

# PSD Early Childhood Spotlight!

## NEWSLETTER: OCTOBER 2023



Providing Comprehensive Early Childhood Services for families and children from birth to age 6!

### SEPTEMBER RECAP!!!!



#### VIDEO BOOK LIBRARY: DIGITAL LITERACY RESOURCE

We have added a Video Book Library to our program website! Some of our teachers, students, and community partners volunteered to read books on camera which was then put into a "Reading Rainbow" type format so that children can follow along with the words and pictures in the book. The videos can be viewed on any computer or mobile device.

Go to [WWW.PSDECP.COM](http://WWW.PSDECP.COM) - hover over "FOR PARENTS" - click VIDEO BOOK LIBRARY

Direct Link: <https://psdecp.com/for-parents/videlib/>

If you would like to read a book for our library, please contact Resource Center Coordinator, Alesha Lindsey at 601-749-5362 or [alindsey@pcu.k12.ms.us](mailto:alindsey@pcu.k12.ms.us).



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## EHS / EHS CCP FAMILY SERVICE EVENTS

### **Early Head Start Meeting:**

- Nicholson Early Head Start: (Tuesday, October 3rd @ 4:00 p.m.)
- Early Head Start Rosa: (Tuesday, October 3rd @ 5:00 p.m.)
- Poplarville Head Start: (Tuesday, October 3rd @ 5:00 p.m.)
- Picayune Head Start: (Wednesday October 4th @ 5:00 p.m.)
- PRCC Lab School: (Thursday October 5th @ 5:00 p.m.)

### Upcoming Events - October:

- **Breast Cancer Awareness Month - Wear Pink on Fridays**
- **Awareness Day Balloon Release**
  - Nicholson EHS, EHS Rosa, Annie - October 19th
  - Head Starts - October 20th
  - Fall Festival
    - Nicholson EHS - October 20th
    - PRCC - October 27th
- **Costume Contest - October 31st**
  - Nicholson EHS
  - EHS Rosa
  - Annie's
  - PRCC
  - Poplarville Head Start
- **Trunk r Treat - October 31st**
  - Nicholson EHS
  - EHS Rosa
  - Annie's
  - PRCC
  - Picayune Head Start
- **Pumpkin Contest - October 31st**
  - Nicholson EHS
- **Octoberfest - October 31st**
  - Nicholson EHS

### Announcements

- Appreciation Day
  - National Custodian Day - October 2nd
- King and Queen Drive will begin on October 16th - November 3rd
- **NO SCHOOL** - October 9, 10th (Fall Break)

## HS / PRE-K FAMILY SERVICE EVENTS

### PICAYUNE COMMUNITY EVENTS

- **Racing For Yunity 5k at Crosby Commons**
  - Saturday, Oct 14, 2023 at 7:30 AM
- **Colton's Cakes 3rd Annual Charity Bake Sale at The Sip District**
  - Saturday October 07, 2023 at 8:00 am
- **Downtown 2023 Fall Music Festival**
  - Saturday October 14, 2023 at 10:00 am
- **October trunk or treat at Dirt Cheap**
  - Saturday October 28, 2023 at 05:00 pm

### POPLARVILLE COMMUNITY EVENTS

- **BOOBerry Fall Festival** – October 27 & 28 2023 - more information TBA
- **Merchant's Trick or Treat** - October 31st - 3:30 – 5:00

### Center Activities

- Breast Cancer Awareness Month: Wear pink on every Friday
- Fall Break- **NO SCHOOL** - October 9 & 10 th
- Awareness Day Balloon Release - October 19th
- Costume Contest - October 31st
- Trunk r Treat - October 31st



# Welcome Fall!

## E.R.S.E.A.

### ATTENDANCE AWARENESS MONTH!

It is always a great opportunity to be able to provide meaningful information. This month, we are reinforcing the relevance of consistent attendance. Consistent attendance is essential for children to benefit from their Head Start experience and for future school success. We are a flexible program that understands that life happens. We are all dealing with these really difficult times, but staff is doing the best that they can to continue to support and engage families. At all of our sites, we are always looking for strategies to promote regular attendance. If you have questions or concerns, please contact us to create a regular attendance plan or develop a strategies to overcome the hurdles that interfere with regular attendance.

~Your ERSEA Coordinators

EHS/CCP: Jhoanny Vargas, M.S.  
HS/PreK: Kaylin Richard, B.S.

## HEALTH

### October is Breast Cancer Awareness Month

Cancer is a broad term for a class of diseases characterized by abnormal cells that grow and invade healthy cells in the body. Breast cancer starts in the cells of the breast as a group of cancer cells that can then invade surrounding tissues or spread (metastasize) to other areas of the body.

Cancer begins in the cells which are the basic building blocks that make up tissue. Tissue is found in the breast and other parts of the body. Sometimes, the process of cell growth goes wrong and new cells form when the body doesn't need them, and old or damaged cells do not die as they should. When this occurs, a build-up of cells often forms a mass of tissue called a lump, growth, or tumor.

Most people who have breast cancer signs and symptoms will initially notice only one or two lumps, and the presence of these signs and symptoms do not automatically mean that you have breast cancer.

Signs to look for include:

- Nipple tenderness or a lump or thickening in or near the breast or underarm area
- A change in the skin texture or an enlargement of pores in the skin of the breast (some describe this as similar to an orange peel's texture)
- A lump in the breast (It's important to remember that all lumps should be investigated by a healthcare professional, but not all lumps are cancerous.)

Your doctor can check for breast cancer before you have any noticeable signs or symptoms.

A man's breast cells and tissue can also develop cancer. Even so, male breast cancer is very rare. Less than one percent of all breast cancer cases develop in men, and only one in a thousand men will ever be diagnosed with breast cancer.

Early detection and prevention is the key.

~Your Health Team

Health Managers:

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

Site Nurses:

Rosa/Annie's: Yvette Burton, LPN  
Nicholson/ PRCC: Chelsea Dennis, LPN  
HS/Pre-K: Quandaria Magee, LPN

## EDUCATION – EHS / CCP

- In the month of October our Unit Topics are Body Parts/Five Senses, Transportation, Healthy Foods, Healthy Habits and Halloween/Safety.
- Upcoming Events: Home Visits are to be scheduled for November 1 -10 . We are required to do two Parent Conferences and two Home Visits. These visits are scheduled after each Assessment Period.
- Please be reminded to complete your Home Activity Logs in Learning Genie. This is very important to keep on task with this in order to keep your in-kind contributions.

~ EHS Education Coordinators  
EHS: Charlotte Nixon, B.S. & CCP: Robette Watts, M.S.





## MENTAL HEALTH

In small amounts, and when kids have the right support, stress can be a positive boost. It can help kids rise to a challenge. It can help them push toward goals, focus their effort, and meet deadlines. This kind of positive stress allows kids to build the inner strengths and skills known as resilience. Stress or adversity that is too intense, serious, long-lasting, or sudden can overwhelm a child's ability to cope. Stress can be harmful when kids don't have a break from stress or when they lack the support or the coping skills they need. Over time, too much stress can affect kids' mental and physical health. To learn more about helping children cope with stress, visit the website below.

<https://kidshealth.org/parents/stress>

- Your Mental Health Team:  
HS/PreK: Ashley Benson, M.S. & Bianca Pierce, M.S.; EHS/CCP: Rewa Haralson, M.S.

## EDUCATION – HS/PRE-K

### 1. Curriculum:

- Studies: Balls/Fall/Exercise and Body Parts (Head Start/PreK3)
- Collaborative: Families and Community
- Focus Questions:
  - What do we know about balls?
  - How do you play with this ball?
  - How does the weather change in the Fall?
  - Have you ever been to a pumpkin patch?
  - Do you like to move your body? How?
  - What have you learned about different families?
  - What is in our community?
  - What do workers in our community do?
  - What can we do in our community?
  - What kinds of communities do people live in?
- Letters of the Month: Nn, Xx, Gg, Ll, Rr, Ww, Hh, Uu, Zz, Qq
- Colors of the Month: Brown, Purple, Red, Orange, Yellow
- Shapes of the Month: Pentagon, Star, Parallelogram, Circle, Square
- Math Focus:
  - Name Solid Shapes
  - Create Solid Shapes
  - Make 5 and missing parts of 5
  - Add up to 5 objects

- Your HS/PRE-K Education Manager - Ashley Veerkamp, B.S.

### September Teachers of the Month



Nicholson EHS:  
Lynn McCrory, CDA



Picayune HS:  
Heidi Roberts, CDA



PSD Pre-K:  
Jurnee Frazier A.A.



Poplarville EHS:  
Peggy Lee, B.S.



EHS Rosa:  
Liliana Caves, CDA



EHS Rosa:  
Keanna Mitchell, CDA

## OCTOBER 2023 HEAD START / PRE-K / EARLY HEAD START (CENTER-BASED) MENU

Mon	Tue	Wed	Thu	Fri
2 Breakfast: Oatmeal, Applesauce, Cup 1% Milk, Water Lunch: Chili on Bun, Spinach,	3 Breakfast: Banna Bread, Tropical Fruit, Cup 1% Milk, Water Lunch: Baked Chicken Tenders, Yam Patty, Fresh Baked Roll, Mandrarian Oranges, Cup 1% Milk, Water	4 Breakfast: Cheese Grits, Diced Pineapples, Cup 1% Milk, Water Lunch: Macaroni & Cheese, Broccoli, Diced pears, Cup 1% Milk, Water	5 Breakfast: Rice Chex Cereal, Applesauce, Cup 1% Milk, Water Lunch: BBQ Chicken on Bun, Steamed Carrots, Tropical Fruit, Cup 1% Milk, Water	6 Breakfast: French Toast, Mandarin Oranges, Cup 1% Milk, Water Lunch: Cheese Pizza, Sliced Baked Potatoes, Diced Peaches, Cup 1% Milk, Water
9 <b>FAIL Break – NO SCHOOL</b>	10 <b>FAIL Break – NO SCHOOL</b>	11 Breakfast: Grits, Mandarin Oranges, Cup 1% Milk, Water Lunch: Red Beans & Rice, Turnip Greens, Cornbread, Strawberries, Cup 1% Milk, Water	12 Breakfast: Egg Patty, Applesauce, Cup 1% Milk, Water Lunch: Cheese Pizza, Sliced Baked Potatoes, Tropical Fruit, Cup 1% Milk, Water	13 Breakfast: Cinnamon Chex, Diced Peaches, Cup 1% Milk, Water Lunch: Hamburger on Bun, Mixed Vegetables, Diced Pears, Cup 1% Milk, Water
16 Breakfast: Oatmeal, Applesauce, Cup 1% Milk, Water Lunch: Chili on Bun, Spinach, Strawberries, Cup 1% Milk, Water	17 Breakfast: Banna Bread, Tropical Fruit, Cup 1% Milk, Water Lunch: Chicken & Dumplings, Green Peas, Mandarin Oranges, Cup 1% Milk, Water	18 Breakfast: Cheese Grits, Diced Pineapples, Cup 1% Milk, Water Lunch: Hamburger on Bun, Broccoli, Diced Pears, Cup 1% Milk, Water	19 Breakfast: Rice Chex Cereal, Applesauce, Cup 1% Milk, Water Lunch: Cheesy Chicken w/ Rice, Steamed Carrots, Baked Roll, Tropical Fruit, Cup 1% Milk, Water	20 Breakfast: Pancake, Mandarin Oranges, Cup 1% Milk, Water Lunch: Cheese Pizza, Sliced Baked Potatoes, Diced Peaches, Cup 1% Milk, Water
23 Breakfast: French Toast, Applesauce, Cup 1% Milk, Water Lunch: Red Beans & Rice, Turnip Greens, Cornbread, Strawberries, Cup 1% Milk, water	24 Breakfast: Cheese Toast, Tropical Fruit, Cup 1% Milk, Water Lunch: Grilled Chicken on Bun, Yam Water	25 Breakfast: Grits, Diced Pineapple, Cup 1% Milk, Water Lunch: Macaroni & Cheese, Broccoli, Diced Pears, Cup 1% Milk, Water	26 Breakfast: Egg Patty, Applesauce, Cup 1% Milk, Water Lunch: Cheese Pizza, Sliced Baked Potatoes, Diced Peaches, Cup 1% Milk, Water	27 Breakfast: Chex Cinnamon Cereal, Mandarin Oranges, Cup 1% Milk, Water Lunch: Hamburger on Bun, Steamed Carrots, Tropical Fruit, Cup 1% Milk, Water
30 Breakfast: Oatmeal, Applesauce, Cup 1% Milk, Water Lunch: Chili on Bun, Spinach, Strawberries, Cup 1% Milk, Water	31 Breakfast: Banana Bread, Tropical Fruit, Cup 1% Milk, Water Lunch: Baked Chicken Tenders, Yam Patty, Fresh Baked Roll, Mandarin, Oranges, Cup 1% Milk, Water	1 Breakfast: Cheese Grits, Diced Pineapple, Cup 1% Milk, Water Lunch: Macaroni & Cheese, Broccoli, Diced Pears, Cup 1% Milk, Water	2 Breakfast: Rice Chex Cereal, Applesauce, Cup 1% Milk, Water Lunch: Grilled Chicken on Bun, Steamed Carrots, Tropical Fruit, Cup 1% Milk, Water	3 Breakfast: Pancake, Mandarin Oranges, Cup 1% Milk, Water Lunch: Cheese Pizza, Sliced Baked Potatoes, Diced Peaches, 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