedicate time to promote the joy that comes with reading, helping to encourage our kids to pick up a book. As part of this celebration, the West Michigan Whitecaps, a local Minor League baseball team, offers a reading club. All students at Head Start for Kent County get the opportunity to be a part of this club. The Whitecaps Foundation provides all the materials, and every child who completes 15 minutes of reading a day during the month of March gets free admission to a Whitecaps home game! Be on the lookout for more information, being sent home with your student!

Child Immunization Schedule: Why Is It Like That?

How are the timing and spacing of the shots determined?

Scientists determine the age when the body's immune system will give the best protection to vaccination.

Why do some vaccines need 3 or more doses?

For some vaccines, three or more doses are needed to fully protect your child. The doses need to be spaced out a specific amount of time to work best.

Can the shots be spread out over a longer period of time?

The recommended schedule is designed to work best with a child's immune system at certain ages and at specific time intervals between doses. By waiting longer between doses, there will be a period of time that your child would be unprotected against vaccine preventable diseases.

Does it overwhelm a child's immune system to give multiple shots in one visit?

Children's immune systems are not overwhelmed by vaccines. Infants and children are exposed to many germs every day just by playing, eating and breathing. Their immune system fights those germs to keep the body healthy. The amount of germs that children fight every day is much more than in any combination of vaccines.

For more information about vaccines and vaccine safety, visit <https://www.chop.edu/centers-programs/vaccine-education-center>

March is Reading Month!

10 Tips to Keep Reading Fun

1. **Keep the Topics Interesting:** Let your child pick out the books they want to read.
2. **Read Aloud:** Listening to books read aloud helps children learn about fluency and expression.
3. **Set a Good Example:** Read for pleasure, talk to your children about how much you love to read, make it fun.
4. **Make a Special Spot for Reading:** Let infants and toddlers have access to their books, keeping them on a low shelf or in a basket that is accessible.
5. **Visit your Local Library:** Nothing beats a trip to the library! Many offer fun, interesting, and free events.
6. **Have a Read-In:** Leave on your pajamas, build a blanket fort, and snuggle up with a good book.
7. **Be Flexible:** Help your child find time to fit reading in that works well for your family. Avoid having hard and fast rules out reading as this is a time that should be fun and not a punishment.
8. **Reward Wisely:** Kids are smart, and they are paying attention, and the message we want to give them is that reading is its own reward.
9. **Reading is Reading:** Let your child select their own reading material, it's okay if that includes magazines or comic books!
10. **Books are Special Too:** Emphasize the special nature of books, let children know that books they receive as gifts are theirs and theirs alone.



ENROLLMENT NEWS



Our application for the **2025/2026** school year is open!



Do you know a family that would be interested in enrolling with us? Help to spread the word about our amazing program to your families, friends, and coworkers!



<https://hs4kc.org/apply/>



For more information:
Email: enroll@hs4kc.org
Call: (616)453-4145 x4010

