



**JUNE 2020
NEWSLETTER**

UP COMING EVENTS

⇒ JUNE 17TH POLICY COUNCIL AND BOARD MEETINGS

⇒ JUNE PARENT EVENT (HURRICANE PREPAREDNESS)

⇒ HEARING AND VISION SCREENINGS FOR EHS STARTING JULY 8TH.



Develop a passion for learning. If you do, you will never cease to grow

Anthony D'Angelo

Mon.	Tue.	Wed.	Thu.	Fri.
1 Milk Pineapple WG Frosted Flakes Milk Mac & Cheese w/ Diced Ham Cooked Baby Carrots Fresh Banana WG Dinner Roll	2 Milk Sausage Hash brown Milk Spaghetti w/ Meat Sauce Sweet Peas Pineapple	3 Milk Peaches Oatmeal Milk Chicken & Noodles Canned Green Beans Pears WG Dinner Roll	4 Milk Scrambled Egg Pineapple Milk Taco Tater Casserole Whole Kernel Corn Tropical Fruit WG Garlic Stick	5 Milk Tropical Fruit Banana Nut Muffin Milk Baked Chicken Nuggets Sweet Potato Fries Mandarin Oranges WG Dinner Roll
8 Milk Sausage Hash brown Milk Chicken & Rice Cooked Baby Carrots Fruit Cocktail Yellow Rice	9 Milk Peaches Oatmeal Milk Beef and Noodles Sweet Potatoes Fries Pineapple	10 Milk Scrambled Eggs Mandarin Oranges Milk Beefaroni Baked Tater Tots Fresh Banana WG Garlic Stick	11 Milk Pineapple WG Cheerios Milk Potato Burger Loaf Green Beans Tropical Fruit WG Dinner Roll	12 Milk Tropical Fruit Blueberry Muffin Milk Baked Fish Nuggets Baked Beans Mandarin Oranges WG Dinner Roll
15 Milk Pineapple WG Frosted Flakes Milk Mac & Cheese w/ Diced Ham Cooked Baby Carrots Fresh Banana WG Dinner Roll	16 Milk Sausage Hash brown Milk Spaghetti w/ Meat Sauce Sweet Peas Pineapple	17 Milk Peaches Oatmeal Milk Chicken & Noodles Canned Green Beans Pears WG Dinner Roll	18 Milk Scrambled Egg Pineapple Milk Taco Tater Casserole Whole Kernel Corn Tropical Fruit WG Garlic Stick	19 Milk Tropical Fruit Banana Nut Muffin Milk Baked Chicken Nuggets Sweet Potato Fries Mandarin Oranges WG Dinner Roll
22 Milk Sausage Hash brown Milk Chicken & Rice Cooked Baby Carrots Fruit Cocktail Yellow Rice	23 Milk Peaches Oatmeal Milk Beef and Noodles Sweet Potatoes Fries Pineapple	24 Milk Scrambled Eggs Mandarin Oranges Milk Beefaroni Baked Tater Tots Fresh Banana WG Garlic Stick	25 Milk Pineapple WG Cheerios Milk Potato Burger Loaf Green Beans Tropical Fruit WG Dinner Roll	26 Milk Tropical Fruit Blueberry Muffin Milk Baked Fish Nuggets Baked Beans Mandarin Oranges WG Dinner Roll
29 Milk Pineapple WG Frosted Flakes Milk Mac & Cheese w/ Diced Ham Cooked Baby Carrots Fresh Banana WG Dinner Roll	30 Milk Sausage Hash brown Milk Spaghetti w/ Meat Sauce Sweet Peas Pineapple			

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

May	Current Enrollment	Funded Enrollment	Average Daily Attendance
EHS	40	40	0 % Due to Covid Closure
HS	54	54	0 % Due to Covid Closure

Our Goal is Above 85%

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

Meals Served	
Month	Lunch/Snack
May	1,840
School Year Total	7,126

* 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: 16
 Early Head Start: 30

2020/2021 Recruitment is Underway!

How to apply:

Online

<https://www.bgcperry.com/>

Under the Head Start Section

or

In Person

Call (850)223-1036 to make an appointment.



Education News

The Head Start approach means children are ready for school, families are ready to support their children's learning and schools are ready for children.



Transitions are right around the corner!!!

Teachers & Family Advocates will be reaching out to help you and your child prepare for what's next!



Our BGC Head Start Goals are that all children are:

- Safe
- Healthy and well
- Learning and developing
- Engaged in positive relationships with family members, caregivers, and other children
- Ready for school
- **SUCCESSFUL IN SCHOOL AND LIFE**

WHY PARENT INVOLVEMENT IS SO IMPORTANT IN EARLY CHILDHOOD EDUCATION

Here are some of the benefits of parental involvement in early childhood education:

- When you support your child's learning, he becomes more aware of his social-emotional needs.
- When you get involved in your child's learning activities at home, it helps you understand the school curriculum and the teacher's job in a better way.
- If you are aware of the prescribed preschool curriculum, you can have a better understanding of your child's virtuosity and the areas in which she needs to improve.
- When you interact with your toddler during his early years and show interest in his academic activities, it helps him understand that you love and care for him.

Health and Additional Services



Brought to you by Billie Whitehead, Health and Disability Coordinator

Developmental News:

During the time of distance learning, we worked with families and Taylor County School District to ensure that every child with an IEP received the services outlined in their IEP, as much as possible. When District Staff return in July, we will work together to finish up any needed screenings or evaluations so that all Head Start Students who need additional services are able to receive them.

Meanwhile, Early Head Start is partnering with Early Steps to provide services for our children who have ISFPs. Early Steps sends someone twice a month. We will also be conducting ASQ-3 Developmental Screenings and ASQ:SE-2 Behavioral Screenings at intervals over the summer.

Mental Health News:

We are working with Community Wellness Counseling and Support Services (CWCSS) to provide the same observations and behavioral health care at our Early Head Start site starting this summer! The assigned consultant will be able to provide support for any member of our families as well as for teachers in dealing with behavioral difficulties in the classroom.

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"

Community Wellness Counseling & Support Services, LLC.

For more info visit:

<https://cwcssbehavioralhealth.com/>



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

If you have any questions about health, disability, or mental health services available contact our Health/Disability Coordinator Billie Whitehead at billie@bgcperry.com

What's Been Happening?

- Reopened EHS to Children on June 1st
- Family Advocate Hurricane Preparedness Video uploaded by June 23rd
- The Drawing for the Hurricane Box will be held on July 2nd



PARENT FAMILY COMMUNITY ENGAGEMENT (PFCE)

Upcoming Family and Community Events

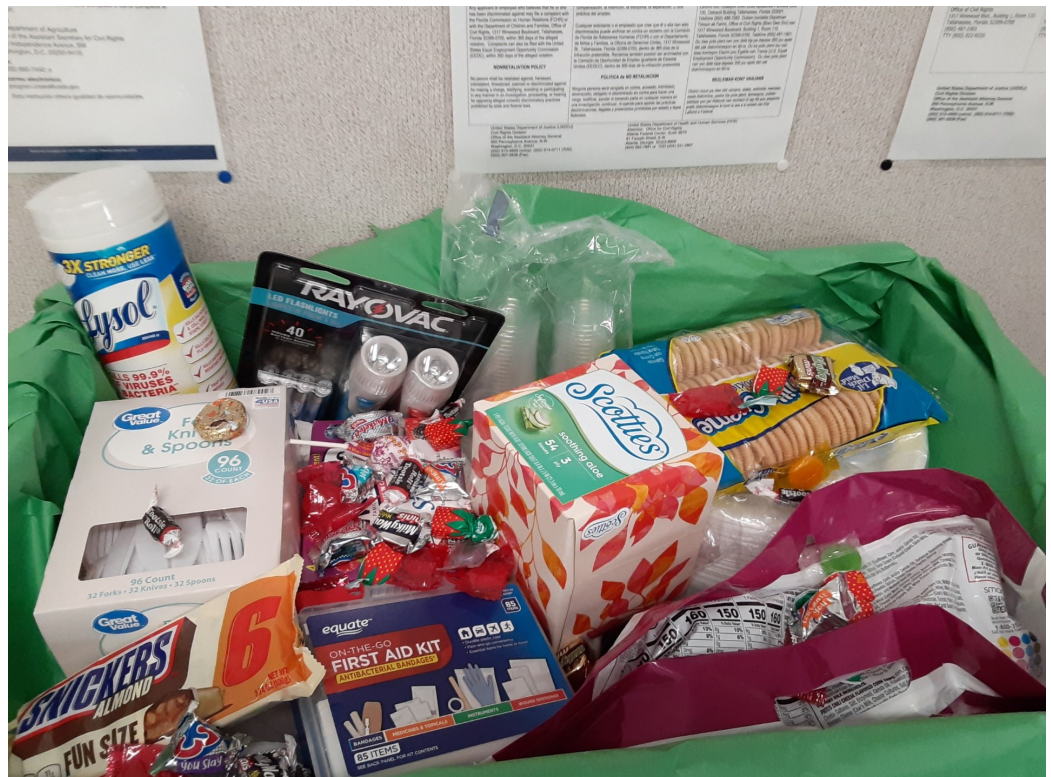
Hurricane Preparedness Family Event

Due to COVID-19, we will be hosting our June Parent event virtually!

Hurricane Preparedness Resources will be sent home to each family.

Additionally, the Family Advocates are creating a video about hurricane preparedness that will be posted on our Facebook Page by June 23rd. A password will be hidden in the video for our families to find.

Through July 1st Parents can contact their Family Advocate with the password to be entered into a drawing to win a Hurricane Preparedness Box full of goodies donated by Emergency Management and delivered by their Coordinator Kristy Anderson.





PARENT FAMILY COMMUNITY ENGAGEMENT (PFCE)

June Family and Community Events

Emergency Management is looking for Red Cross Volunteers! Call Kristy Anderson to Sign-Up. There will be a training on Saturday June 29. Check out the Facebook event!

Practical Tips for Dads

Establish a ritual dad time.

One way to spend positive time with your child regularly is to create a Ritual Dad Time. This is not meant to replace more frequent rituals like taking your kids to school or reading to them at bedtime. It is a special, once per month, one-on-one time with dad.

It's about choosing something you both enjoy doing — cooking breakfast, going for a bike ride or walk, building something out of cardboard, etc. — and being together as father and child. It's not so much about what you do, rather that you do it.

For more information go to the website:

theFatherhoodProject.org

Parents Café

Build Resilience in Troubled Times

Find something you can do to take care of yourself each day, so you can take better care of everyone else who needs you. It's okay if what makes that possible is letting your kids have some extra screen time, or having older children help out more so you can do a little less. Just carve out some time for yourself to do something you find relaxing or refreshing. Exercise, take a little longer over your cup of coffee or tea in the morning, watch your own favorite show, or talk with a friend.

Remember that this too will pass. It's important to hold on to a sense of hope for the future, and to believe that a better day is coming. When you are in the middle of a particularly hard day, think about what you are looking forward to when you and your children are able to do things you enjoy outside of the house, with people you love.

Check in with each of your children to find out how they are feeling, what they are missing, or what made them laugh today. Let your child take the lead, whether you are building a block tower together or talking about their favorite YouTube or game. We all need a reminder sometimes that we are raising wonderful, unique people—and that can help keep us going on the hard days too.

Look for moments of joy and encouragement, no matter how small. Notice what people in your community are doing to help one another. Look for signs of the changing seasons, or ways you see your children growing.

If faith is a part of your life, stay connected to your faith community. Many congregations have made opportunities for worship and study available online. Faith can be a powerful reminder to be grateful for the good things in your life, and to have hope for the future.

For more information go to the website:

<https://cssp.org/building-resilience-in-troubled-times-a-guide-for-parents/>



Hurricane Preparedness and COVID-19

The CDC and Ready.gov have partnered to create guidelines for preparing for this hurricane season during the COVID-19 pandemic.

Be sure to update your emergency plans to follow the CDC Guidelines for COVID-19 while keeping your family safe in the event of hurricanes.

Try to be flexible. The COVID-19 outbreak is an emerging, rapidly evolving situation. State, local, and individual hurricane preparedness and response plans may need to change as CDC learns more about the virus and issues new guidance.

Stay Safe During a Hurricane



Stay Informed

- ✓ Listen for emergency information and alerts.
- ✓ If told to evacuate by local officials, do so immediately.



Dealing with the Weather

- ✓ Determine how best to protect yourself from high winds and flooding.
- ✓ Take refuge in a designated storm shelter, or an interior room for high winds.
- ✓ If trapped in a building by flooding, go to the highest level of the building. Do not climb into a closed attic. You may become trapped by rising flood water.
- ✓ Do not walk, swim, or drive through flood waters. Turn Around. Don't Drown! Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- ✓ Stay off bridges over fast moving water.



Personal Safety

- ✓ If you must go to a community or group shelter remember to follow the latest guidelines from the Centers for Disease Control and Prevention (CDC) for protecting yourself and family from COVID-19. **COVID-19**
- ✓ Be prepared to take cleaning items with you like soap, hand sanitizer, disinfecting wipes, or general household cleaning supplies to disinfect surfaces you may need to touch regularly. **COVID-19**
- ✓ Maintain at least 6 feet between you and persons not part of your immediate family while at the shelter [by avoiding crowds or gathering in groups] as much as possible. **COVID-19**
- ✓ Anyone over 2 years old should use a cloth face covering while at these facilities. **COVID-19**
- ✓ Only use generators outdoors and away from windows.

ARTICLE OF THE MONTH

Coping in Hard Times: Promoting a Sense of Safety



A “sense of safety” is a belief that your needs (and the needs of those you care about) will be met now and in the future, and a belief that you are protected from harm and that those around you will stay safe .

What can you do to promote a sense of safety for you and your family?

- Talk about your concerns with your partner, trusted friend, family member, colleague, counselor, or religious professional. Choose someone who will support you, rather than judge you or make you feel worse.
- Talk to your children about what is happening. Be honest, but avoid alarming them unnecessarily. Let them know that, while things are hard, you have confidence that no matter what it takes, you can handle it together as a family. Use language that they can understand. For younger children, you may have to repeat the conversation several times.
- Encourage your children to talk about their concerns with you or another trusted adult. If you or your older children are feeling scared about life, make a list of options, resources, and personal strengths. Include ways you or family members got through earlier hard times. Use this list to make empowering “self statements” that give you the energy to complete needed tasks. Keep searching. Problem-solve to stay up-to-date on possible job opportunities and available resources (i.e., financial, employment, or job counseling).

For more please visit: <https://www.nctsn.org/sites/default/files/resources/fact-sheet/>

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!



@BGCNCFLHEADSTART



@BGCNCFL

LEAVE A REVIEW OR MESSAGE US WHAT YOU THINK!

HAVE A GREAT MARCH!