



Tiny Big PEOPLE NEWS

*Our children are our greatest resource
and Head Start grants help them reach
their full potential.*

Christopher Dodd

MARCH MENU

	Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST						
Milk Ages 1-5: six oz; Ages 6-18: eight oz.	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk
Meat/Meat Alternate		Boiled Egg				
Vegetable/Fruit/Juice Ages 1-5: ½ c Ages 6-18: 1 slice/serving, ½ c	Canned Peaches	Canned Tropical Fruit	Applesauce	Fresh Banana	Canned Tropical Fruit	
Cereal/Breads Ages 1-5: ½ slice/serving, ½ c Ages 6-18: 1 slice/serving, ½ c	WG Cheerios Cereal		Corn Flakes	Kix Cereal (WG)	Banana Nut Muffin	
LUNCH						
Milk Ages 1-5: six oz; Ages 6-18: eight oz.	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk
Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	BBQ Chicken Sandwich	Spaghetti w/ Meat Sauce and Bagged Shredded Cheese	Chicken & Noodles (Frozen Diced Chicken & Noodles)	Taco Salad (Ground beef, shredded cheese, shredded lettuce, diced tomatoes)	Chicken Nuggets	
Vegetable Ages 1-5: ½ c; Ages 6-18: ½ c (Double portion for salads)	Cooked Baby Carrots	Canned Whole Kernel Corn	Canned Green Beans	Bagged Lettuce, Diced Tomato (1 cup onlets ½ cup)	Frozen Broccoli	
Fruit or Vegetable Ages 1-5: ½ c Ages 6-18: ½ c	Canned Fruit Cocktail	Canned Pineapple	Fresh Red Apple Slices	Canned Tropical Fruit	Canned Mandarin Oranges	
Cereal/Breads Ages 1-5: ½ slice/serving, ½ c Ages 6-18: 1 slice/serving, ½ c	WG Buns	WG Pasta WG Garlic Bread	WG Dinner Roll Noodles	Tortilla Chips	WG Roll	
SNACK						
Milk Ages 1-5: four oz; Ages 6-18: eight oz.						
Meat/Meat Alternate Ages 1-5: ½ oz Ages 6-18: 1 oz		Individual Yogurt				
Vegetable Ages 1-5: ½ c Ages 6-18: ½ c						
Fruit/Juice Ages 1-5: ½ c Ages 6-18: ½ c	100% Apple Juice	Fresh Banana	100% Fruit Juice	100% Apple Juice	Canned Peaches	
Cereal/Breads Ages 1-5: ½ slice/serving, ½ c Ages 6-18: 1 slice/serving, ½ c	Peanut Butter Crackers		Pretzels	WG Cheez Its	Animal Crackers	

MARCH 2020 NEWSLETTER

UP COMING EVENTS

⇒ **MARCH 16TH- 20TH**
HEAD START CLOSURE

⇒ **MARCH 16TH-27TH**
both Head Start and Early
Head Start will be closed
in

⇒ **MARCH 18th-HSAC**
Meeting

⇒ **MARCH 30th- School**
Resumes Tentatively

⇒ **APRIL 15th-HSAC**
Meeting

⇒ **APRIL 20th- TCPS**
Kindergarten Screening

All menu items are replaced with soy for those that are on a dairy free diet.



Menus are approved by
our licensed
Nutritionist.



ERSEA
Eligibility Recruitment Selection Enrollment and Attendance
News

Brought to you by: Lessie Bolden

Enrollment Month	HS Enrollment	Funded Enrollment	Attendance
January	54	54	Total Average Daily Attendance:
HS			Head Start: 82.3%
	40	40	Total Average Daily Attendance:
EHS			Head Start: 84.4%

Our Goal is Above 85%

Please make every effort to send your child to school. See note on attendance below.

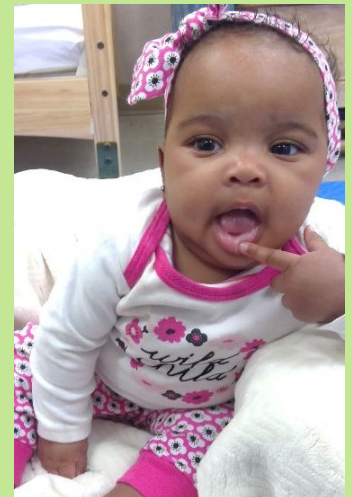
Month	Meals Served		
	Breakfast	Lunch	Snacks
February	1,455	1,452	1,350
School Year Total	6,750	5,286	6,199

* Research has shown that children who are chronically absent from pre-k (missing 10% of school days) have some of the lowest academic performance rates in kindergarten. By third grade, only 17% of children who were chronically absent from kindergarten and 1st grade are proficient in reading.

Waiting List:

Head Start: **14**

Early Head Start: **20**



Education News

Books to help children ease into their kindergarten experience:

Do You Want to be My Friend?
By Eric Carle

The Kissing Hand
By Audrey Wood

Annabelle Swift, Kindergartner
By A. Schwartz

Owen
By Kevin Henkes

Will I Have a Friend?
By Miriam Cohen

Starting School
By Janet and Allen Ahlberg

Vera's First Day of School
By Vera Rosenberry

Miss Bindergarten Gets Ready for Kindergarten
By Joseph Slate

Look Out Kindergarten, Here I Come!
By Nancy Carlson

Sheila Rae the Brave
By Kevin Henkes



Transitions are right around the corner!!!

Teachers & Family Advocates will be scheduling home visits to help you and your child prepare for what's next!



Q: What is school readiness?

A: Head Start defines school readiness as children possessing the skills, knowledge, and attitudes necessary for success in school and for later learning and life. [The Head Start Approach to School Readiness](#) means that children are ready for school, families are ready to support their children's learning, and schools are ready for children. Head Start is a leader in the early childhood field with a strong, clear, and comprehensive focus on all aspects of healthy development, including physical, cognitive, and social and emotional development, all of which are essential to children getting ready for school.

Have you ever heard the expression, "The only constant is change," and thought that sounded just like life in Early Head Start? Although we work toward providing continuity with families and staff, sometimes things just change. Transition means that something is changing. Not all transitions are equal, and everyone experiences them differently. There are big transitions like the birth of a baby or joining or leaving a program option. Smaller daily transitions might include changing activities in a classroom or socialization and beginning or ending a home visit. Every day there are many small transitions for infants and toddlers. Think about how many times a day very young children start an activity, stop an activity, wash hands, eat, go outside, go inside, go to sleep, wake up, and so much more! Because transitions are such a huge part of every infant and toddler's day, it's important that we make the best of them.

Think of how hard change can be for you as an adult. That might give you some idea of how it can affect infants and toddlers. Of course, we are all different. One person might love change and find it exciting, whereas another dreads the same upcoming change! Each child in your program is an individual and will experience transitions in their own way. In this News You Can Use, we look at ways to support some of the different kinds of transitions that go on in Early Head Start.



Health and Additional Services



Brought to you by Billie
Whitehead, Health and
Disability Coordinator

Developmental News:

Betsy Stephens has completed the Battelle Development Inventory (BDI) Screenings, and is preparing for their School Psychologist to use these results and what services Head Start children may be eligible for! All children being evaluated were identified by their Ages and Stages scores, BDI Screening scores, and parental concerns. It's time again for Ages and Stages screenings to see how our kids have grown!

Meanwhile, Early Head Start is partnering with Early Steps to bring further evaluation for services to our children who scored within areas of concern on either screening. We are also partnering with the Taylor County School District to conduct further screening of any 3 year-olds that have scored in an area of concern on their Ages and Stages. Our next Ages and Stages screening will be conducted when school returns to see how our kids have grown!

If you have any questions about disability services, feel free to contact our Health/Disability Coordinator Billie Whitehead via email at billie@bgcperry.com with the subject line "Disability Services".

Health News

Health Services Advisory Committee (HSAC) is looking for parents from BOTH Head Start and Early Head Start to join! The HSAC is a group of parents and community members who work to ensure and improve the health of our community and especially our children. Our next meeting will be March 18th.

For anyone with questions on COVID-19, the Department of Health of Taylor County's website <http://Taylor.FloridaHealth.gov> has excellent resources on what COVID-19 is and how to protect yourself and your families from respiratory illness. Most importantly help ensure your children wash their hands thoroughly for 20 seconds (singing the ABCs at the traditional pace is 20 seconds long).

If you have any questions about HSAC, feel free to contact our Health/Disability Coordinator Billie Whitehead via email at billie@bgcperry.com with the subject line "HSAC"

Mental Health:

Our new Behavioral and Mental Health Consultant, Chantelle Ray, completed her second observation on February 11th! Her next observation will be scheduled when school resumes. Chantelle, from Community Wellness Counseling and Support Services (CWCSS), offers behavioral counseling for individuals and families on-site at Head Start. If your child, or anyone in your family, currently receive services through Chantelle feel free to contact her to discuss continuing care while school is closed. If you are unable to reach her, feel free to contact our Health/Disability Coordinator Billie Whitehead via email at billie@bgcperry.com with the subject line "Behavioral Counseling".

If you have any questions or would like more information on anything in this section, contact our Health/Disability Coordinator Billie Whitehead via email at billie@bgcperry.com with the Subject Line "Newsletter Question".



For more info visit:

<https://www.nelson.com/assessment/>



<http://www.floridahealth.gov/programs-and-services/childrens-health/early-steps/index.html>

Parents
PLEASE Join
our Health
Services
Advisory
Committee!
We need you!

What's Been Happening?

- Head Start Children were able to go on a Field Trip! We loaded the bus and headed to Downtown Perry and visited: Johnson's Bakery and the City of Perry Fire Department.
- Parents gathered and shared a healthy snack and learned about some healthy alternatives.

PARENT FAMILY COMMUNITY ENGAGEMENT (PFCE)

February Family and Community Events

Spot light on Dual Language



DUAL LANGUAGE LEARNERS IN HEAD START



Who are dual language learners (DLLs)?

Children who are DLLs are learning two or more languages at the same time, or learning a second language while continuing to develop their first language¹. *Terms 45 CFR §1305.2*

Did you know that children who are DLLs receive cognitive benefits? The brains of dual language learners get an extra workout, which can help them switch between tasks, manage impulses, and solve problems.

11.5 MILLION

DLL children ages birth to 8 are living in the U.S.²

DLLs are the **fastest growing population of young children** in the U.S.³.

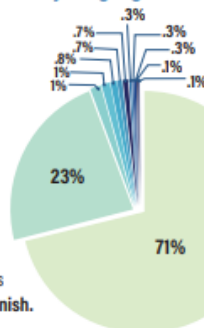
Approximately **ONE MILLION** children are enrolled in Early Head Start and Head Start programs⁴.

Of those, at least **308,750** children primarily speak a language other than English at home⁴.



29% of the Head Start population have a primary home language other than English.

Head Start families: Primary Languages⁴



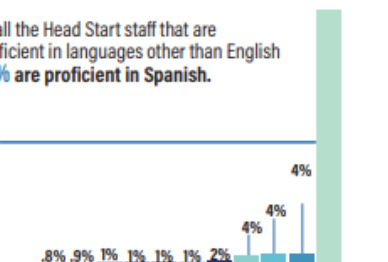
Of all the dual language learners in Head Start, **80%** speak Spanish.

- English
- Spanish
- Middle Eastern & South Asian Languages (e.g. Arabic, Hebrew, Hindi, Urdu, Bengali)*
- East Asian Languages (e.g. Chinese, Vietnamese, Tagalog)*

- African Languages (e.g. Swahili, Wolof)*
- European & Slavic Languages (e.g. German, French, Italian, Croatian, Yiddish, Portuguese, Russian)*
- Caribbean Languages (e.g. Haitian-Creole, Patois)*
- Pacific Island Languages (e.g. Palauan, Fijian)*

Head Start staff: Proficiency in languages other than English⁴

Of all the Head Start staff that are proficient in languages other than English **84%** are proficient in Spanish.



* includes other languages not mentioned





WATCH D.O.G.S. is one of the nation's largest and most respected school-based, family, and community engagement organizations in the country. In 1998, the very first WATCH D.O.G.S. program launched at Gene George Elementary in Springdale, AR. Today, more than 6,450 schools across the country have launched a WATCH D.O.G.S. program of their own. Each school year hundreds of thousands of fathers and father-figures make a positive impact on millions of children by volunteering millions of hours in their local schools through this amazing one-of-a-kind program. <https://dadsofgreatstudents.com/program-info>

PARENT FAMILY COMMUNITY ENGAGEMENT (PFCE)

February Family and Community Events



Parents Café

How Does Head Start Help Parents and Families?

When a child enrolls in our **Head Start and Early Head Start programs**, the parents and whole family also benefits.

Head Start is about more than preschool and early education. We know that the first few years are critical, but that a parent's role in shaping a child will last a lifetime. That's why the social services and parental involvement components of the Head Start program are so vitally important.

Education Benefits For Parents

Many parents who enroll their children in Head Start also receive educational services themselves. We have assisted many of our parents in obtaining their GEDs and enrolling in college classes. Some parents also take become employees of the company.

Parents also can receive education about child rearing, as well as job training thought of community partners. Each family is different, so depending on individual needs, parents and other family members may also be referred to medical, social welfare or employment specialists for services.

How Involving Parents Benefits Children

Parents who are involved in Early Head Start and Head Start programs are more likely to offer stimulating home environments than other at-risk parents. Head Start parents read more with their children, use less physical punishment and have higher levels of self-sufficiency.

The parents who work with us through Head Start programs invest more time in learning activities with their children, and they are also more likely to increase their own educational levels during their children's early years. Not only that, non-resident fathers who take part in Head Start spend more days per month with their children. *

Learn More and Support Our Head Start Programs

The importance of Head Start and Early Head Start programs cannot be overstated. These programs have a lasting, positive impact on children and families in our communities who are most at-risk. For more information go to the website.

<http://www.ccano.org/blog/how-head-start-helps-parents-families/>



Do you know
your ABCs?

March 2020

Learning Letters & Writing



Do you know
your ABCs?

March 2020

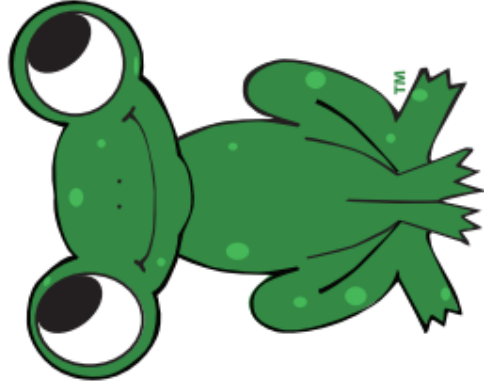
Learning Letters & Writing



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 FIRST Read Across America Read a book together.	2	3 Look for the letters in your name.	4	5	6 Sing the ABC song.	
8 Daylight Saving Time "Spring Ahead"	9 FULL Practice writing your first name.	10	11 Practice writing your last name.	12	13	14 Library Visit Day! Find a book about the letters of the alphabet.
15	16 LAST	17	18 Find all the letters in your name in books or magazines.	19	20 Write down all the letters of the alphabet.	21
22	23 NEW	24	25	26 Keep practicing your letters.	27	28
29	30	31 Learn to write the name of a friend or family member.	Letter 'A' week - Name words that start with the letter A.			
		1	2	3	Don't forget to call your school district to check the date for registration and schedule a school visit!	

Know Your Numbers

1, 2, 3, 4, 5, 6, 7,
8, 9, 10, and 11.
On and on
the numbers go.
I can count them,
fast or slow.



0 1 2 3 4 5
6 7 8 9 10
11 12 13 14 15
16 17 18 19 20

How old are you? _____

Visit readyfreddy.org for more great ideas.

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC, Executive Order, and Shodor. USGPO does not endorse commercial products, services, or companies.



ARTICLE OF THE

From Poverty to Giving Away Millions: Darren Walker Shares 'My American Dream'

By [K.C. Baker](#)

"I had a thirst for what was beyond the horizon," the Ford Foundation president says of his humble beginnings



Born in a Louisiana charity hospital, Darren Walker grew up in a poor town in rural Texas with his single mother and three sisters. But even at a young age, he tells PEOPLE, “I had a thirst for what was beyond the horizon.”

His life changed in 1965, when his mother, Beulah Spencer, a nurse’s aide, enrolled the 5-year-old in a new educational program called Head Start, which gave him “a window into a world beyond my immediate circumstances,” he says.

Today, as president of the nonprofit Ford Foundation, Walker, 55 – who lives in Manhattan with his partner David Beitzel, 57, an art dealer, and their bulldog Mary Lou – directs annual charitable giving of some \$500 million, which has included awards to Head Start and the Pell Grants that helped fund his own education at the University of Texas at Austin and its law school.

“My story is uniquely American,” he says. “My story is the story of many Americans who start out in circumstances that are less than ideal, but who are inspired to live a better life and to have their dreams realized.”

For more please visit: <https://people.com/celebrity/from-poverty-to-giving-away-millions-darren-walker-shares-my-american-dream-video/>

EACH MONTH THE BGC HEAD START PROGRAM WILL SEND OUT A COPY OF THE MONTHLY NEWSLETTER IN YOUR CHILD'S WEDNESDAY FOLDER. WE HOPE THAT YOU ENJOY THESE NEWS UPDATES AND ENCOURAGE YOU TO REACH OUT TO US IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING THE CONTENT.

LIKE WHAT YOU READ? LET US KNOW!

CHECK OUT OUR SOCIAL MEDIA PAGE
FOR UPDATES, PICTURES, EVENTS & MORE!



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LEAVE A REVIEW OR MESSAGE US WHAT YOU THINK!

HAVE A GREAT MARCH!