

S PSD Early Childhood DOTI G ht! NEWSLETTER: NOVEMBER 2022



Providing Comprehensive Early Childhood Service for families and children from birth to see 51

OCTOBER RECAP!!!!

OCTOBER IS BREAST CANCER AWARENESS MONTH! (Source: https://www.cdc.gov/cancer/breast/basic_info/screening.htm)

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The kind of breast cancer depends on which cells in the breast turn into cancer. Breast cancer can begin in different parts of the breast. A breast is made up of three main parts: lobules, ducts, and connective tissue. The lobules are the glands that produce milk. The ducts are tubes that carry milk to the nipple. The connective tissue (which consists of fibrous and fatty tissue) surrounds and holds everything together. Most breast cancers begin in the ducts or lobules. Breast cancer can spread outside the breast through blood vessels and lymph vessels. When breast cancer spreads to other parts of the body, it is said to have metastasized. Breast cancer screening means checking a woman's breasts for cancer before there are signs or symptoms of the disease. All women need to be informed by their health care provider about the best screening options for them. When you are told about the benefits and risks of screening and decide with your health care provider whether screening is right for you—and if so, when to have it—this is called informed and shared decision-making. Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them. To learn more, view our informational video within our parent video portal at www. psdecp.com – VIDEOS FOR PARENTS



















E.R.S.E.A.

Hello Parents,

We hope this school year is going well for everyone. With E.R.S.E.A oftentimes we focus on enrollment and attendance, but this month we would like to educate you on eligibility. Eligibility must be determined for all families attending Early **Head Start and Head Start before** they are able to enroll in the program. Early Head Start and **Head Start prioritizes families** that fall below the poverty line, families that receive public assistance, homeless families, and foster children. If you know anyone that may be interested in all of the great things Early Head Start and Head Start have to offer, please encourage them to submit an application online at psdecp.com. A list of documentation that is needed to complete the application will be sent out after the application is submitted.

~Your ERSEA Coordinators EHS/CCP: Jhoanny Vargas, M.S. HS/PreK: Kaylin Richard, B.S.

HEALTH

DIABETES AWARENESS MONTH

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

Here are the two types:

- Type 1 diabetes, once known as juvenile diabetes or insulin-dependent diabetes, is a chronic condition in which the pancreas produces little or no insulin. Insulin is a hormone needed to allow sugar (glucose) to enter cells to produce energy. Type 1 diabetes signs and symptoms can appear relatively suddenly and may include: Increased thirst, Frequent urination, Bed-wetting in children who previously didn't wet the bed during the night, Extreme hunger, Unintended weight loss, Irritability and other mood changes, Fatigue and weakness, Blurred vision.
- Type 2 diabetes, the most common type of diabetes, is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes mainly from the food you eat. Insulin, a hormone made by the pancreas, helps glucose get into your cells to be used for energy. Early signs and symptoms can include frequent urination, increased thirst, feeling tired and hungry, vision problems, slow wound healing, and yeast infections.

~Your Health Team

EHS/CCP Manager: Neterior McCormick, BS, RMA HS/PRE-K Manager: Pamela Frazier, RN

Site Nurses: Rosa/Annie's: Yvette Burton, LPN Nicholson/ PRCC: Chelsea Dennis, LPN

EDUCATION - EHS / CCP

EARLY LITERACY

Early literacy recognizes that language, reading, and writing evolve from a number of earlier skills. Early Literacy Behaviors includes; Book Handling Behaviors; Behaviors related to a child's physical manipulation or handling of books, such as page turning and chewing. Picture and Story Comprehension; Behaviors that show a child's understanding of pictures and events in a book, such as imitating an action seen in a picture of talking about the events in the story. Looking and Recognizing; Behaviors related to how children pay attention to and interact with pictures in books. Story Reading Behaviors; Behaviors that include children's verbal interactions with books and their increasing understanding of print in books, such as babbling in imitation of reading or running fingers along printed words. The teachers at PSD EHS read consistently throughout the day to increase the children's literacy skills. We ask that as working as a team if you would continue to read to your child at home. The month of November our Unit Topics will include Clothing; Birds and Thanksgiving. Teachers should be scheduling their Home Visits with you from now until November 10th. These meetings can be conducted via Zoom; Face Time; Duo; Messenger. We thank you for your continuous efforts to make this a great year.

~Your Education Team

EHS Ed Manager: Charlotte Nixon, B.S. CCP Ed Manager: Robette Watts, M.S. EHS Mentor Coach: Kaycee Schielder, B.S.

EHS Teachers of the Month

EDUCATION – HS/PRE-K



Rm 1: Tiffani Brewer, CDA

1. Curriculum:

October 31 - November 4: Exercise/Body Parts; November 7 - 11: Nutrition; November 14 - 18:

Harvest; November 21 - 25: Thanksgiving Break (No School); November 28 - December 2: Trees/Winter

- Letters of the Month: Zz, Qq, Vv, Yy, Mm, Ss
- Shapes of the Month: Square, Triangle, Octagon, Hexagon
- Colors of the Month: Yellow, Black, Red, Green
- Math Focus: Add up to 5 objects, Identify and compare sets of objects, Subtract 1-5 objects from a set, Recognize repeating patterns
- 2. October Teachers of the Month:
- Picayune Head Start: Trecie Spencer, B.S.
- Poplarville Head Start: Peggy Lee, B.S.
- South Side Lower: Shelby Sharkey, CCMA



- 5) Social Skills
- 4. One way of having meaningful conversations with your child is sitting down at talking to them at the dinner table. Here are some conversation starters that you can try at home:
- Who is your best friend and why?
- What did you learn at school today?
- If you could only eat one food for the rest of your life, what would it be?
- What are your favorite things we do together as a family?
- What do you want to be when you grow up and why?
- •If you had a million dollars, what would you do with it?

~HS/Pre-K Ed Manager, Ashley Veerkamp, B.S.

Mentor Coaches: Dinah Thanars, B.S. & LaKeshia Price, M.S.

NOVEMBER 2022 HEAD START / PRE-K / EARLY HEAD START (CENTER-BASED) MENU

Mon	Tue	Wed	Thu	Fri
	1 Breakfast: French Toast Strawberry Cup 1% Milk Water	2 Breakfast: Cinnamon Chex Mandarin Orange Cup 1% Milk Water	3 Breakfast: Cheese Toast Pineapple Cup 1% Milk Water	4 Breakfast: Egg Patty w/ Toast Strawberry Cup1% Milk Water
	Lunch: Baked Chicken Breast Glazed Carrots Peach Cup 1% Milk Water	Lunch: Cheese Pizza Sliced Baked Potatoes Pear Cup 1% Milk Water	Lunch: Macaroni & Cheese Spinach Applesauce Cup1% Milk Water	Lunch: Cheeseburger on Bun Broccoli Pear Cup1% Milk Water
7 Breakfast: French Toast Peach Cup 1% Milk Water	8 Cheese Toast Applesauce Cup 1% Milk Water	9 Breakfast: Cheesy Grits/Biscuit Strawberry Cup 1% Milk Water	10 Breakfast: Egg Patty w/Toast Pineapple Cup 1% Milk Water	11 Breakfast: Cinnamon Chex Pear Cup 1% Milk Water
Lunch: Chicken Tenders Baked Beans Pineapple Cup 1% Milk Water	Lunch: Cheeseburger w/ Bun Lima Beans Peach Cup 1% Milk Water	Lunch: Chicken Quesadillas Refried Beans Mandarin Orange Cup 1% Milk Water	Lunch: Spaghetti & Meat Sauce Texas Garlic Toast Glazed Carrots Pear Cup 1% Milk Water	Lunch: Cheeseburger Pizza Mixed Veggies Strawberry Cup 1% Milk Water
14 Breakfast: Egg Patty w/Toast Diced Pear Cup 1% Milk Water	15 Breakfast: Cheesy Grits/Biscuit Pineapple Cup 1% Milk Water	16 Breakfast: Waffle Mandarin Orange Cup 1% Milk Water	17 Breakfast: Buttered Grits/Toast Pineapple Cup 1% Milk Water	18 Breakfast: Cinnamon Chex Peach Cup 1% Milk Water
Lunch: Red Beans and Rice Corn Bread Turnip Greens Mandarin Orange Cup 1% Milk Water	Lunch: Cheese Pizza Green Peas Peach Cup 1% Milk Water	Lunch: Baked Pork Chop Baked Potato Slices Baked Roll Strawberry Cup 1% Milk Water	Lunch: Cheeseburger w/Bun Glazed Carrots Apple Sauce Cup 1% Milk Water	Lunch: Grilled Chicken Green Beans Strawberry Cup 1% Milk Water
21	22	23	24	25
	THANKSGIVING BREAK: NO SCHOOL			
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28 Breakfast: Buttered Grits /Biscuit Diced Pear Cup 1% Milk Water	29 Breakfast: Cheese Toast Strawberry Cup 1% Milk Water	30 Breakfast: Cheesy Grits/Toast Mandarin Orange Cup 1% Milk Water		
Lunch: Grilled Cheese Sandwich Glazed Carrots Applesauce Cup 1% Milk Water	Lunch: Cheesy Chicken/Rice California Veggies Peach Cup Roll 1% Milk Water	Lunch: Chili on Bun Sliced Baked Potatoes Blueberry Cup 1% Milk Water		

Picayune School District Early Childhood Programs - (601) 799-4702

- Early Head Start Rosa Early Head Start Nicholson EHS CCP Annie's Kindergarten & Daycare
 - EHS CCP Pearl River Community College Child Development Lab School
 PSD Pre-K Program
 - PSD Head Start Picayune
 PSD Head Start Poplarville