

February/ March
2010

Family Focus

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The 2008-2009 Annual Report is available at the Central Office, 302 Pointer Trail West, Van Buren for public access.

Head Start Child and Family Services, Inc.

A word from our director.....

Dear Staff and Parents,
There are many ways that Head Start prepares a child for entering Kindergarten. What comes to mind most often is the educational aspects of being in a Head Start classroom. There are, however, other skills that a child learns in preparation for advancing into Kindergarten. We work daily on social and character building skills. We provide opportunities for your child to spend time with other children playing and talking. We encourage your child to share and to take turns. We give small chores or jobs to

your child so that they may experience responsibility and a sense of accomplishment. We provide a daily routine which will help the early days of Kindergarten go more smoothly. Your child is taught how to talk and how to express feelings appropriately and with self control. Your child learns how to listen when others talk and wait for their turn to speak. Head Start, also, works daily at prompting safety and self help competence. We help your child learn to tie, snap, button, and zip their own

clothing, which is a great fine motor skill accomplishment. Head Start works to prepare your child learn and develop many skills necessary for their transition from and success beyond Pre-Kindergarten classrooms.

Jerry N. Adair
Executive Director

Kindergarten Registration Dates.....

Mark your calendars...the Van Buren School District has set Friday, April 30th as the date for Kindergarten Registration for the 2010-2011 school year. Registration starts at 8:00 in the morning and you will need to bring the following to register your child:

- Birth Certificate
- Social Security Card
- Up to date shot record
- Physical Examination

The cut off date for enrollment has changed. Your child must now be 5 years old on or before August 15th to attend

Kindergarten.
Bring your incoming Kindergartener with you to participate in our Registration Round Up!

Fort Smith Public Schools
2010-2011
Kindergarten Registration
April 19- May 28

8:30a.m. to 3:30p.m.

Bring the original copies of the following to register: Birth Certificate
Social Security Card

Shot Record (4-6 boosters)

Physical Exam (must be within the past year)

**If you do not have all of these items, you will not be allowed to register.

Your child must be 5 years old on or before August 15, 2010 to be eligible for Kindergarten.



Family Partnership- Florine Johnson, Sharon Beardslee, Rosemary Benitez



Jasmene Abernathy, former Head Start Student, was crowned 10th grade homecoming queen for Northside High School. We are proud of you!

Are you a single mom considering dating, or are you feeling like you need to “date” your husband again? Well lunch is a great place to start. You won’t have to get a babysitter, and, if you are single, lunch dates are usually more casual and non-committal than a dinner date. Whether you are dating or married, the following questions can add some zest to your conversations.

- *If you had to eat at one restaurant for rest of your life, where would it be?
- *Which television sitcom family most accurately portrays your childhood family?
- *If you were stranded on a desert island for the rest of your life and could only bring three books and three movies, what would they be?
- *What does your dream vacation look like?
- *If you were a superhero, what would your magical power be and who would you save?
- *What school subject was the hardest/ easiest for you?
- *Would you rather be bored or stressed?
- *If you would splurge on one item, what would it be?
- *Are you a Mac or a PC?
- *What actor or actress would play you in a movie about your life?
- *What would your ideal church be like?
- *What drives you crazy?
- *Which Gilligan’s character would you be?

Special Services- Jackie Knapple

Head Start promotes family and children’s mental wellness. Here are some positive approaches to strengthen nurturing relationships at home and school. Have realistic expectations about behavior. Provide opportunities for children to develop. Provide a safe interactive environment. Redirect a child away from negative event to more positive activity, offer the

child a choice. Encourage respect for feelings and help your child understand their feelings. Help your child learn about logical or natural consequences of their actions. Smile at your child.

In April, the children who will be transitioning in to Kindergarten in the fall, will be visiting local Kindergarten classrooms. Parents and children will have the opportunity to

eat lunch and join in classroom activities. This visit is a very important to help children and their parents get a feel of what big school is all about. Please make plans to join your child for this event.

Health and Nutrition- Monica Miller, R.N.

Healthy Eating for your preschooler---
To minimize the risk of choking, follow these safe feeding tips for children less than 4 years of age:
*Make sure your toddler eats only while seated and supervised by an adult.
*Discourage talking,

laughing or playing while a child has food or beverage in their mouth.
*Avoid raw fruits and vegetables that snap into hard chunks, such as carrot and celery sticks and firm apples.
*Choose snacks for the car carefully.

*Never offer peanuts, grapes, carrots, whole or large sections of hot dogs, meat sticks, popcorn or hard candies to young children—hot dogs and carrots in particular should be quartered lengthwise and sliced into small pieces.



Enrollment, Recruitment, Attendance- Wendi Bradley

Hello!! It is almost time to start preparing for next school year! I am asking all parents to let your family and friends know that Head Start is a free preschool program that we are taking applications for the 2010-2011 school year. If your child turned 3 years old by, or before, August 1, or is 4 years old and you are within the federal income requirements, we can offer free preschool for your child. And, we offer not only education, but your child will receive dental and health screenings, and much, much more. We use the number one

curriculum- Creative Curriculum. We have part day, part year classes and full day, full year classes, both are five days a week. We have a home base option also where the teacher comes to your home with lessons and activities each week for one and one half hour, and twice a month there are socialization activities. The part day classes are 8-3p.m. and the full day classes are between 6:30-5p.m. All adults in the home must be working or going to school full time to qualify for the full day program. The full day programs are located in

Fort Smith and Van Buren. We have one "Early" Head Start program for infants and toddlers, which is full day and is located on the north side of Fort Smith. We will help give your child the skills necessary to be successful in kindergarten, as well as successful life skills. To apply, bring your 2008 federal taxes, your child's birth certificate and shot record to the Administrative Office at 302 Pointer Trail West in Van Buren. Phone 479-474-9378.



Education and Transition- Heather Johnson and Callie Kimes

Math Tips for Families-

*Count

Everything...Touch the object as you say the corresponding numbers.

*Count incorrectly or lose track of which objects you have already counted. Encourage children to help you find your errors.

*Read counting books with your child

frequently.

*Ask children to help set the table, distributing the same number of each object to each place, or ask them to tell how many more they need of something.

Concentrate on either the number 5 or 10.

Ask children to use their fingers to talk about parts of 5 and 10.

*Play games with 5

objects and 10 objects.



Jenny Lind ABC Center

Spring is here and we are excited at Jenny Lind ABC! In the month of March we will be doing units on spring and transportation. The children have been growing plants in the classroom and they

have absolutely loved the experience! Other events that are happening this month are home visits and spring break!

In the month of April the children will be engaging in units on insects, earth and

nature/ camping! There will be no school on April 2nd for professional development. Thank you to all our parents for your donations of items and your time, we really appreciate it!



Pictured Above: Trinity Head Start Students celebrating the birthday of Dr. Seuss.

Trinity Head Start Center

Where has the school year gone?! All of us here at Trinity Head Start are ready for some warm sunshine! Aren't You? On March 2nd, we celebrated Dr. Seuss' birthday. We enjoyed reading Dr. Seuss books and making our own Dr. Seuss hats. These last few months, we have been busy finishing up home visits and doing growth assessments to see how much we have grown. We are growing everyday! We have also learned about

penguins and the Arctic Ocean; Shapes; the Beginning of Winter; and making health food choices. In March, April and May, we will be learning about colors; the beginning of Spring; the life cycles of frogs and plants; and discussing manners. April 11-17 will be Arkansas Children's Week. We will be placing orders for T-shirts before March 31. The cost of the shirt \$5.50 and will include the Trinity Head Start logo. We will also be taking a

trip to the Van Buren City Park for a morning full of playing with friends and looking at the outdoors. We want to thank all of our parents for their hard work and allowing us to watch your children learn and grow each day. Have a Happy Spring!

Bring cot covers on Mondays
Spring Break 3/22-26
T-shirt money due 3/29
(5.50)



Pictured above: Mulberry ABC Parent Committee Meeting.

Mulberry ABC Center

The 2009- 2010 school year has been great! We are really proud of our students. They have been working real hard. We have studied so many great things. We just finished Dr. Seuss week. Upcoming topics will include dinosaurs, community helpers, spring, bugs and camping to name a few. The February Parent Meeting went well with parents making mini- photo albums. Parents who are able to attend the meetings receive a lot of useful information. You will want to attend our

March Parent Meeting, especially if your child is attending kindergarten next year. There will be a kindergarten teacher here to inform you on what your child should be learning to prepare he/she for kindergarten, what to expect next year and answer questions. We will have an Easter egg hunt on April 1st. Parents are encouraged to attend and join the fun! Our spring pictures are on April 13th. We will be taking individual, graduation and class pictures.

A spring field trip to the library is being planned. We hope to go to the Mulberry Library and have Mrs. Deb read to us there on one of the Thursdays she comes to read to us. Thank you to our parents for making this year great. We appreciate all you do for us.

Ms. Colleen, Ms. Sarah and Ms. Doris

How to Get Kids to Clean Their Own Room!



You buy your kids clothes and toys, and where do they end up? The bedroom floor. It is a familiar ongoing battle between parents and their children-how to get your kids to clean their own room. More yelling? Not necessary. Find out how to turn the task into a trouble free routine.

Step 1- Make it a game....Rather than "getting" kids to clean their room, which is the parents' agenda, parents can work with their kids to find out what is important to the kids, "notes Nancy S. Buck, Ph.D., author of "Peaceful Parenting". What's important to kids? "Playing and having fun," Buck says.

Step 2- Sing your commands. For younger children, getting them to clean up may be as simple as singing. Rather than a stern demand, which may result in push back from that independence seeking toddler, make it a lighthearted song. One to try: "Clean up, clean up, everybody clean up, Clean up, clean up, everybody everywhere. Clean up, clean up, everybody clean up. Clean up, clean up everybody do your share. Make up your own tune and have your kids sing along.

Step 3:

Count toys. For younger children who are learning to count, give them a goal of 10 toys or clothes items to pick up and put away. Give them a reward (special Mommy-time, a favorite TV show or a lollipop, for example) for reaching their goal.

Step 4

Time the cleanup. "With older children, you can ask them to time themselves," Buck suggests. "Then see if they can beat their previous time for the next round of cleaning." Nothing like a little competition. Keep a chart and offer incentive (a movie outing with friends, for example) if your child beats her own time.

Step 5

Make cleanup easy. A little organization goes a long way to quick cleanups. Simple plastic bins, can either be general catchalls that hide any toys away or specifically labeled for type of toy (for example, trains, musical instruments, or dress-up clothes). Bins can be labeled with pictures for young kids or the words for older kids, so they know exactly what goes where.

Step 6

Encourage a continually clean room. After your kid's room is clean, take a picture of it, print the picture and tape it to the outside of the door.

Submitted by: Monica Miller, R.N.
Health and Nutrition Coordinator

FAMILY FOCUS



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Van Buren, Arkansas 72596

PHONE:
(479) 474-9378

FAX:
(479) 474-7410

We're on the Web!

See us at:

www.headstartinc.org

*"Building Communities and
Strengthening Families"*

Barling Head Start Center
308 Church Street
Barling, AR 72923
(479) 452-1072

Briarwood HS Center
3400 Duke Avenue
Fort Smith, AR 72908
(479) 648-1908

Coleman HS Center
1816 North 8th
Fort Smith, AR 72904
(479)782-9376

Dallas Head Start / ABC Center
6808 Dallas Street
Fort Smith, AR 72904
(479) 242-2059

Alma Head Start Center
513 London Street
Alma, AR 72921
(479) 632-2154

Greenwood Head Start Center
441 Gary Street
Greenwood, AR 72936
(479) 996-8822

Mulberry HS/ ABC Center
1319 Main
Mulberry, AR 72947
(479) 997-8136

Head Start Child Development
3500 North 6th
Fort Smith AR, 72904
(479) 783-0230

Early Head Start
3500 North 6th
Fort Smith, AR 72904
(479) 784-5101

Trinity Head Start Center
918 North 9th
Van Buren, AR 72956
(479) 474-1781

Van Buren Part Year Center
1924 Mulberry Circle
Van Buren, AR 72956
(479) 474-7427

Van Buren Full Year Center
4320 Lura Lane
Van Buren, AR 72956
(479) 474-5742

Jenny Lind Head Start/ ABC
2000 Louisville
Fort Smith, AR 72907
(479) 242-2463

Cedarville Head Start Center
630 Pirates Way
Cedarville, AR 72932
(479)474-2353

Cedarville ABC Center
9530 Pirates Way
Cedarville, AR 72932
(479) 474-2730

Crawford and Sebastian County Home Base (479) 474-9378

Administrative Staff

Jerry Adair
Ashley Washington
Kim Parks
Florine Johnson
Monica Miller
Callie Kimes
Ronna Davis
Corrina Gonzales

Executive Director
Fiscal
Fiscal
Family Services
Health
Teacher Mentor
Community Partnership
Reception

Heather Johnson
Janet Loyd
Wendi Bradley
Jackie Knapple
Rosemary Benitez
Sharon Beardslee
Selma Mattox

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Enrollment
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