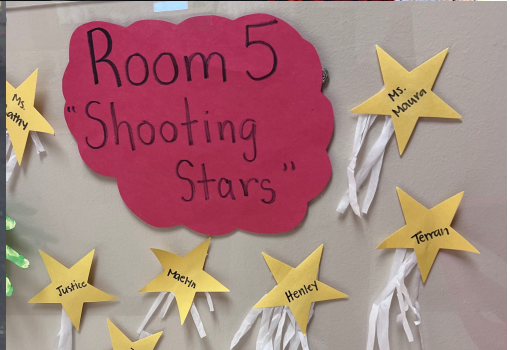
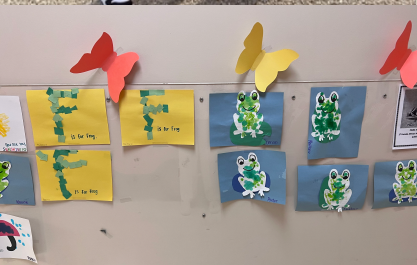




# MARCH 2024 NEWSLETTER

Picayune School District Early Childhood Programs





# SPECIAL MESSAGE FROM THE DIRECTOR

**\*\*Head Start/Early Head Start and Pre-k Director's Note to Parents - March Edition\*\***

Dear Head Start/Early Head Start and Pre-k Parents,

As Directors of Early Childhood Programs, we are thrilled to welcome you to the March edition of our newsletter. This month, we are dedicated to fostering a love for reading and literacy through our "Read Across America" celebration.

Reading is a gateway to knowledge, imagination, and endless possibilities. By encouraging a love for books at a young age, we set the foundation for a lifelong journey of learning and discovery for our children.

We invite you to join us in celebrating "Read Across America" as we engage our students in interactive storytelling, book exploration, and literacy activities. Let's come together to inspire a passion for reading that will accompany our children on their educational path.

As parents, your support and involvement in our programs play a vital role in shaping the experiences and growth of your children. We encourage you to participate in the activities we have planned, attend workshops, and engage with us to create a nurturing environment for our little learners.

Together, let us nurture a love for reading, spark curiosity, and inspire a thirst for knowledge in our children. Thank you for entrusting us with the privilege of being a part of your child's educational journey in both our Head Start/ Early Head Start and Pre-k programs.

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

## Family Service Department

The Family Service Department thrives to keep our families informed of upcoming events, important dates and resources that can support the child's development and enhance family engagement. It is my privilege to update you with the Family Service edition of the newsletter.

### Early Head Start/Head Start Annual Mardi Gras Parade

The Staff and Management Team of the Early Head Start/CCP/Pre-K & Head Start would like to express our gratitude for the support that you shown doing the Mardi Gras Parade. We appreciate everything that each family did to make this event successful. A survey has been sent out to all families, this survey will help our agency determine how well the parade is going each year and also will give the parents the opportunity to express how they feel the parade was along with any suggestion for future Mardi Gras Parades. Please take time to complete the survey, it is located in Learning Genie, if you are unable to pull the survey up please see your family advocate. I would like to take this opportunity, once again to say thank you to all the support that the families shown doing the Mardi Gras Parade.

## Upcoming Events

- Dr. Seuss Week (Feb. 26- March 2nd) Early Head Start/CCP  
(March 4-8th) Picayune Head Start / Pre-K
- St. Patrick Day (March 15, 2024) Wear Green
- Spring Fling (March 22, 2024) Early Head Start/CCP, Head Start
- Lifetouch School Pictures / Transition Pictures  
Nicholson Early Head Start (March 4, 2024)  
Early Head Start Rosa (March 18 – 19, 2024)  
Annie's Kindergarten (April 5, 2024)

## Monthly Parent Meeting (All Parent meeting are Mandatory)

- Nicholson Early Head Start (March 5, 2024 @ 4:00 p.m.)
- Early Head Start Rosa / Annie's (March 5, 2024 @ 5:00 p.m.)
- Poplarville Head Start (March 5, 2024 @ 5:00 p.m.)
- Picayune Head Start (March 6, 2024 @ 5:00 p.m.)
- PRCC Lab School (March 7, 2024 @ 5:00 p.m.)

## In-Kind

It is very important for all parents to complete their in-kinds daily. If you are having problems please stop by your Family advocate office for assistance. I would like to say congratulations to the classes that completed their classroom goals for the month of January.

(Early Head Start Rosa) Littles/Burkett (goal) 1,466.33 (amount received) \$1,853.69  
(Poplarville Head Start) Revere (goal) 1,571.06 (amount received) \$1,780.28  
Young (goal) 1,571.06 (amount received) \$1,627.70  
(Picayune Head Start) \*\*All Classrooms reached their goals  
(Total Monthly Goal): 10, 997.43 (Actual amount received): 13,152.75

Thank you to the ones that accomplished and exceeded their goals for the month of January and we are looking forward to seeing more in-kinds for the month of February, so let's get busy parents and complete you're in-kinds daily.

## Family Service Department

Family Service Department is always available to support our families in any way possible. It is important for our parents to take part in their child's early education experience. If there is anything that we can assist you with please feel free to stop by the family advocate office are the family community engagement managers office to express your concerns. We also would like to remind you that it is important that all families participate in completing their in-kinds. Thank you for all your support that you contribute toward our program and feel free to contact our office with any concerns.

Warm regards,  
Angie Wilson, Family Community Engagement Coordinator

## EDUCATION – HS/PRE-K

Dear Head Start Families, 

We are excited to bring you the latest news and updates from our Head Start program for the month of March. This month, we are thrilled to highlight the celebration of "Read Across America"!



### **\*Read Across America Celebration: \*\***

Join us in celebrating the joy of reading and literacy with our special "Read Across America" event! Throughout this month, we will be engaging our students in fun reading activities, storytelling sessions, and book-sharing opportunities. Let's come together to inspire a love for reading in our children!



### **\*\*Student Spotlight: \*\***

This month, we shine the spotlight on our students who have shown exceptional enthusiasm for reading and learning. Stay tuned to see their achievements and successes in the classroom!



### **\*\*Creative Corner: \*\***

Encourage your child's creativity with our "Creative Corner" segment, where we showcase their artwork, poems, and stories inspired by their favorite books.



### **\*\*Upcoming Events: \*\***

Mark your calendars for upcoming events, workshops, and Parent /Child Classroom Project. Stay connected with us to stay informed about all the exciting activities happening at Head Start.



### **\*\*Book of the Month: \*\***

Discover our recommended book of the month that will spark your child's imagination and love for reading. Don't miss out on this captivating read!

We look forward to a month filled with learning, laughter, and the magic of books. Thank you for being a part of our Head Start family!

Sincerely, The Education Team  
Ashley Veerkamp, Education Manager  
Dinah Thanars, Mentor Coach  
LaKeshia Price, Mentor Coach

## EDUCATION – EHS / CCP

Dear Early Head Start Families,

Welcome to the March edition of our newsletter, where we bring you the latest and exciting events happening in our Early Head Start program. This month, we are thrilled to celebrate "Read Across America" and the joy of reading!



### **\*\*Read Across America Celebration: \*\***

Join us in honoring the spirit of reading and literacy with our special "Read Across America" celebration! Throughout March, we will engage our little ones in interactive storytelling, book exploration, and literacy activities to foster a love for reading from a young age.



### **\*\*Little Readers Spotlight: \*\***

In this edition, we shine the spotlight on our little readers who are making strides in their reading journey. Watch out for stories of their reading adventures and achievements!



### **\*\*Tiny Artists Showcase: \*\***

Encourage your child's creativity with our "Tiny Artists Showcase," where we feature their artwork inspired by the books they love. Witness their imagination come to life through colorful creations.



### **\*\*Book Recommendation: \*\***

Explore our recommended book of the month, carefully selected to captivate and inspire your child's imagination. Dive into a world of storytelling and discovery together!

We are excited to embark on a month filled with learning, laughter, and the magic of books. Thank you for being an integral part of our Early Head Start family!

Early Head & CCP Education Team,  
EHS ED Manager: Charlotte Nixon, B.S.  
CCP Ed Manager: Robette Watts, M.S.  
Mentor Coach: Kaycee Schielder, B.S.

## TEACHERS OF THE MONTH



Cynthia Bester, EHS Floater  
EHS Nicholson



Kendrick Bogan, A.A.  
EHS Rosa



Kimberli Peel, CDA  
EHS Rosa



Betty Young, M.S.  
Poplarville Head Start



Joyce Stubs, A.A.  
Picaune Head Start



Kim Sones, B.S.  
South Side Lower

## ERSEA

Dear Parent/Guardian:

We are very glad to announce that during the first week in March we will be conducting our Re-enrollment process for all Picaune Head Start /Poplarville / Early Head Start/Annie's Daycare / PRCC enrolled children for the 2024-2025 program term.

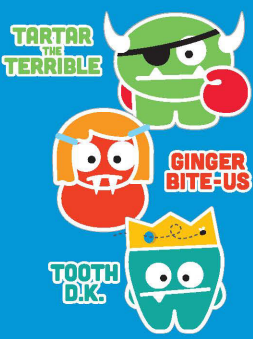
Attendance of a Re-Enrollment session is required in order to complete the re-enrollment process. Please bring any updated immunization, medical and dental records and any other requested documentation at that time.

\*Note: The process will last approximately 30 minutes – 45 minutes and times will be scheduled in 45 minute intervals. Please contact ERSEA staff to respond with a timeframe that you are able to come during the mentioned dates. This is a time for paperwork to be completed, so please do not bring any extra family members or children

If you have any questions or concerns, please do not hesitate to contact ERSEA Coordinators.

Thank you.

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



# DID YOU KNOW...

## TOOTH DECAY IS ONE OF THE TOP CHRONIC INFECTIOUS DISEASES AMONG CHILDREN IN THE U.S.?

Many parents are surprised to learn that tooth decay can begin as early as age 1. Children with tooth decay are far more likely to develop immediate and long term oral health issues, including pain, infections, difficulty speaking, problems eating food, tooth discoloration and even tooth loss.

But with the help of the American Academy of Pediatric Dentistry, you can join the Monster-Free Mouths Movement and keep your child's mouth free of creatures like Tartar the Terrible, Ginger Bite-us and Tooth D.K. Below are important tips to help kids have monster-free mouths—at all ages!

- BIRTH-2 YEARS OLD:**
  - Before teeth erupt, **CLEAN YOUR BABY'S MOUTH AND GUMS** with a soft cloth or infant toothbrush at bath time. This helps prepare your baby for the teeth cleaning to come.
  - If your baby is given a bottle when going to sleep, use **NOTHING BUT WATER**. Bottles containing any sugary liquids or carbohydrates such as milk, formula or fruit juice, put teeth under attack from bacterial acid all night long.
  - NEVER DIP A PACIFIER** in anything SWEET; that pesky Tooth D.K. can show up.
  - Give your baby a firm rubber **TEETHING RING** to chew on to help with the discomfort and potential pain of **TEETHING**. Avoid liquid-filled teething rings, or any plastic objects that might break.
  - Talk to your child's pediatric dentist about the **RIGHT AMOUNT OF FLUORIDE** for your child. Ask if your child should be brushing with toothpaste that contains fluoride and/or if your child needs a fluoride supplement.
  - Take your child to see a pediatric dentist by his or her first birthday to establish a **DENTAL HOME**. Your dentist can help you establish a daily regimen, provide recommendations and determine your next visit.
- 2-5 YEARS OLD:**
  - Remember to brush your child's teeth at least **TWICE A DAY**, once in the morning and once at night. The most important time to brush your child's teeth is **RIGHT BEFORE BEDTIME**.
  - Schedule dental visits **EVERY SIX MONTHS** to keep away Mouth Monsters, especially the dreaded Tooth D.K. The routine teeth cleanings at regular check-ups help remove pests like Tartar the Terrible and Ginger Bite-us.
  - Sucking on a thumb, finger and pacifier can affect your child's teeth the same way; sucking for prolonged periods of time may cause the upper front teeth to tip outward or not come in properly. Most children stop this habit on their own; if not, try to **DISCOURAGE IT BY AGE 3** or ask your dentist for other creative ideas.
  - Keep an **EYE ON SNACKING**—ideally children should have no more than three snacks a day.
  - Parents can begin **FLOSSING** for their children when any two teeth are touching.
  - AVOID JUICES** which literally bathe teeth in sugar. Try to limit the amount of juice you give to your child to less than 6 oz. per day.
  - Talk to your child's pediatric dentist about the **RIGHT AMOUNT OF FLUORIDE** for your child. Ask if your child should be brushing with toothpaste that contains fluoride and/or if your child needs a fluoride supplement.
- SCHOOL-AGE CHILDREN:**
  - Parents should supervise the brushing of teeth for school-aged children until they are **SEVEN OR EIGHT YEARS OLD**.
  - When **TEETH** are touching, it is time to **BEGIN FLOSSING**. Ask the pediatric dentist for tips on flossing your child's teeth.
  - In addition to brushing and flossing your child can **CHEW GUM WITH XYLITOL**, a non-sugar naturally occurring substance, to stimulate saliva flow which helps to clean the mouth (just make sure to ask the teacher!)
  - Remember to **PROTECT YOUR CHILD'S TEETH** with a **MOUTHGUARD** when they participate in physical activities, including sports and leisure activities. Consult your child's pediatric dentist to determine which type of mouthguard is most appropriate for your child.
  - AVOID CARBONATED BEVERAGES** which can erode enamel on teeth; sport drinks and juice pouches are also bad for teeth as they keep acid levels high—which the Mouth Monsters like!

Join the Monster-Free Mouths Movement today! Visit [MOUTHMONSTERFREE.COM](http://MOUTHMONSTERFREE.COM) for tips and resources, including a pediatric dentist finder and a fun Mouth Monsters toolkit to help encourage healthy dental habits for your child.



**What is Atypical Behavior?** Atypical behavior refers to behaviors that are different from what is expected in a child for their age group. These behaviors can show up in different ways and can be physical, emotional, or social. While every child is unique and develops at their own pace, atypical behavior may indicate potential developmental delays or challenges that require additional attention.

Common examples of atypical behavior in children include...

- Delayed speech or language development:** While it's normal for children to develop speech and language skills at different rates, persistent delays in speech or language development beyond the typical milestones for their age group may need intervention services from a speech-language pathologist.
- Persistent aggression or impulsivity:** Preschoolers may occasionally exhibit aggressive or impulsive behaviors as they learn to navigate social situations. However, persistent and extreme aggression, impulsivity, or lack of self-control that disrupts their ability to interact with peers may need intervention from a mental health specialist.
- Sensory sensitivities:** Some kids have heightened sensitivity and may avoid things like loud noises, bright lights, or textures.
- Extreme difficulty with transitions:** Preschool-aged children thrive on structure and routine. Many children do not like transitions or changes in their daily routine. However, if this is causing major problems it may be atypical behavior.

### HOW TO HELP

- Provide a supportive environment:** Create a supportive and nurturing environment for your child. Encourage open communication, active listening, and express unconditional love and acceptance. Offer consistent routines and clear expectations to provide structure and stability for your child.
- Promote social skills:** Have your child play with other children to help them develop their social skills. Show them how to share, take turns, and resolve conflicts in a positive way.
- Encourage language development:** Talk to your infant, read books with your toddler, and play games with your preschooler. If you have concerns about speech or language delays, consider consulting with a speech-language pathologist for evaluation and intervention.
- Manage sensory sensitivities:** If your child exhibits sensory sensitivities, work with them to develop strategies for managing sensory overload. This may include providing sensory breaks, using sensory-friendly toys or materials, or creating a calm and predictable environment at home. Consulting with an occupational therapist who specializes in sensory integration may also provide helpful strategies and interventions.
- Teach emotional regulation:** Help your child develop emotional regulation skills by teaching them to identify and express their emotions in healthy ways. Encourage them to use words to express their feelings, and provide tools such as deep breathing or walking away to help them calm down when they are upset.
- Develop a positive mindset:** Encourage a positive mindset by using the power of "yet" (see the definitions page for details). Celebrate your child's strengths and achievements. Focus on their progress and efforts rather than their challenges. Provide authentic and specific praise for their achievements, no matter how small they may seem. Remember that every child develops at their own pace, and progress takes time.
- Practice self-care:** Taking care of yourself as a parent is essential in supporting your child's well-being. Make sure to prioritize self-care and seek support from friends and family. Taking care of your own mental, emotional, and physical health can help you better support your child's needs.
- Document the behavior:** Documenting your child's behavior can help professionals understand exactly what you are concerned about. The easiest way to do this is to take a short video of the child. You could also use tally marks to know how often the behavior happens, or journaling to help you remember what happened on what date and at what time.
- Don't be afraid to ASK for Help:** If you have concerns about your child's behavior, talk to your child's pediatrician. They can assess your child's development and provide recommendations for appropriate interventions or therapies if needed.
- Consistency is key:** If your child is receiving interventions from professionals, work with the providers and incorporate their interventions at home. Reinforcing what is learned during therapy is beneficial to the child's progress.

<https://whydokids.com/understanding-atypical-behavior-in-kids/>

## Disabilities Services

### March is "Developmental Disabilities Awareness Month"

Here at EHS and HS we include our collaborative Partners in not only activities with our staff and children but we work together so that we are able to better support the unique needs of our children and their families. March is an opportunity to celebrate people and work together to remove obstacles and build a community that's committed to creating a world where everyone can do well and succeed.

In the month of March, we continue to maintain an inclusive and accessible environment. Our team continues to actively engage with parents and caregivers to ensure they are informed and involved in their child's development. We celebrate the achievements and progress of children with disabilities in our program. Through individualized goal-setting and continuous assessment, we have witnessed remarkable growth in their abilities and overall development.

We are proud of our children's accomplishment's and the hard work of our dedicated staff. Thank you EHS and HS parents as well as our community for making a world where all kinds of people have a chance to thrive. "We at EHS and HS are committed to providing the highest quality of care and support to ALL children in our program, regardless of their abilities." Please do not hesitate to reach out to us if you have questions, suggestions, or to simply share your success story. We value your feedback and input!



### Disabilities Services Team:

- Ann Brock, Disability Coordinator for Early HeadStart, [abrock@pcu.k12.ms.us](mailto:abrock@pcu.k12.ms.us), 601-749-3306
- Sonya Lather, Disability Coordinator for HeadStart, [slather@pcu.k12.ms.us](mailto:slather@pcu.k12.ms.us), 601-799-1716

# MARCH 2024(HEAD START / EARLY HEAD START CENTER-BASED MENU)

Mon	Tue	Wed	Thu	Fri
4. Breakfast: Oatmeal, Diced Peaches, Milk, Water  Lunch: Chili on Bun, Spinach, Applesauce, Milk, Water	5. Breakfast: Biscuit with Egg Patty, Mandarin Oranges, Milk, Water  Lunch: Baked Chicken Tenders, Mixed Veggies, Fresh Baked Roll, Strawberries, Milk, Water	6. Breakfast: Cheese Grits, Diced Pineapples, Milk, Water  Lunch: Macaroni & Cheese, Broccoli, Diced Pears, Milk, Water	7. Breakfast: Rice Chex Cereal, Applesauce, Milk, Water  Lunch: Chicken Alfredo, Steamed Carrots, Fresh Baked Roll, Diced Peaches, Milk, Water	8. Breakfast: French Toast, Mandarin Oranges, Milk, Water  Lunch: Cheese Pizza, Sliced Baked Potatoes, Applesauce Milk, Water
11. Breakfast: French toast, Applesauce, Milk, Water  Lunch: Baked Chicken Tenders, Yam Patty, Fresh Bkd Roll, Strawberries, Milk, Water	12. Breakfast: Cheese Grits, Mandarin Oranges, Milk, Water  Lunch: Red Beans w/ Rice, Turnip Greens, Corn Bread, Diced Pears, Milk, Water	13. Breakfast: Oatmeal, Diced Peaches, Milk, Water  Lunch: BBQ Chicken on Bun, Sliced Baked Potatoes, Diced Pineapple, Milk, Water	14. Breakfast: Biscuit with Egg Patty, Applesauce, Milk, Water  Lunch: Marcaroni & Cheese, Broccoli, Diced Peaches, Milk, Water	15. Breakfast: Chex Cinnamon Cereal, Mandarin Oranges, Milk, Water  Lunch: Hamburger on Bun, Steamed Carrots, Diced Pears, Milk, Water
18. Breakfast: French toast, Applesauce, Milk, Water  Lunch: Macaroni & Cheese, Broccoli, Strawberries, Milk, Water	19. Breakfast: Oatmeal, Diced Peaches, Milk, Water  Lunch: Spaghetti/Meat Sauce, Mixed Veggies, Freshed Baked Roll, Mandarin Oranges, Milk, Water	20. Breakfast: Cheesee Grits, Diced Pineapples, Milk, Water  Lunch: Hamburger on Bun, Steamed Carrots, Strawberries, Milk, Water	21. Breakfast: Biscuit with Egg Patty, Applesauce, Milk, Water  Lunch: Grilled Chicken on Bun, Yam Patty, Diced Pears, Milk, Water	22. Breakfast: Chex Cinnamon Cereal, Mandarin Oranges, Milk, Water  Lunch: Cheese Pizza, Baked Sliced Potatoes, Diced Peaches, Milk, Water
25.	26.	27.	28.	29.
<h1>Spring Break</h1>				
1. Spring Break	2. Breakfast: Biscuit with Egg Patty, Mandarin Oranges, Milk, Water  Lunch: Baked Chicken Tenders, Mixed Veggies, Freshed Baked Roll, Strawberries, Milk, Water	3. Breakfast: Cheese Grits, Diced Pineapple, Milk, Water  Lunch: Macaroni & Cheese, Broccoli, Diced Pears, Milk, Water	4. Breakfast: Riced Chex Cereal, Applesauce, Milk, Water  Lunch: Chicken Alfredo, Steamed Carrots, Fresh Baked Roll, Diced Peaches, Milk, Water	5. Breakfast: French Toast, Mandarin Oranges, Milk, Water  Lunch: Cheese Pizza, Sliced Baked Potatoes, Applesauce, 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 Lab School • PSD Pre-K Program
- PSD Head Start – Picayune • PSD Head Start – Poplarville

