

FAMILY NEWSLETTER

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DROPPING OFF CHILDREN AT SCHOOL

It is normal for children to become upset when being dropped off at school, especially at the beginning of the year or after a break. Here are some tips to help them and help you.



Staff will help your child get busy with an activity.

teacher. Say good-bye with a kiss and a hug and leave.

3. This may seem abrupt but it helps give staff time to redirect your child's attention and get them busy in an activity.

This process may take several days or even a few weeks until your child becomes comfortable with this routine.

1. Talk to your child ahead of time about all the fun things they have to look forward to at school.
2. When it comes time to drop off your child, sign them in and walk them to a

your child becomes comfortable with this routine.

FAMILY STYLE SERVING

At Early Head Start and Head Start, your child will begin their meals with family style servings.



themselves. They also pour their own milk from small pitchers.

Family style serving is:

- putting foods in serving bowls
- passing the bowl around the table

Family style meals help children practice self-help skills and

learn new things. The more that children do for themselves the more confident they feel.

The children learn to serve





OUT OF MY HAIR

For more information about Head Lice check the *Guide to Childhood Illness* –page 34 in the Health Section of your Parent Handbook. Follow the 14 day treatment guidelines. Contact your Head Start/Early Head Start nurse if you would like more information.



Anyone can get head lice!

Anyone can get head lice.

- ⇒ Medicated shampoos, creams, lotions and some home remedies can end lice right away.
- ⇒ However, it can take about 5 days for the itching to stop.

Wondering how to prevent head lice?

- ⇒ Do not share hats, combs, or brushes.
- ⇒ Examine and treat members of your household who have had close contact with a person who has head lice.
- ⇒ Talk with your Head Start/Early Head Start nurse if you would like more information about head lice.

These are some of the Interest Areas in your child's Head Start /Early Head Start classroom. Toys are put on low shelves. Picture labels help children know where materials belong.

YOUR CHILD'S CLASSROOM

Walk into your child's classroom and you will find a room divided into carefully planned interest areas. Each area will be filled with materials for your child to explore, play with, make choices, and experiment.

See if you can find these areas in your child's classroom:

- Blocks
- Toys and Games
- Art
- Dramatic Play
- Discovery
- Sand and Water
- Music and Movement
- Cooking

POLICY COUNCIL

If you would like to serve on the Drake University Head Start Policy Council, talk to your Family Engagement Specialist.

Parents help to share in the decisions made in Head Start. A group that helps to set the direction of the program is the Policy Council.

- ⇒ You could serve on this group.
- ⇒ The group meets the second



Tuesday of the month.
⇒ Dinner is provided.
⇒ Child care and mileage are paid.
⇒ Talk to your Family Engagement Specialist if you would like more information.

NEVER LEAVE CHILDREN ALONE IN CAR!

Children should never be left alone in the car even for a short period of time such as dropping off or picking up at Early Head Start or Head Start. If you have younger children, staff can help you identify ways to drop off and pick up so that no one is left in the car.



It is tempting to leave children in the car while running a quick errand. Before you do, it is important to think twice. Accidents happen within moments of leaving a child alone.

Children should never be left alone in a car while an adult is dropping off or picking up at Early Head Start or Head Start.

We use the Planned Language Approach to improve language and literacy for all children.

Did you know?

Children who speak 2 languages have brains that are very active and flexible. They understand math problems and solve word problems more easily.

PARENTS MAKE THE DIFFERENCE

Did you know that your child will do better in school if you are involved? Research shows that a child whose parents are involved is more likely to:

- ⇒ Get higher grades
- ⇒ Graduate from high school
- ⇒ Go on to other training

At Head Start, we want to hear your voice! We offer many ways for you to be involved. Some ways to be involved and help your child do better in school:

- ⇒ Read to your child.

- ⇒ Help your child with their goals.
- ⇒ Visit your child's center or program.

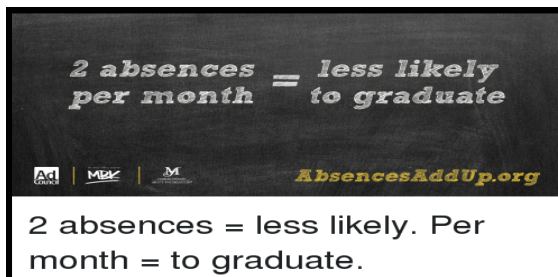
- ⇒ Make sure your child attends school everyday.

- ⇒ Get involved in Policy Council.

You are your child's first and most important teacher. Becoming involved in your child's education will make a lasting difference!

OUR ANSWERING MACHINES ARE ON

If your child will be late or absent, please call before 8:00 a.m. You can leave a message, night or day, at your child's program or center.



Start building the habit of attendance in pre school, so that your children learn that going to school on time everyday is important.

Our answering machines are waiting for your calls-24 hours a day-7 days a week!

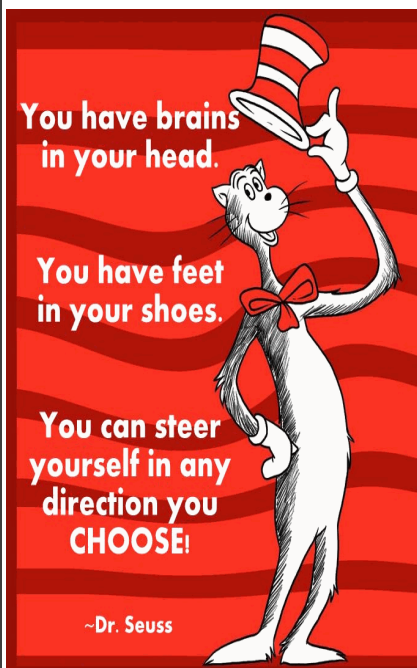
Drake University Head Start

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Des Moines, Iowa 50311

Phone: 515-271-1854 or
1-800-44-DRAKE ext. 1854

www.drakeheadstart.org

"Better preparing young children and their families for life experiences now and in the future."



**Confidential and Free
for Families**

1-800-327-4692

HELP IS JUST A PHONE CALL AWAY

The Student Assistance Program is available to help you and your family by finding solutions for your concerns.

The Student Assistance Program is available for in-person counseling and telephone consultation for Drake University Head Start and Early Head Start families.

It's free!

You can receive three in-person counseling sessions and 24/7 telephone assistance for each problem or concern you have at no cost to you.

Confidentiality

Services are confidential. No one will be given information

about your visit without your permission.

**To schedule an appointment,
Call 515-244-6090**

**For Telephone Assistance
1-800-327-4692**

Counselors are available *24 hours a day, seven days a week.* When you call the numbers above, you can choose to talk to a counselor by phone or schedule an appointment with a counselor in person.

Tell them you have a child in Drake University Head Start.