

NEWS YOU CAN USE

Week of
May 12, 2025

Springhill Head Start
(616)791-9894

Site Happenings

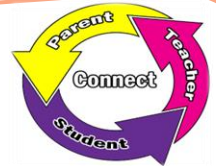
Hot summer months are rapidly approaching and the school year will quickly come to an end. For preschoolers and other young children, their world often turns upside down as they try to adjust.

Implement these 5 tips to support your preschoolers and other children as they transition from the school year to the freedom of summer break.

- 1. Back to the Basics** Before diving too deep, it's important to ensure your child has all their basic needs met.
- 2. Keep the Routine** Young children thrive off of structure and routine. A set routine provides a sense of security and stability for your home.
- 3. Set the Expectations** Predictability is another key component to a successful transition from the school year to summer break. As a preschooler, your little one doesn't know what to expect. Surprises may induce fear, anxiety, and stress.
- 4. Create Positive Reinforcement** Many children respond well to praise and rewards. Teachers encourage hand-raising and other classroom behaviors through sticker charts and prize boxes. This is a classic example of positive reinforcement.
- 5. Plan Learning Opportunities** Continue to promote education and learning opportunities for your little one. Many communities have summer camps, children's programs at their local library, and a variety of museums. This promotes a smooth transition back to the next school year, as well. Your child can continue growing through the summer months. Ensure your kiddo is getting 10-13 hours of sleep each night and 3 balanced meals throughout the day. There's a variety of learning experiences to check out over the summer, too!

Calendar of Events

Fri May 9th
Home Visiting
Appts Begin



Mon May 26th - Agency
Holiday
NO SCHOOL



Thurs May 29th
School Carnival
Students Last Day!

Reminders



Kindergarten Registration Checklist

- **Child's birth certificate** with raised seal (pages that follow have more information)
- **Child's immunization record** (pages that follow have more information)
- **Child's vision and hearing test results** (pages that follow have more information)
- **Proof of residency** (driver's license and 2 pieces of mail containing your name and address - utility bills work well)
- **Health form** (if required by district)

<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

Prescription Medication Assistance

If you are without health insurance or prescription medication coverage, there are several free or low cost options in Michigan to help you.

Michigan's Prescription Drug Discount Card: The MiRx Card is a prescription drug discount program for Michigan residents who do not have any prescription drug coverage.

For information, go to: www.mihealth.org/mirx or call 1-800-259-8016

RxAssist Patient Assistance Program Center: RxAssist has information on free or low cost medication.

For information, go to: www.rxassist.org

NeedyMeds.org: The NeedyMeds Drug Discount Card is a free prescription savings card available to people without insurance and to those who decide not to use their insurance.

For information, go to: www.needymeds.org

Family Collaborations: These monthly activities help Head Start for Kent County parents advocate for and promote successful kindergarten transitions for their children.

May



Preschool Activities

Ask if an end of the year celebration is planned. Could you help? How could your family show appreciation to the educators?

Family Activities

Help your child continue to learn anytime and anywhere. Play "help me find the number" or "look for the letter A" at the grocery store. You can do this throughout the summer.

Kindergarten Activities

Visit the new school with your child. Share ideas about what will happen in kindergarten. What might be the same as preschool, or different?

Tips for Safe Outdoor Play

Summer offers many opportunities for exploration and play in outdoor learning environments. With proper planning, early childhood programs can make sure that children are able to take advantage of these experiences and safely enjoy the summer.

Sun Protection: Children need protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors. Shade and sunscreen protect children from sun exposure and can help to reduce the risk of some skin cancers.

Follow these sun safety tips to reduce UV exposure:

- If possible, use play areas that have some shade.
- Protect infants younger than 6 months from direct sunlight by keeping them in a shady spot under a tree, umbrella, or stroller canopy.
- Limit children's sun exposure between 10 a.m. and 4 p.m., when UV rays are strongest.
- Encourage families to dress children in cool clothing such as lightweight cotton pants and long-sleeved shirts. A hat will protect their face, ears, and the back of their neck.
- Get written permission from children's parents or guardians to [use sunscreen](#) with an SPF rating of at least 30. Choose a "broad spectrum" sunscreen to screen out both UVB and UVA rays.
- Apply sunscreen at least 30 minutes before going outdoors so the skin can absorb it. Reapply it every two hours if children are outside for more than an hour, and more often if they are playing in water.
- For children older than 6 months, apply sunscreen to all exposed areas, including children's ears if they are wearing a cap instead of a hat.
- For children younger than 6 months, use sunscreen on small areas of the body, such as the face and the backs of the hands, if protective clothing and shade are not available.

Hydration: Toddlers and preschool children cannot regulate their body temperatures well and need more water when the weather is hot. Regularly scheduled water breaks encourage all children to drink during active play, even if they don't feel thirsty. Fluoridated water (bottled or from the faucet) can reduce the risk of tooth decay and is the best drink for young children in between meals. Staff may offer breast milk or formula to infants, since water is not recommended for infants younger than 6 months.

Mental Health Awareness Month

Mental health is wealth, especially during Mental Health Awareness Month, which is celebrated in May. The stigma around mental health and treatment has long existed, even though this has started to change. Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental- and physical well-being.

HOW TO OBSERVE MENTAL HEALTH AWARENESS MONTH

Take care of yourself

Life has numerous ups and downs. Some are solvable but others not so much. When your mental health acts up, seek the right treatment and make yourself better because, after all, life has much more to offer than just pain and suffering

Take care of your loved ones

Check up on your friends and family. Many times, all people need is a shoulder to cry on and/or an ear to listen. Support and encourage them if they are being treated for any mental problems

Talk about mental health

One of the best ways to celebrate Mental Health Awareness Month is by talking about it with your peers. The more you talk about it, the more normalized it will become. This is one of the aims of the month as the stigma attached to mental health has led to countless delays in treatment AND research on the matter.

WHY WE LOVE MENTAL HEALTH AWARENESS MONTH

It's a celebration of mental health

The only way to enjoy life to the fullest and experience all its wonders is if we take care of ourselves, mentally and physically. Don't shy away from talking about what's plaguing you because it might not be your fault, no matter how much society tells you otherwise.

It's a celebration of changing attitudes

We have come a long way from the times when mental patients were treated as outcasts, not only by their loved ones but also by medical professionals. Times have started changing and more and more people are changing their outlook on mental illnesses. However, we still have a long way to go.

It's a celebration of humans

We humans are a set of meticulously-put-together details. Our minds (and bodies) work in harmony to bring us amazing feats in technology, science, humanities, literature, etc. Our mental power, therefore, needs to be taken care of for a better tomorrow for the coming generations.