

PSD Early Childhood Spotlight!

NEWSLETTER - NOVEMBER 2023

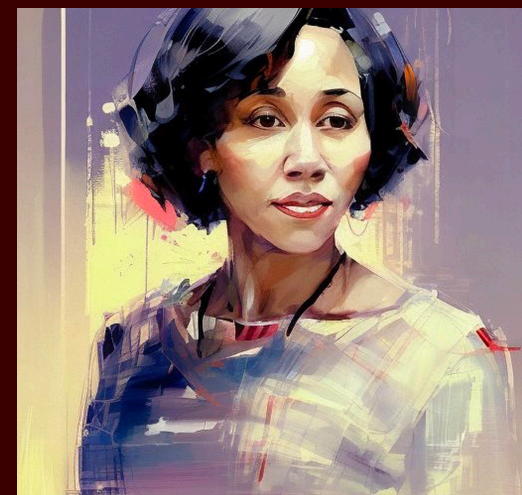


Providing Comprehensive Early Childhood Services
for families and children from birth to age 5!





Special Note From The Director



Dear Head Start Families,

Greetings from the desk of the Director! As we embrace the beautiful month of November, I wanted to take a moment to connect with all of you and share some exciting updates and important information.

First and foremost, I would like to express my heartfelt gratitude for your trust and support in our Head Start program. It is truly a privilege to work alongside such wonderful families, and we are committed to providing your children with the best care and early education possible. As we approach the holiday season, we have planned a range of engaging activities and events for our little ones. In the spirit of Thanksgiving, we will be organizing a special day where children can express their gratitude and learn about the importance of appreciation. We encourage you to join us in this celebration of thankfulness, as it will be a great opportunity for all of us to come together as a community.

Additionally, we have some exciting news to share! Our dedicated team has been working tirelessly to enhance our curriculum, ensuring that it remains dynamic, stimulating, and aligned with the latest research and best practices. We are excited to introduce some new learning opportunities that will further enrich your child educational journey. Stay tuned for more details!

In keeping with our commitment to open communication, we have planned a series of parent-teacher conferences in the coming weeks. These conferences are a valuable chance for you to discuss your child progress, strengths, and areas for growth with their teachers. We believe that a strong partnership between families and educators is essential, and these conferences provide an ideal platform for collaboration. Look out for a message from your child teacher to schedule your conference.

Lastly, I would like to remind you about our ongoing COVID-19 safety measures. The health and well-being of our Head Start community remain our top priority. We continue to follow all recommended guidelines and protocols to ensure a safe learning environment for everyone. Please remember to keep us informed of any changes in your child's health or circumstances, as it helps us maintain a secure and nurturing space for all. Thank you once again for entrusting us with your child's early education. We are committed to providing them with a warm, supportive, and stimulating environment where they can thrive.

Should you have any questions, concerns, or suggestions, please do not hesitate to reach out to us. We value your input and are here to assist you in any way we can. Wishing you all a joyous November filled with love, laughter, and cherished moments with your precious little ones!

Warm regards,
Dr. Pamela Thomas, Head Start/Early Head Start Director

DISABILITY SERVICES

Dear Parents and Guardians,

We hope this message finds you well. As we dive into November, we would like to provide you with some updates and valuable information regarding disability services at our Head Start and Early Head Start programs. Our aim is to ensure that every child receives the support they need to thrive and succeed.

1. Parent-Teacher Collaboration: We strongly believe in the power of collaboration between parents and teachers. Regular communication is key to understanding and addressing your child's unique needs. We encourage you to maintain open lines of communication with your child's teacher, sharing any concerns or observations you may have.

2. Individualized Education Plans (IEPs): For children with identified disabilities, we work closely with families to develop Individualized Education Plans (IEPs). These plans outline specific goals, accommodations, and support services tailored to meet your child's individual needs. Please ensure that you keep us informed about any updates or changes to your child's IEP.

3. Early Intervention Services: Early intervention plays a crucial role in supporting children with disabilities. If you suspect that your child may have developmental delays or require additional support, please reach out to us. We can provide guidance and information on accessing early intervention services in our community.

4. Community Resources: Our local community offers a range of resources and support services for families with children with disabilities. We encourage you to explore these resources, including local support groups, therapy services, and advocacy organizations. If you need assistance in locating these resources, please don't hesitate to ask.

5. Inclusive Environment: In our Head Start and Early Head Start programs, we foster an inclusive environment where every child is valued and accepted. We celebrate diversity and encourage positive interactions among peers. We believe that creating an inclusive atmosphere benefits all children, regardless of their abilities.

We are committed to providing the best possible support for your child's growth and development. Your involvement as a parent or guardian is invaluable in this process.

If you have any questions or would like to discuss your child's specific needs, please do not hesitate to contact us. We are here to listen, support, and collaborate with you.

Thank you for your continued trust and partnership.

Sincerely,
Ann Brock, Disability Coordinator
Early Head Start

HEALTH

Health Services Awareness for Early Head Start and Head Start

Dear Head Start and Early Head Start Parents,

Welcome to the November edition of our newsletter! As we approach the end of the year, we want to ensure that you have all the information you need regarding health services available for your children. This newsletter will provide you with important updates and resources related to health services and support.

1. Health Services Overview:

At Head Start and Early Head Start we prioritize the health and well-being of our children. Our comprehensive health services include regular check-ups, immunizations, vision and hearing screenings, dental care, and nutrition support. We work closely with healthcare professionals to ensure your child's health needs are met.

2. Importance of Regular Check-ups:

Regular check-ups are essential for monitoring your child's growth and development. These visits also allow healthcare providers to address any concerns or questions you may have. It's crucial to schedule and attend these appointments to ensure your child's overall health and well-being.

3. Immunizations:

Vaccinations play a critical role in protecting your child from preventable diseases. We encourage you to stay up-to-date with your child's immunizations to maintain their health and meet state requirements. If you need assistance in accessing immunization services, our team is here to support you.

4. Vision and Hearing Screenings:

Good vision and hearing are vital for your child's learning and development. Our program provides regular vision and hearing screenings to detect any issues that may require further evaluation or treatment. If your child requires additional support, we will work with you to connect them to the necessary resources.

5. Dental Care:

Oral health is an essential aspect of overall well-being. Our program offers dental screenings, cleanings, and preventive education to promote good oral hygiene habits. We encourage you to establish a dental home for your child and maintain regular dental visits.

6. Nutrition Support:

Proper nutrition plays a significant role in your child's growth and development. Our program provides nutritious meals and snacks to support their overall health. If your child has specific dietary needs or restrictions, please inform us so we can accommodate them accordingly.

7. Parent Education and Involvement:

We believe that parents are essential partners in their child's health journey. Throughout the month, we will be organizing workshops and events focused on health education and involvement. Stay tuned for updates on our website and social media channels to participate in these valuable opportunities.

Remember, your child's health and well-being are our top priorities. If you have any questions or concerns regarding health services or need assistance accessing resources, please reach out to our dedicated health team.

Wishing you a healthy and fulfilling November!

Your Health Team
HS/PRE-K Manager: Pamela Frazier, RN
Nicholson/ PRCC: Chelsea Dennis, LPN
EHS/CCP Manager: Neterior McCormick, BS, RMA
Site Nurses: Rosa/Annie's: Yvette Burton, LPN

MENTAL HEALTH

From: The Mental Health Team

Dear Head Start and Early Head Start Families,

We hope this newsletter finds you and your little ones in good health and high spirits. As we enter November, a month dedicated to gratitude and reflection, we wanted to take a moment to emphasize the importance of mental health and its profound impact on your child's overall development.

At Head Start and Early Head Start, we believe that addressing mental health concerns in early childhood is not only essential but can also pave the way for a brighter future for our little ones. By providing early intervention and support, we can help prevent future challenges and promote healthy mental well-being for our children.

We understand that navigating the world of mental health resources can be overwhelming, which is why we want to make sure you are aware of the numerous options available to you right here in our community. From local mental health clinics to counseling services and support groups, help is just a phone call away. We encourage you to reach out if you have any concerns about your child's mental well-being.

Creating a supportive environment at home plays a significant role in promoting positive mental health for our children. Simple actions can make a world of difference. Establishing routines, engaging in regular physical activities, encouraging creative expression, and fostering healthy relationships are just a few ways you can create a nurturing space for your little ones.

We also believe in the power of mindfulness and self-care. Taking care of yourself is just as important as taking care of your child. By practicing mindfulness exercises such as deep breathing techniques or engaging in calming activities like drawing or listening to soothing music, you can create moments of peace and tranquility for both you and your child.

Building resilience is another vital skill that equips our children to navigate life's challenges with strength and determination. Teaching problem-solving skills, fostering a growth mindset, encouraging positive self-talk, and promoting social connections are all strategies that can help develop resilience in our little ones.

As always, we are here to support you on this journey. If you have any questions or need further assistance, please do not hesitate to reach out. Together, we can ensure our children's mental health and well-being thrive.

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

EDUCATION – HS/PRE-K

We hope this message finds you well. As we enter the month of November, we wanted to share some exciting Head Start activities that you can engage in with your child at home. These activities will not only provide a fun and interactive learning experience, but also promote their overall development. Here are a few ideas:

1. **Gratitude Jar:** Encourage your child to write down something they are grateful for each day and place it in a jar. At the end of the month, read the notes together and discuss the importance of gratitude.
2. **Fall Nature Walk:** Take a stroll in your neighborhood or a nearby park and observe the changes happening in nature during this season. Collect fallen leaves, pinecones, or other natural objects to create a beautiful collage or artwork.
3. **Storytelling Time:** Set aside some time each day to read a story together. You can also encourage your child to create their own story by using pictures or acting it out. This will enhance their imagination and language skills.
4. **Cooking Fun:** Involve your child in simple cooking or baking activities. Together, you can prepare a delicious fall-themed recipe such as pumpkin muffins or apple crisp. This will not only teach them basic cooking skills but also foster their creativity.
5. **Giving Back:** Teach your child the importance of giving back to the community. You can engage in activities such as collecting canned food for a local food drive or making handmade cards for nursing home residents. This will instill empathy and kindness in your child.
6. **Harvest Sensory Bin:** Create a sensory bin filled with dried corn kernels, small pumpkins, and colorful leaves. Encourage your child to explore the different textures, sort the items by size or color, and use their imagination to create stories or play scenes.
7. **Thankful Tree:** Cut out leaf shapes from colored paper and create a tree trunk using construction paper. Each day, ask your child to write or draw something they are thankful for on a leaf and attach it to the tree. This activity will foster gratitude and reflection.
8. **Nature Scavenger Hunt:** Take your child on a nature scavenger hunt in your backyard or a local park. Create a list of items like pinecones, acorns, different types of leaves, or stones. Explore together and learn about the natural world while having fun.
9. **DIY Musical Instruments:** Engage your child in a creative project by making musical instruments using household items. For example, you can make a shaker using a plastic bottle filled with rice or beans. Explore different sounds and have a mini jam session together.
10. **Family Cookbook:** Start a family cookbook where each member contributes their favorite recipe. Help your child write down simple recipes or draw pictures of the dishes. This project promotes literacy skills and creates a precious keepsake.

Remember, the key is to make these activities enjoyable and age-appropriate for your child. We hope you find these suggestions helpful and have a wonderful time engaging in these Head Start/Early Head Start activities with your child throughout November.

Your Education Mangers,
HS/Pre-K Ed Manager, Ashley Veerkamp, B.S.
Mentor Coaches: Dinah Thanars, B.S. & LaKeshia Price, M.S.

EDUCATION – EHS / CCP

Dear Parents,

As part of our commitment to supporting your child's early childhood development, we are pleased to provide you with some valuable tips and resources for the month of November. These tips are designed to help you create a nurturing and enriching environment for your child's growth and learning. Let's dive into the tips from our Head Start and Early Head Start Education Services:

1. Promote Gratitude:

November is a wonderful time to cultivate gratitude in your child. Encourage them to express gratitude for the little things in their lives. You can create a gratitude jar, where they can write or draw things they are thankful for each day. This simple practice can foster a positive mindset and appreciation for the world around them.

2. Nurture Literacy:

Reading aloud to your child is a powerful way to promote language development and a love for books. Set aside regular reading times and explore different genres together. Discuss the stories, characters, and illustrations to enhance comprehension skills. Don't forget to visit your local library for exciting new books to share!

3. Encourage Imaginative Play:

Encourage your child's imagination by providing them with open-ended toys and materials, such as blocks, dolls, art supplies, and dress-up costumes. Engaging in imaginative play helps develop problem-solving skills, creativity, and social-emotional development. Join in their play occasionally to strengthen your bond and foster their learning.

4. Engage in Nature Exploration:

Take advantage of the beautiful fall weather by spending time outdoors with your child. Go for walks in nature, visit local parks, or have a picnic in the backyard. Encourage your child to explore and observe the natural world around them. Talk about the changing seasons, point out different trees and plants, and engage in sensory experiences.

5. Practice Self-Care:

As parents, it's essential to prioritize your own self-care to ensure you have the energy and emotional well-being to support your child. Take time for yourself, whether it's through exercise, reading, hobbies, or connecting with friends. When you take care of yourself, you model healthy habits and show your child the importance of self-care.

6. Connect with the Early Head Start Community:

Stay connected with the Head Start and Early Head Start community by attending virtual parent workshops, joining parent support groups, or participating in online forums. These opportunities allow you to connect with other parents, learn from each other, and gain valuable resources and support.

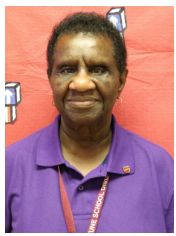
We hope these tips empower you to create a nurturing and engaging environment for your child's development. Remember, you are your child's first and most important teacher. Your love, guidance, and involvement make a significant difference in their lives.

Wishing you a joyful and enriching November!

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

★ Poplarville Head Start



Betty Young, M.S.

Picayune Head Start



Jasmine Lopez, CDA

South Side Lower



Valencia Durr, A.A.

★ Nicholson Early Head Start



Sherry Smith, CDA.

Rosa Early Head Start



Maura Burkett, A.A.

Rosa Early Head Start



Patricia Parker, CDA

Family Community Engagement

Dear Head Start and Early Head Start Parents,

We are excited to bring you the November edition of our Family Community Engagement Newsletter! As always, our aim is to keep you informed about upcoming events, important dates, and valuable resources that can support your child's development and enhance family engagement.

Here's what you can look forward to this month:

1. Parent-Teacher Conferences:

Mark your calendars for the parent-teacher conferences scheduled for November 1ST thru 10th. This is a wonderful opportunity to meet with your child's teacher, discuss their progress, and gain valuable insights into their learning journey. We encourage you to come prepared with any questions or concerns you may have.

2. Thanksgiving Celebration:

We believe in the power of community and coming together to celebrate. On November 15th thru 16, we will be hosting a Thanksgiving celebration for the children and Parents you are WELCOME. This event will be filled with fun activities, delicious food, and an opportunity to connect with other parents. Keep an eye out for more details in the coming weeks.

3. Parenting Workshop Series:

Throughout November, we will be conducting a series of parenting workshops aimed at providing you with valuable tools and strategies to support your child's development at home. Topics will include early literacy, positive discipline, and fostering social-emotional skills. Look for the workshop schedule and registration information in your email inbox.

4. Community Resources:

We understand the importance of connecting families with resources that can enrich their lives. In this month's newsletter, we will share information about local community programs, libraries, and support services that can assist you in various aspects of family life. Stay tuned for these valuable resources!

5. Home Activities:

To further enhance family engagement, we will be sharing a list of fun and educational activities that you can enjoy with your child at home. These activities will be designed to encourage learning, creativity, and quality time together as a family. Look out for our "Activity of the Week" section in the newsletter.

Remember, your involvement in your child's early education experience is crucial. We encourage you to reach out to us if you have any questions or suggestions. Our team is here to support you every step of the way.

Thank you for being an integral part of our Head Start and Early Head Start community. We look forward to a month filled with enriching experiences and meaningful connections.

Warm regards,

Angie Wilson
Family Community Engagement Coordinator

November Events 2023

- Thanksgiving Can Food Drive
 - November 1 - 15
- King and Queen Drive
 - Last Day, November 3 at NOON
- Fall Festival
 - Friday, November 17
- Toys for Tots
 - November 27 to December 25
- Thanksgiving Holidays
 - **NO SCHOOL:**
NOVEMBER 20- 24

E.R.S.E.A.

**NOW RECRUITING
CHILDREN AGES 0-5!**



PSD
Head Start /
Early Head Start
*Whatever it Takes...
Our Kids Are Worth It!*

EARLY HEAD START
APPLICATION
(0mos.-3 years)



Visit our website at www.psdccp.com for links to applications or scan QR codes (on the right) with your cell phone or smart device to access.

What do I attach to complete my application?

- ✓ Income (Snap Benefits, W2, 1040, pay stubs)
- ✓ Proof of Birth (or) Pregnancy
- ✓ Immunizations (MS Form 121)
- ✓ Proof of Residency
- ✓ Medical Insurance & Social Security Card

HEAD START
APPLICATION (3-5)



DO YOU HAVE ANY QUESTIONS?
Call PSD HS/EHS ERSEA Coordinators
Jhoanny Vargas (EHS) 601-799-4702
Kaylin Richard (HS) 601-798-2537

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

¿Necesita ayuda para pagar sus FACTURAS DE CALEFACCIÓN?

Es posible que reúna los requisitos para recibir asistencia de **LIHEAP**.

¿QUÉ ES LIHEAP?

El Programa de Asistencia de Servicios de Energía para Hogares de Bajos Ingresos (LIHEAP) ayuda a que individuos y familias mantengan la temperatura dentro de su hogar saludables y segura. Este programa ayuda a personas y a familias a pagar las facturas de la calefacción de su hogar, evita cortes de energía, restituye servicios, y hace que los hogares sean más eficientes en el consumo de energía.

LIHEAP puede ayudarle a usted y a su familia a calentar su hogar este invierno. ¡Solicite este apoyo hoy mismo!

Para ver si usted reúne los requisitos y hacer su solicitud

Visite: www.energyhelp.us

Lláme: Línea Directa Nacional de Referencias para Asistencia Energética (866) 674-6327

Correo electrónico: energyassistance@ncat.org

ADMINISTRATION FOR
CHILDREN & FAMILIES
Office of Community Services

LIHEAP
Low Income Home Energy Assistance Program

Need help paying your HEATING BILLS?

You may be eligible for **LIHEAP** assistance.

WHAT IS LIHEAP?

The Low Income Home Energy Assistance Program (LIHEAP) helps individuals and families maintain safe and healthy indoor temperatures by helping people pay home heating bills, preventing energy shut-offs, and making homes more energy efficient.

LIHEAP can help you and your family stay warm this winter. Apply for support today!

To see if you're eligible & apply

Visit: www.energyhelp.us



Call: National Energy Assistance Referral Hotline (866) 674-6327

Email: energyassistance@ncat.org

ADMINISTRATION FOR
CHILDREN & FAMILIES
Office of Community Services

LIHEAP
Low Income Home Energy Assistance Program

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

Mon	Tue	Wed	Thu	Fri
		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
6 Breakfast: Oatmeal, diced peaches, Cup 1% Milk, Water Lunch: Chili on Bun, Spinach, Strawberries, Cup 1% Milk, Water	7 Breakfast: Biscuit with Egg Patty, Tropical Fruit, Cup 1% Milk, Water Lunch: Baked Chicken Tenders, Yam Patty, Fresh Baked Roll, Mandarin Oranges, Cup 1% Milk, Water	8 Breakfast: Grits/Toast, Diced Pineapple, Cup 1% Milk, Water Lunch: Macaroni & Cheese, Diced Pears, Cup 1% Milk, Water	9 Breakfast: Rice Chex Cereal, Applesauce, Cup 1% Milk, Water Lunch: BBQ Chicken on Bun, Steamed Carrots, Tropical Fruit, Cup 1% Milk, Water	10 Breakfast: French Toast, Mandarin Oranges, Cup 1% Milk, Water Lunch: Cheese Pizza, Sliced Baked Potatoes, Applesauce, Cup 1% Milk, Water
13 Breakfast: French Toast, Applesauce, Cup 1% Milk, Water Lunch: Red Beans & Rice, Turnip Greens, Cornbread, Strawberries, Cup 1% Milk, Water	14 Breakfast: Cheese Toast, Tropical Fruit, Cup 1% Milk, Water Lunch: Grilled Chicken on Bun, Yam Patty, Mandarin Oranges, Cup 1% Milk, Water	15 Breakfast: Grits, Diced Pineapple, Cup 1% Milk, Water Lunch: Turkey and Dressing, Mashed Potatoes w/ Gravy, Green Beans w/ Ham, Yeast Roll, Diced Pear Cup, Cup 1% Milk, Water	16 Breakfast: Biscuit with Egg Patty, Applesauce, Cup 1% Milk, Water Lunch: Cheese Pizza, Sliced Baked Potatoes, Diced Peaches, Cup 1% Milk, Water	17 Breakfast: Chex Cinnamon Cereal, Mandarin Oranges, Cup 1% Milk, Water Lunch: Hamburger on Bun, Steamed Carrots, Tropical Fruit, Cup 1% Milk, Water
20	21	22	23	24
THANKSGIVING BREAK: NO SCHOOL				
				
27 Breakfast: Oatmeal, Diced Peaches, Cup 1% Milk, Water Lunch: Hamburger on Bun, Sliced Baked Potatoes, Strawberries, Cup 1% Milk, Water	28 Breakfast: Biscuit with Egg Patty, Tropical Fruit, Cup 1% Milk, Water Lunch: Chicken w/ Alfredo Sauce, Spinach, Yeast Roll, Mandarin Oranges, Cup 1% Milk, Water	29 Breakfast: Cheese Grits, Diced Pineapple, Cup 1% Milk, Water Lunch: Macaroni & Cheese, Broccoli, Diced Pears, Cup 1% Milk, Water	30 Breakfast: Rice Chex Cereal, Applesauce, Cup 1% Milk, Water Lunch: Grilled Chicken on Bun, Steamed Carrots, Tropical Fruit, Cup 1% Milk, Water	1 Breakfast: Pancake, Mandarin Oranges, Cup 1% Milk, Water Lunch: Cheese Pizza, Mixed Veggies, Applesauce, 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