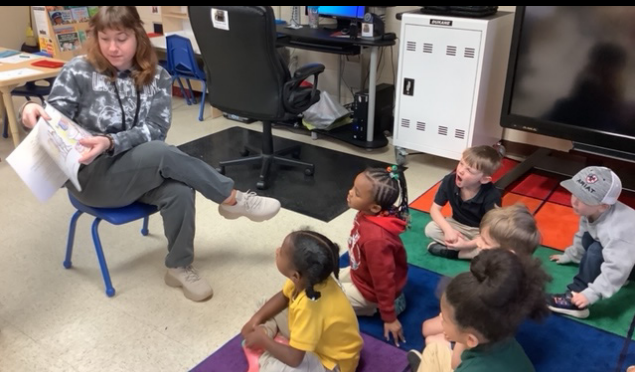
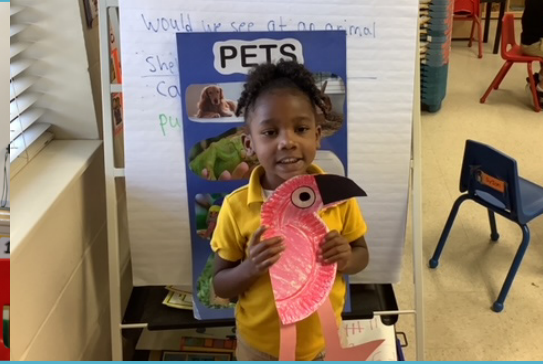
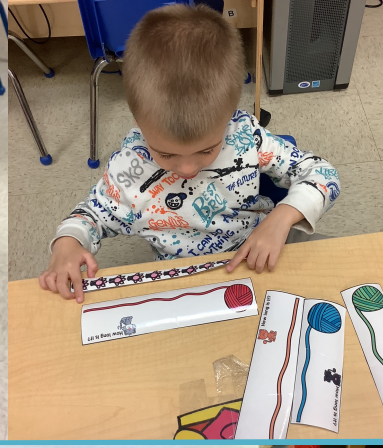
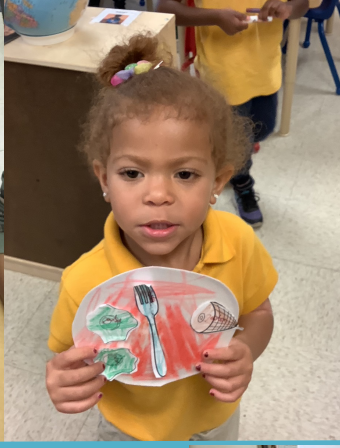




APRIL 2024 NEWSLETTER

Picayune School District Early Childhood Programs





SPECIAL MESSAGE FROM THE DIRECTOR

I wanted to take a moment to reach out and express my heartfelt gratitude for your continued support and dedication to our Head Start program. We are committed to providing high-quality early childhood education throughout this county.

As we navigate through the month of April, I encourage you to stay connected and engaged with our program. Participate in the various opportunities available, such as parent workshops, virtual conferences, and training programs. These initiatives are designed to empower you as parents and caregivers and ensure the best possible outcomes for your children.

I also want to emphasize the importance of open communication. Please don't hesitate to reach out to our team if you have any questions, concerns, or suggestions. We value your input and are here to support you in any way we can.

Lastly, I want to acknowledge the significant role you play in your child's education and growth. Your love, guidance, and involvement make a world of difference. Together, we can create a nurturing and stimulating environment that sets the foundation for a lifetime of learning.

Thank you once again for being an integral part of our Head Start community. Your partnership is invaluable, and we are grateful for your continued trust and support.

Warmest regards,
Dr. Pamela Thomas

PARENT OF THE YEAR



CONGRADUATIONS TO
CATHY LITTLES !

EDUCATION – HS/PRE-K

Dear Head Start and Pre-K Families,

Our planet is an amazing place but it needs our help to thrive! That's why each year on April 22nd, Earth Day is celebrated to protect the planet from things like pollution and deforestation. By taking part in activities like picking up litter and planting trees, we're making our world a happier, healthier place to live.

You can celebrate and protect the planet at the same time. Check out these Earth Day ideas that you can do with your children to help save the planet any time of year:

- **Become a Waste Warrior:**
Before you throw something away, think about whether it can be recycled or repurposed. You can also limit waste by reducing the amount of things you buy.
- **Plant a Tree:**
Trees absorb carbon dioxide and release oxygen for people to breathe. They also provide shelter and food for animals. Trees also provide shade and reduce the need for air conditioning in the hotter months.
- **Turn off the lights:**
Electricity can come from fossil fuels, such as coal, oil, or natural gas that contribute to climate change. Electricity can also be made from renewable sources like wind, water, and the sun. No matter where it's coming from, try conserving electrical energy by using only what you need.
- **Limit your water usage:**
Turning off the faucet when you brush your teeth can conserve up to eight gallons of water a day. To help save even more water, challenge yourself to take a shorter shower.
- **Offer your time:**
Volunteer to pick up trash at a nearby park or start a collection drive for recyclable items. By getting involved, you are working with others and helping the Earth.
- **Spread the Message:**
Talk to your friends and family members about what you're doing and ask them to help!

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

TEACHERS OF THE MONTH

HEAD START / PRE-K



Jurnee Frazier A.A. South
Side Lower



Roshundrala Spencer, B.S.
Picayune Head Start



Jasmine Graham, A.A.
Poplarville Head Start

EARLY HEAD START



Leana Clemmons, A.A.
EHS Rosa Site



Michelle Henry
EHS Nicholson

EDUCATION – EHS / CCP

Spring is in full bloom, and we are excited to bring you the April edition of our Early Head Start Newsletter! This month, we have gathered valuable updates, resources, and events to support the growth and development of our little ones. Let's dive right in!

1. Monthly Theme: "Exploring Nature"

April offers a wonderful opportunity to explore the wonders of nature with our infants, toddlers, and their families. Throughout the month, our educators will engage children in nature walks, sensory play, and outdoor exploration. Let's foster a love for the natural world and instill a sense of wonder in our little learners.

2. Parent Engagement:

We believe in the power of strong partnerships between families and educators. This month, we invite all parents to join our virtual parent workshop on "Promoting Language Development at Home." Our expert guest speaker will share practical strategies to enhance language skills and create language-rich environments. Look out for the workshop details in your email!

3. Classroom Highlights:

Our dedicated Early Head Start teachers have been creating nurturing and stimulating environments for our youngest learners. In this section, we feature Ms. Hernandez's classroom, where infants and toddlers have been exploring different textures, engaging in sensory activities, and developing their fine motor skills. Check out the adorable photos on our website!

4. Resource Corner:

Our resource corner is filled with helpful tools and materials. This month, we recommend the "Nature-themed Sensory Play Guide" for educators and parents. This guide provides age-appropriate ideas and activities to engage infants and toddlers in sensory exploration using natural materials. Download it from our website and watch the little ones' curiosity come alive!

5. Upcoming Events:

- April 10th: National Siblings Day - Celebrate the special bond between siblings and encourage activities that promote sibling relationships.

- April 22nd: Earth Day - Engage children in activities that promote environmental awareness and sustainability.

We hope this newsletter provides you with valuable insights and resources to support our Early Head Start children's learning and development. Your dedication to nurturing their growth is invaluable. Thank you for being an essential part of our Early Head Start community!

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.

Family Service Department

Family Service Department goal is 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 honor to update you with the Family Service edition of the newsletter.

Spotlight

For the month of April we would like to spotlight one of our dedicated parents from Pre-K. Mrs. Anitra Aborom. She attends every parent meeting and completes her in-kind weekly. She works diligently with her child and Teacher to ensure that the child excels in learning. She is the room mother for the class and put her heart and love into whatever she do for the class. Mrs. Aborom is the epitome of 2 Corinthians 9:7, "Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver" and Mrs. Aborom is a cheerful giver. She has graced the classroom with gift bags and treats. Doing our Fall Festival she donated boxes of hot dog buns, chili and nachos and drink and assisted the staff with serving the children and families. She is a faithful volunteer and contributes not only toward donating to the classroom but take out time to volunteer in any aspect of the program. Mrs. Aborom is a very deserving model parent for the program's success.

Lifetouch Pictures: Spring & Transition Pictures

Annie's: April 5, 2024

Poplarville Head Start: April 16, 2024

Picayune Head Start: April 17, 18, &19 2024

Field Trips

Picayune Head Start: April 9 &10, 2024 (Lynn Meadows)

Pre-K: April 11, 2024 (Lynn Meadows)

Early Head Start: April 18, 2024 (Hattiesburg Zoo)

Nicholson Early Head Start: April 19, 2024 (Lynn Meadows)

PRCC: April 3, 2024 (MS Aquarium)

Poplarville Head Start: April 23, 2024 (Hattiesburg Zoo)

Monthly Meeting

Nicholson Early Head Start (April 2, 2024) 4 p.m.

Early Head Start Rosa (April 2, 2024) 5 p.m.

Poplarville Head Start (April 2, 2024) 5 p.m.

Picayune Head Start (April 3, 2024) 5 p.m.

PRCC Lab School (April 4, 2024) 5 p.m.

In-Kind

Completing your in-kind daily is very important. The month of February was a great month for Early Head Start/ Head Start. I am pleased to announce that several classrooms reached their goals for the month of February and we had three sites to reach their goal.

**Early Head Start Rosa: (Goal) 13, 717.29 - (Actual) 23,212.92
Top Class: Room 5 Littles/Burkett Total: 3,264.59**

Nicholson: Top Class Room 4 Jenkins / Buffinet Total: 1, 919.67

Pre-K: (Goal) 5,878.89 (Actual) 8,354.72

**Congratulations Pre-K All classrooms reached their Goals for February
Top Class: Carter/Frazier Total: 2,275.87**

**Picayune Head Start: (Goal) 10,288.06 (Actual) 15,457.71
Top Class: Spencer/Thompson Total: 3,611.09**

Thank you to the ones that accomplish their goals for the month of February, we are looking for many more accomplishments in the month of March.

Family Service Department

Family Service will like to extend our support in any way possible. This year has been a great year for the Early Head Start / Head Start Program. It is important that our parents take part in their child's early education experience. Family Service is always available to assist you in any way possible just feel free to stop by the Family Advocate Office or the Family Community Engagement Managers office to express any concerns. We are at the end of the stretch for this year so let's continue to complete our in-kind daily. Thank you for all your support and if you have any concern please feel free to contact our department at anytime.

**Warm regards,
Angie Wilson, Family Community Engagement Coordinator**



Mental Health Awareness for the month of April. There are several different topics or causes that are highlighted in the month of April. Some which include:

National Autism Awareness Month with World Autism Awareness Day On (Apr. 2) Concerned that your child or someone you know may be autistic?



1. Speak with their Primary Care Physician, tell them your concerns.
2. Don't be afraid to make yourself aware. Read and gain insight on Child Development, things to expect or information about what Autism is and isn't.
3. There are sometimes long waiting list for comprehensive evaluation. Here is a resource for info and access to virtual evaluations (<https://asyouare.com/>)



National Child Abuse Prevention Month with National Youth Violence Prevention Week (Apr. 22-26) So let's love and nurture our children while setting up important boundaries to promote healthy development. Don't be afraid to speak up for those who are most vulnerable. "One person of integrity can make a difference." Elie Wiesel

National Counseling Awareness Month. National Counseling Awareness Month celebrates the important role of counselors in promoting mental health and wellness. If you need help or access to resources please reach out to your Primary Care Physician or your Mental Health Coordinator @ your child's EHS/HS site.



Stress Awareness Month. Stress is something we all deal with but not all stress is bad. According to the National Institute of Mental Health, "stress can motivate people to prepare or perform and might even be life-saving in some situations." However, stress can be deadly, literally!! "People under stress – especially those prone to chronic stress – are more susceptible to a variety of ailments, from headaches and insomnia to high blood pressure and heart disease."



Here are some tips to help us to deal with/ manage that stress or rain in our lives. **Stress management tips:**

- | | |
|--|---|
| 1: Remember: Stress is Not all bad | 5: Don't Put all your Eggs in one basket. |
| 2: Talk About it | 6: Set aside time for Yourself. |
| 3: Prioritize Responsibilities | 7: Keep things in perspective. |
| 4: Focus on the Basic (Eat well, Exercise and Get Sleep) | |

Disabilities Services

Welcome to our April newsletter! This month, we would like to focus on raising awareness and understanding about autism in young children. April is recognized as Autism Awareness Month, and it provides an opportunity to learn more about this developmental disorder that affects many children worldwide.

1. What is Autism?

Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder that affects communication, social interaction, and behavior. It is characterized by a range of symptoms and challenges, which can vary from mild to severe. In this newsletter, we will explore some common signs of autism in young children.

2. Early Signs and Red Flags:

It is important to recognize early signs of autism to ensure early intervention and support. Here are some red flags that may indicate a need for further evaluation:

- Delayed or limited speech and language skills
- Difficulty with social interactions and making eye contact
- Repetitive behaviors or restricted interests
- Sensory sensitivities or aversions

3. Strategies for Supporting Children with Autism:

Understanding and supporting children with autism is crucial for their development and well-being. Here are some strategies that can be implemented both at home and in the classroom:

- Establish consistent routines and visual schedules
- Use visual supports to enhance communication and comprehension
- Provide a calm and structured environment
- Encourage and support social interactions and friendships
- Seek professional guidance and support from therapists or specialists

4. Resources and Support:

We understand that navigating the world of autism can be overwhelming. Here are some resources and support services available to assist you:

- Local autism organizations or support groups
- Online resources and websites with information on autism
- Books and educational materials on autism for both parents and children

5. Autism Awareness Activities:

Throughout the month of April, we will be organizing various activities to raise awareness and understanding of autism. Keep an eye out for events such as:

- Guest speakers and presentations on autism
- Sensory-friendly activities and inclusive playdates
- Fundraisers to support autism-related initiatives

6. Upcoming Events:

Mark your calendars for the following events related to autism:

- Autism Awareness Walk: April 10th, 10:00 AM
 - Parent Workshop: Strategies for Supporting Children with Autism, April 15th.
- We hope this newsletter helps you gain a better understanding of autism in young children and provides you with valuable resources and support. If you have any questions or need further assistance, please don't hesitate to reach out to us.

Thank you for your continued support!

Disabilities Services Team:

Ann Brock, Disability Coordinator for Early Head Start

abrock@pcu.k12.ms.us, 601-749-3306

Sonya Lather, Disability Coordinator for Head Start

slather@pcu.k12.ms.us, 601-798-2537

APRIL 2024 (EARLY HEAD START CENTER-BASED MENU)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spring Break	2. Breakfast: Biscuit with Egg Patty, Mandarin Oranges, Milk, Water Lunch: Baked Chicken Tenders, Mixed Veggies, Fresh 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
8. Breakfast: French Toast, Applesauce, Milk, Water Lunch: Baked Chicken Tenders, Yam Patty, Fresh Baked Roll, Strawberries, Milk, Water	9. Breakfast: Cheese Grits, Mandarin Oranges, Milk, Water Lunch: Red Beans w/ Rice, Turnip Greens, Cornbread, Diced Pears, Milk, Water	10. Breakfast: Oatmeal, Diced Peaches, Milk, Water Lunch: BBQ Chicken on a Bun, Sliced Baked Potatoes, Diced Pineapple, Milk, Water	11. Breakfast: Biscuit with Egg Patty, Applesauce, Milk, Water Lunch: Macaroni & Cheese, Broccoli, Diced Peaches, Milk, Water	12. Breakfast: Chex Cinnamon Cereal, Mandarin Oranges, Milk, Water Lunch: Hamburger on Bun, Steamed Carrots, Diced Pears, Milk, Water
15. Breakfast: French Toast, Applesauce, Milk, Water Lunch: Macaroni & Cheese, Broccoli, Strawberries, Milk, Water	16. Breakfast: French Toast, Applesauce, Milk, Water Lunch: Macaroni & Cheese, Broccoli, Strawberries, Milk, Water	17. Breakfast: Cheese Grits, Diced Pineapple, Milk, Water Lunch: Hamburger on bun, Steamed Carrots, Strawberries, Milk, Water	18. Breakfast: Biscuit with Egg Patty, Applesauce, Milk, Water Lunch: Grilled Chicken of Bun, Yam Patty, Diced Pears, Milk, Water	19. Breakfast: Chex Cinnamon Cereal, Mandarin Oranges, Milk, Water Lunch: Cheese Pizza, Baked Sliced Potatoes, Diced Peaches, Milk, Water
22. Breakfast: Oatmeal, Diced Peaches, Milk, Water Lunch: Chili on Bun, Spinach, Applesauce, Milk, Water	23. Breakfast: Biscuit with Egg Patty, Mandarin Oranges, Milk, Water Lunch: Baked Chicken Tenders, Mixed Veggies, Fresh Baked Roll, Strawberries, Milk, Water	24. Breakfast: Cheese Grits, Diced Pineapple, Milk, Water Lunch: Macaroni & Cheese, Broccoli, Diced Pears, Milk, Water	25. Breakfast: Rice Chex Cereal, Applesauce, Milk, Water Lunch: Chicken Alfredo, Steamed Carrots, Fresh Baked Roll, Diced Peaches, Milk, Water	26. Breakfast: French Toast, Mandarin Oranges, Milk, Water Lunch: Cheese Pizza, Sliced Baked Potatoes, Applesauce, Milk, Water
29. Breakfast: French Toast, Applesauce, Milk, Water Lunch: Macaroni & Cheese, Broccoli, Strawberries, Milk, Water	30. Breakfast: Oatmeal, Diced Peaches, Milk, Water Lunch: Spaghetti/Meat Sauce, Mixed Veggies, Fresh Baked Roll, Mandarin Oranges, Milk, Water	1. Breakfast: Cheese Grits, Diced Pineapples, Milk, Water Lunch: Hamburger on Bun, Steamed Carrots, Tropical Fruit, Milk, Water	2. Breakfast: Biscuit with Egg Patty, Applesauce, Milk, Water Lunch: Grilled Chicken on Bun, Yam Patty, Diced Pears, Milk, Water	3. Breakfast: Chex Cinnamon Cereal, Mandarin Oranges, Milk, Water Lunch: Cheese Pizza, Broccoli, Diced Peaches, 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