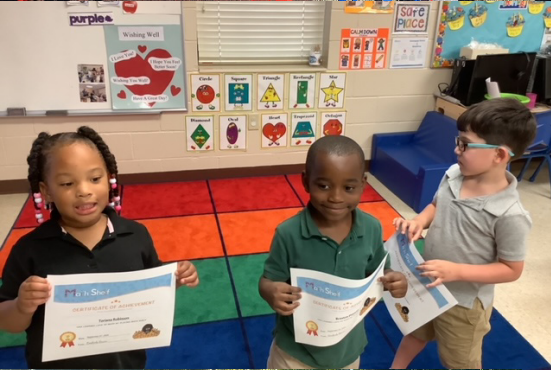




NOVEMBER 2024 NEWSLETTER

Picayune School District Early Childhood Programs





EDUCATION – HS/PRE-K

Dear Head Start Families,

As the holiday season is approaching, it is the perfect time to continue building bonds and making connections as a family. The relationship that you have with your child is shaped by the quality time and fun activities that you do together. Simple outings like going to the park or the zoo, playing a game in the back yard, creating a piece of art together, or going out to eat show your child that you are excited to spend time with them. When it comes to time, seek quality over quantity. Special moments that you spend together will create memories that will last a lifetime. While a child's relationship with their family members is the most meaningful connection that they can develop, it's also important for them to practice building relationships with others as well. Building strong connections with grandparents, friends, and teachers can help them feel connected to the wider community. Help your child make new friends by modeling kindness and compassion, taking a trip to visit extended family. By giving your preschooler the chance to interact and play with others, you can feel confident that your child will grow into a self-assured and capable young person. Here are some things that you can do locally with your children this month to create those special moments

Piney Woods Heritage Festival at the Crosby Arboretum – Saturday, November 9, 2024
A family event that features craft and skill demonstrations reflecting the regional culture of the Piney Woods in Mississippi. Along the trails, visitors will discover exhibits such as spinning, basket-making, blacksmithing, woodcarving, beekeeping, Native American culture, and much more.

Help your child "Disguise a Turkey" and send it to school by November 18th.

We would also like to acknowledge one of our teachers for all of her hard work. Congratulations to Ms. Betty Young from Poplarville Head Start, our Teacher of the Month! Thank you for all that you do!
Sincerely

Ashley Veerkamp, Education Manager
Dinah Thanars, Teacher Mentor Coach
LaKeshia Price, Teacher Mentor Coach



Family Service Department Newsletter November 2024 Newsletter

Family Service department thrive 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.

Spotlight

The Rosa site's Family Services Department would like to SHOUT-OUT Ms. Kelisha McMorris (Parent of Classrooms 1&2) for all of her hard work in setting up for Grandparents Day. We appreciate you Ms. Kelisha!

NEHS would like to s/o Julia Reiters for volunteering to help decorate our fence to bring awareness to Breast Cancer Awareness month. Thank you Julia for your volunteer time.

In-Kind

In-kinds are very important, we must complete them daily. November is the last month of the year and we have a goal to accomplish. All parents have been notified and explained the importance of completing the in-kinds. If you are having problems please contact your Family Advocate for support.

Totals for the year December 2023 October 2024

Program	Year Goal	Actual Amount	Percentage
Early Head Start	259,682.87	227,137.63	87.47%
Head Start	259,682.00	247,871.19	95.45%
Child Care Partnership	207,658.00	105,842.92	50.97%

Upcoming Events

Early Head Start: All locations Can Food Drive (Nov. 1st – Nov. 20th)
(EHS Rosa / Annie's)
... Field Trip (November 6th) "Hattiesburg Zoo"
... King & Queen Ceremony (November 8th) (NEHS)
... King & Queen Ceremony (November 7th)
... Field Trip (November 22nd) "Ocean Adventures" (PRCC)
... Field Trip (November 12th) "J5 Family Farms"
... King & Queen Ceremony (November 20th) (Poplarville HS)
... Field Trip (November 8th) "J5 Family Farms"
... King & Queen Ceremony (November 21st) (Picayune HS)
...Field Trip (November 1st) "J5 Family Farms"
... King & Queen Ceremony (November 15th)

Monthly Meeting Schedule

Tuesday: November 5th
NEHS: 4p.m.
EHS/Annie's: 5p.m.
Wednesday: November 6th
PRCC: 11:00a.m.
Poplarville HS: 4p.m.
Thursday: November 7th
Picayune HS: 5p.m.

(Pre-K)

...Field Trip (November 12th) "J5 Family Farms"
...King & Queen Ceremony (November 14th)



Comprehensive Child Development and Family Support Services

- Health Screenings ✓
- Disability Services ✓
- Mental Health Support ✓
- Social, Emotional Development ✓
- Family Engagement and Training Opportunities ✓

APPLY TODAY
NOW RECRUITING 6 MONTHS TO 5 YEARS OLD!

- Proof of Birth (or) Pregnancy
- Proof of Residency. Any utility bill or Housing form.
- Income Information: SNAP, Documentaries, Tax Forms, Check Stubs, School Enrollment (Teens)

DO YOU HAVE QUESTIONS?

IF YOU NEED ASSISTANCE TO COMPLETE THE APPLICATION OR HAVE ANY QUESTIONS PLEASE CALL OR EMAIL FROM 8:00 AM TO 5:00 PM. COLLECT AND COMPLETE THE APPLICATION.



Visit our website: www.psddep.com

Joanny Vargas (845) 601-799-4702 Kaylin Richard (815) 601-799-7716

TEACHERS OF THE MONTH



Rayshawn Ware, CDA
Annie's Kindergarten & Daycare



Keyontae Jenkins, CDA
EHS Nicholson



Keanna Mitchell, CDA
EHS Rosa

DISABILITY SERVICES

Fall is filled with many Language Building opportunities; different color leaves, different shapes, pine cones, acorns, etc.

Benefits of a Nature Walk

Opportunities for parents and children to engage in nature have many benefits. By observing the environment with all of their senses, children build new pathways! That brain development provides a strong foundation for life-long learning. These suggestions can be altered for children of all ages.

You're also working on the child's motor skills, like walking, bending, running, jumping, climbing above and under things. It is also a great opportunity for language development by using simple questions like; "What is that", "What color is it", "What sounds does it make", "What shape does it look like", "Why?" questions to learn about the things they find or you point out. Let's not forget the sense of smell; smell the flowers, leaves, the air, etc.

Through parent-child activities like a nature walk, the parent learns something new about their child's cues and temperament, their interests and struggles. It is important to pause and observe not only nature, but also your child. These small, meaningful interactions build a strong nurturing relationship.

Here at Head Start, our qualified staff takes the children, regardless of their ability, out on Nature Walks. Individualized support and accommodations are given to any child that needs them. Collaboration with Families and Community Partnerships are very important in everything Head Start does.

Please contact one of the Disability Coordinators, listed below, if you have any questions or concerns.

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

We are committed to providing the highest quality of care and support to all children in our program, regardless of their abilities. If you have any questions, suggestions, or would like to share your success stories, please don't hesitate to reach out to us. We value your feedback and input.



November is Diabetes Awareness Month and we would like to take this opportunity to bring true awareness to a disease that is affecting more and more people every day. Diabetes should be taken very seriously. It 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.

One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

Here are the two types:

Type 1 diabetes, also 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.

MENTAL HEALTH

Supporting Mental Health in Early Childhood: Why It Matters

Mental health in early childhood plays a critical role in laying the foundation for future emotional and cognitive development. Research shows that mental health issues can emerge as early as infancy, manifesting in behaviors like excessive crying, aggression, or withdrawal. If left unaddressed, these can develop into more serious problems later in life. Early intervention is key to fostering resilience and emotional well-being in young children.

Tips for Promoting Early Childhood Mental Health:

1. **Create Safe and Secure Environments:** A child's sense of security begins with strong, nurturing relationships with caregivers. Provide consistency, warmth, and stability to help children feel safe.
2. **Encourage Emotional Expression:** Help children identify and express their emotions in healthy ways. Simple tools like feeling charts or emotional storybooks can aid in this.
3. **Model Self-Regulation:** Young children learn through observation. Show them how to manage stress by using calm tones, breathing exercises, or mindfulness activities when challenges arise.
4. **Foster Social Skills:** Peer interactions are critical for developing empathy and cooperation. Group activities or structured playdates can provide a platform for young children to practice social skills.
5. **Screening and Early Support:** Teachers and parents should be on the lookout for signs of mental health struggles, such as prolonged sadness, withdrawal, or severe behavioral challenges. Early intervention services can make a significant difference.

Impact of Play on Mental Health

Play is a fundamental part of childhood, offering children a way to express emotions, develop problem-solving skills, and interact socially. According to the American Academy of Pediatrics, free play helps reduce stress and anxiety, fostering a sense of joy and competence in children.

Mindful Practices for Young Learners

Introducing mindfulness techniques early can help children develop self-regulation and reduce anxiety. Simple breathing exercises or calming routines, such as quiet reading time, can provide children with tools to manage their emotions, especially during high-stimulation events like the holidays.

Resources for Families and Educators:

- **Conscious Discipline:** This social-emotional learning approach focuses on building self-regulation in children by teaching emotional intelligence skills.
- **Teachstone:** Provides early childhood educators with strategies to support children's mental health and emotional well-being through positive interactions.

Conclusion:

By addressing mental health needs early, we empower young children to build the emotional resilience they need for future success. Remember, fostering a child's mental health is as important as promoting their physical well-being.

For additional information concerning mental health, contact the mental health team at EHS or HS (EHS 601-799-4702) (HS 601-799-1716)

This content can help educators and parents understand the importance of early childhood mental health while offering practical tips to promote emotional wellness. For deeper insight, you can refer to sources like the American Academy of Pediatrics, and the resources provided by organizations like Conscious Discipline and Teachstone

Warm regards,

Your Mental Health Team:

HS/PreK: Ashley Benson, M.S. & Bianca Pierce, M.S.
EHS/CCP: Rewa Haralson, M.S.

November 2024 (HEAD START / EARLY HEAD START CENTER-BASED MENU)

Mon	Tue	Wed	Thu	Fri
<p>28. Breakfast: Oatmeal, Diced Peaches, Milk, Water</p> <p>Lunch: Spaghetti & Meat Sauce, Spinach, Fresh Baked Roll, Applesauce, Milk, Water</p>	<p>29. Breakfast: Biscuit with Egg Patty, Mandarin Oranges, Milk, Water</p> <p>Lunch: Hamburger Steak w/ Gravy, Green Peas, Fresh Baked Roll, Strawberries, Milk, Water</p>	<p>30. Breakfast: Rice Chex Cereal, Diced Pineapple, Milk, Water</p> <p>Lunch: Grilled Chicken on Bun, Broccoli, Diced Pears, Milk, Water</p>	<p>31. Breakfast: Grits, Applesauce, Milk, Water</p> <p>Lunch: Cheese Pizza, Steamed Carrots, Diced Peaches, Milk, Water</p>	<p>1. Breakfast: Waffle, Kiwi, Milk, Water</p> <p>Lunch: Hamburger on Bun, Sweet Potatoe Fries, Applesauce, Milk, Water</p>
<p>4. Breakfast: Cheese toast, Applesauce, Milk, Water</p> <p>Lunch: Chili on bun, Yam Patty, Strawberries, Milk, Water</p>	<p>5. Breakfast: Grits, Mandarin, Milk, Water</p> <p>Lunch: Cheesy Chicken w/Rice, Turnip Greens, Corn Bread, Diced Pears, Milk, Water</p>	<p>5. Breakfast: Oatmeal, Diced Peaches, Milk, Water</p> <p>Lunch: BBQ Chicken on Bun, Sliced Baked Potatoes, Diced Pineapple, Milk, Water</p>	<p>6. Breakfast: Biscuit with Egg Patty, Applesauce, Milk, Water</p> <p>Lunch: Hamburger on Bun, Broccoli, Diced Pineapple, Milk, Water</p>	<p>7. Breakfast: Chex Cinnamon Cereal, Diced Pears, Milk, Water</p> <p>Lunch: Baked Chicken Tenders, Fresh Baked Roll, Steamed Carrots Mandarin Oranges, Milk, Water</p>
<p>11. Breakfast: French toast, Applesauce, Milk, Water</p> <p>Lunch: Hamburger on Bun, Baked Sliced Potatoes, Milk, Water</p>	<p>12. Breakfast: Cheesy Grits, Diced Peaches, Milk, Water</p> <p>Lunch: Red Beans& Rice, Spinach, Fresh Baked Roll, Mandarin, Milk, Water</p>	<p>13. Breakfast: Chex Cinnamon Cereal, Milk, Water</p> <p>Lunch: Spaghetti & Meat Sauce, Steamed Carrots, Fresh Baked Roll, Blueberries, Milk, Water</p>	<p>14. Breakfast: Oatmeal, Mandarin, Oranges, Milk, Water</p> <p>Lunch: Grilled Chicken on Bun, Baked Beans, Diced Pears, Milk, Water</p>	<p>15. Breakfast: Biscuit with Egg Patty, Diced Peaches, Milk, Water</p> <p>Lunch: Cheese Pizza, Sliced Baked Potatoes, Strawberries, Milk, Water</p>
<p>18. Breakfast: Oatmeal, Diced Peaches, Milk, Water</p> <p>Lunch: Spaghetti & Meat Sauce, Spinach, Fresh Baked Roll, Applesauce, Milk, Water</p>	<p>19. Breakfast: Biscuit with Egg Patty, Mandarin Oranges, Milk, Water</p> <p>Lunch: Hamburger Steak w/ Gravy, Green Peas, Fresh Baked Roll, Strawberries, Milk, Water</p>	<p>20. Breakfast: Rice Chex Cereal, Diced Pineapple, Milk, Water</p> <p>Lunch: Grilled Chicken on Bun, Broccoli, Diced Pears, Milk, Water</p>	<p>21. Breakfast: Grits, Applesauce, Milk, Water</p> <p>Lunch: Cheese Pizza, Steamed Carrots, Diced Peaches, Milk, Water</p>	<p>23. Breakfast: Waffle, Kiwi, Milk, Water</p> <p>Lunch: Hamburger on Bun, Sweet Potatoe Fries, Applesauce, Milk, Water</p>
26.	27.	28.	29.	30.
<h2 style="margin: 0;">Thanksgiving Break</h2>				

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**