

Head Start

Director's Note



It is so exciting to think that Spring is just around the corner! Warmer days are ahead, and I know we all will rejoice in the sunshine, green grass and the sound of birds chirping! As the seasons transition and change, so are our children. They have been working hard since the beginning of the school year developing new skills that will prepare them for their next school transition. During the month of March and April both Early Head Start and Head Start teachers are planning transition activities. With Covid still a concern, this may look a little different than in past years.

For parents, school transitions can be new and somewhat scary. Head Start teachers and staff work with students and parents to help them navigate transitions from one stage of their child's education to another. There are different expectations with each transition; the support provided by staff eases transitions and assists parents in being life-long advocates for their children.

Please don't hesitate to reach out to me or your child's teacher with any questions!

Lori Ferris

Program Director
641-774-8133 ext. 236
515-371-9128
lferris@scicap.org



Family Resource Specialist

Hello! We would like to introduce our current Family Resource team. We are Shyanne Provost, Kelsy Glas and Tanya Boggs and are excited to promote family engagement and help children succeed in school and life. We support parent meetings and conferences, regular attendance, family referrals, and the importance of volunteering your time and talents in your child's classroom and education. With the weather warming up and hopefully being able to go outside more, we would like to provide information on car seat safety.



*Shyanne
Provost*

Family Resource
Specialist
641-223-2899



Kelsy Glas

Family Resource
Specialist
641-203-8915



*Tanya
Boggs*

Family Resource
Advocate
641-414-3003



Family Resource Specialist

A Guide to The Iowa Child Restraint Law

Key Points:

- A child under 1 year old and weighing less than 20 lbs. must be secured in a rear-facing child restraint system.
- A child age 1 up to 6 years old must be secured in a child restraint system (a safety seat or booster seat--NOT a seat belt)
- A child from the age of 6 up to the age of 11 must be secured in a child restraint system or by a safety belt.



Nationally Recommended Standards for Safe Use of Child Restraint Systems

Infants

- Birth to 1 year up to 20-22 lbs.
- Infant only or rear facing convertible.
- Rear-facing only
- Children to one year AND at least 20 lbs. In rear-facing seats. Harness straps at or below shoulder level.

Toddler/Preschool

- Over 1 year. 20-40lbs
- Convertible or Forward-facing
- Harness straps should be at or above shoulders. Most seats require top slot for forward facing.

Young Children

- Over 40 lbs. up to 80 lbs. and 4'9" tall.
- Belt positioning booster seat
- Forward facing
- Belt positioning booster seats must be used with both lap AND should belt.

A Guide to Safely Transporting Children in A Moving Vehicle Common Child Safety Seat Misuses:

- Seat installed too loose
- Improper seating position (in front of an air bag)
- Not buckling child into restraint
- Not securely anchoring the child restraint to the vehicle
- Improper seat for child's age and size
- Infant riding forward facing
- Harness retainer clip not at armpit level
- Loose harness straps

To graduate to an adult belt -- a child must be able to sit with their back/buttocks against the seat and with their knees bent at the edge of the seat. The belt system must be snug across the center of the child's chest and across their lap at the hips.

COMMON SAFETY BELT MISUSES FOR CHILDREN:

- Lap belt up on abdomen
- Lap belt loose, shoulder belt loose
- Shoulder belt behind back
- Shoulder belt under their arm

Parents and caregivers are encouraged to meet with a nationally certified child passenger safety (CPS) technician to learn how to correctly use car seats, booster seats and seat belts for all passengers in their vehicle.

- Fire station, Police Stations, and other certified technicians in your area.

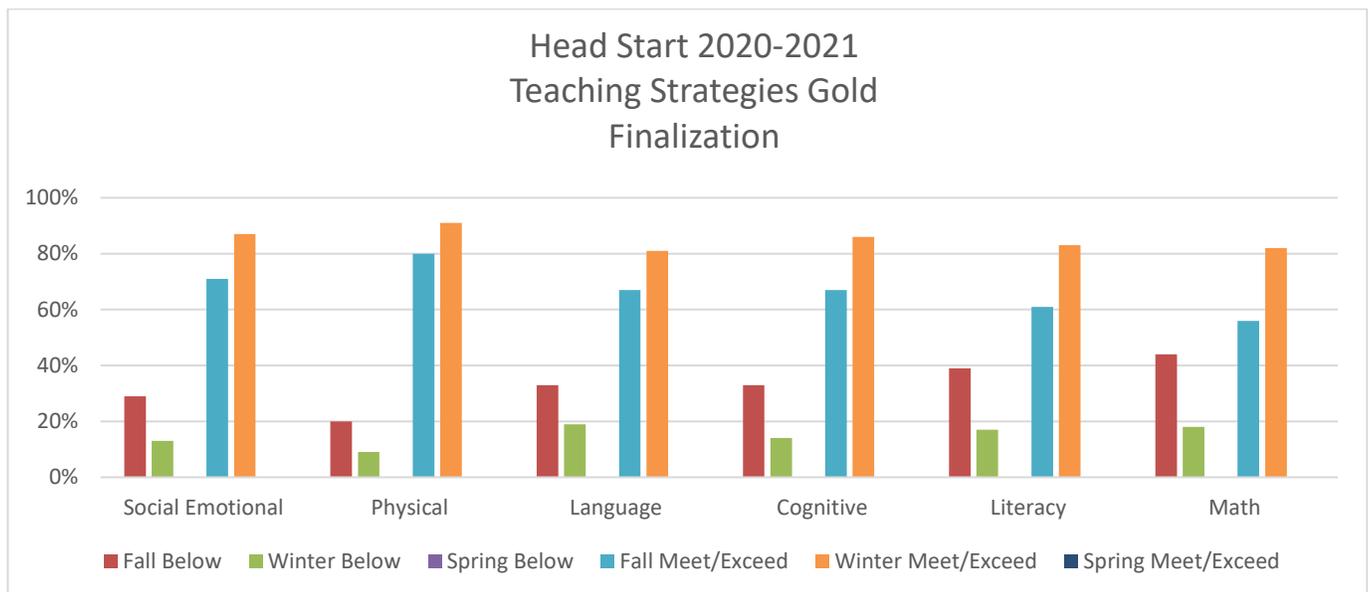


Education & Disabilities

By looking at this graph, it shows that we have made growth in all domain areas from the fall to winter finalization. The most significant growth was in the areas of math and literacy, which are two areas we have been really focusing on making growth. Teachers are working hard to incorporate math and literacy into large group, small group and free play activities which allows students to have multiple opportunities each day to focus on objectives in these domain areas.

Teachers are doing their best to share activities that reflect all areas with their virtual learners and continue to express to those virtual families the importance of sharing back how the activity went. We will continue to work with our virtual families to collect data before the spring finalization.

Our Head Start students are doing a great job of making growth so far this year and we are so proud of them!



Tricia Cobb

Education & Disabilities
Specialist
641-344-7258
tcobb@scicap.org

Health & Nutrition

March is National Nutrition Month!

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "**Personalize Your Plate.**" There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds, and tastes!



Check out a few easy snacking tips for kids!



Health & Nutrition

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Smart Snacking Tips for Kids

Snacks can play an important role in meeting kids' nutrient needs. Choosing a variety of foods from all of the food groups will give them the energy they need between meals.

It helps to plan and portion out snacks in advance. Kids will usually only need 2 or 3 snacks daily, and these should be provided at least one to two hours before meals.

It is recommended that snacks (and meals) be eaten in an area without distractions. So avoid snacking while watching TV or when using other electronic devices.

Better yet, let the kids help prepare the healthy snacks.



Here are a few easy, tasty (and healthy) snacks to help you get started.

Adults may need to help with some of these.

1. **Parfait:** Layer vanilla or plain low-fat yogurt with fruit and dried cereal.
2. **Toast a whole grain waffle** and top with low-fat yogurt and sliced fruit or smooth nut butter.
3. **Blend low-fat milk,** frozen strawberries and a banana for thirty seconds for a delicious smoothie.
4. **Sandwich cut-outs:** Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
5. **Mini-pizza:** Toast a whole wheat English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
6. **Frozen treats:** Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups and freeze for a tasty treat.
7. **Quesadilla:** Sprinkle shredded cheese over a corn or whole wheat tortilla; fold in half and microwave for twenty seconds. Top with salsa.
8. **Spread hummus** on a tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
9. **Stuff a whole-grain pita pocket** with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.



Health & Nutrition

10. **Microwave a cup** of tomato or vegetable soup and enjoy with whole grain crackers.
11. **Make a mini-sandwich** with tuna or egg salad on a dinner roll.
12. **Microwave a small baked potato.** Top with reduced-fat cheddar cheese and salsa.
13. **Spread celery sticks** with smooth nut butter or low-fat cream cheese. Top with raisins. Enjoy your "ants on a log."
14. **Dip slices of fruit** or whole-grain graham crackers into low-fat vanilla pudding or yogurt.
15. **Inside-out sandwich:** Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
16. **Rocky road:** Smear low-fat chocolate pudding on a whole grain graham cracker, then top with a marshmallow.
17. **Sprinkle cinnamon** on unsweetened applesauce and enjoy with a whole grain graham cracker for a taste similar to apple pie.
18. **Make your own fruit roll-up** by pureeing fruit and either baking it in the oven or by using a dehydrator.
19. **Bake homemade chewy granola bars** using whole-grain oats and dried fruit.
20. **Whip up mini-muffins** using healthy ingredients, like whole grain flours and pureed fruit.

Portion sizes for kids are smaller than adults. However, certain foods due to their size pose a choking risk, especially for young children.

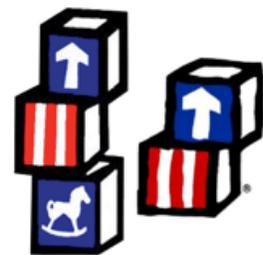
See below for a list of foods that may cause choking:

- Hot dogs and sausage links
- Meat chunks, unless finely chopped and combined
- Nuts, seeds and peanut butter
- Raw apple and pear slices
- Whole grapes
- Dried fruit
- Raw vegetables
- Whole kernels of corn
- Popcorn and chips
- Small candies and chewing gum

Find more healthy eating tips at:

www.eatright.org

www.kidseatright.org



For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.



March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Daylight Savings Starts	15	16	17 St. Patrick's Day	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Events

March Annual Professional Development Plan Spring Progress Check
 Mar 13th Family Outcomes
 Mar 31st Parent/Teacher Conferences completed and sent to Central Office
 Mar 31st Parent Evaluations completed and sent to Central Office
 Mar 31st Heights and weights completed
 5 days before EHS Socialization lesson plan sent to Central Office



April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Easter	5	6	7	8	9	10
11	12	13	14	15 Tax Day	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Events

Apr 30th Bus Evacuation Drill completed and sent to Transportation Specialist
 Apr 30th Fatherhood Activity completed and written up
 Apr 30th EHS Parent/Teacher Conferences completed
 Apr 30th HS/EHS Brigance Screenings and EHS ASQ-SE completed
 Apr 30th Transition Meeting completed, and sent to Central Office
 Apr 30th Parent Meeting/Family Activity completed and sent to Central Office
 5 days before EHS Socialization lesson plan sent to Central Office

