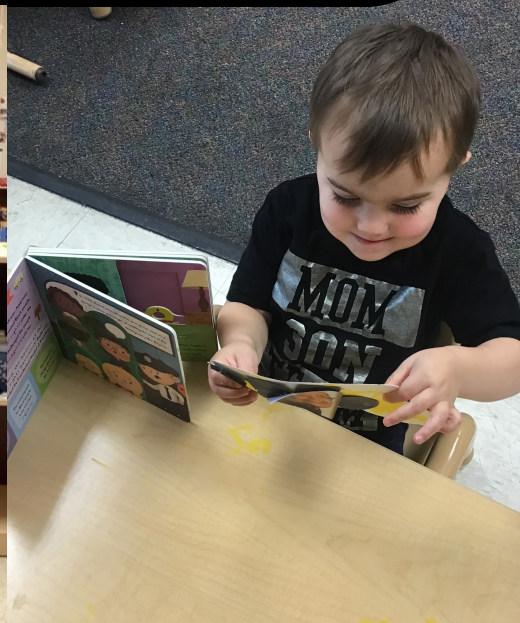




MARCH 2025 NEWSLETTER

Picayune School District Early Childhood Programs





March is National Nutrition Month a dedicated campaign focusing on the significance of nutrition and health. It seeks to educate individuals about the importance of making informed food choices, developing consistent eating habits, and undertaking regular physical activity.

1. Go, go, H2O!

We all know drinking water helps in nearly every aspect of wellness, but drinking the recommended amount of water per day can be tough. Electrolyte additives offer the same, if not better benefits than drinking six or more glasses of water a day would.

2. Choose food over supplements

Though there are some who sincerely lack certain vitamins and minerals that can't be achieved through diet alone, most of the good things our bodies need come from food — not store-bought supplements. Research shows that certain supplements haven't been tested to meet many purity and safety standards, making them unreliable sources of nutrition.

3. Opt for color

When in doubt, throw some color on your plate — natural color, that is. Bright greens from crunchy vegetables or vibrant reds from tangy fruit will not only make your meal Instagram-worthy, they'll give you a healthy boost.

4. Pack your lunch

Avoiding typical restaurant or fast-food grease may seem obvious, but according to Harvard Health Publishing, even more important than that is the ability to control portion sizes when you pack your own lunch. Try something fun like a DIY Bento box!

5. Exercise

Nutrition doesn't end at what we eat. The Academy of Nutrition and Dietetics encourages making exercise an integral part of our lives. Try a new activity like Zumba, swimming, or spinning to keep workouts fresh and exciting.

TEACHERS OF THE MONTH



Alysha Woodson
EHS Rosa Site



Sherry Smith, CDA
EHS Nicholson Site



Patricia Parker, CDA
EHS Rosa Site

Family Service Department

March 2025

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



Kaitlyn Imhoff

Congratulations Ms Kaitlyn Imhoff on completing the Nursing Program at William Carey University. This is a great accomplishment and the Staff at Early Head Start is very proud of the miles stone you have reached. We wish you the best of luck on the NCLEX!! Keep striving for success!!!!

In-Kind Totals

EHS	Amount	Head Start	Amount	CCP	Amount
EHS Rosa	15,805.83	Picayune HS	11,612.85	Annie's	7,557.22
NEHS	7,671.96	Poplarville HS	2,448.64	PRCC	1,578.70
		Pre-K	11,634.80		

Upcoming Events March

- > Dr. Seuss Week (March 5- 7)
- > Mardi Gras Holiday (March 3-4)
- > NEHS Field Trip (Hattiesburg Zoo) (March 14, 2025)
- > Picayune Head Start Field Trip (Hattiesburg Zoo) (March 20, 2025)
- > Early Head Start Field Trip (Children Museum) (March 25, 2025)
- > Annie's Kindergarten Field Trip (Children Museum) (March 26, 2025)
- > Pre-K Field Trip (Hattiesburg Zoo) (March 27, 2025)
- > Transition Meeting (Early Head Start) (March 19, 2025 @ 2:00 p.m.)
- > Transition Meeting (Head Start) (March 19, 2025 @ 4:00 p.m.)

Parent Meeting Information

The purpose of parent meeting is to provide the parents of an enrolled child with the opportunity to receive up-to-date information on all component service of the program and assist in the development, as well as assist in the decision making of program planning. All parents must attend the meetings are have someone to represent in their place.

- > NEHS – (March 11, 2025 @ 4p.m.)
- > EHS / Annie's – (March 11, 2025 @ 5 p.m.)
- > PRCC – (March 5, 2025 @ 11:00 a.m.)
- > Poplarville Head Start (March 5, 2025 @ 4:00 p.m.)
- > Picayune Head Start (March 6, 2025 @ 5:00 p.m.)

EDUCATION – HS/PRE-K

Dear Head Start and Pre-K Families,

In the month of March, we are celebrating reading during Read Across America Week. We are always encouraging parents to read with their children at home. You can share the act of reading with your child by:

- Engaging in quality time with your child.
- Reading to your child as early as conception.
- Establishing routines. For example, read to your child at night before bed to establish a bedtime routine. Reading as part of your bedtime routine is a great calming technique.

Also, reading is a quiet activity that you can teach your children to do by themselves. It requires no batteries and it can be done anywhere. Children can enjoy fiction and nonfiction books to expand their imagination and make real-world connections. These types of books can be found at your local library if they are not at your fingertips. For example, find a book about Martin Luther King, Jr. or another historical figure. Here are the reasons why reading in the first five years is so important:

- Reading to Pre-Schoolers has been found to be related to language growth, emergent literacy, and reading achievements.
- Reading to children approaching Kindergarten also helps develop their Cognition. Cognitive processes develop rapidly in the first few years of life. In fact, by age 3, roughly 85% of the brain is developed. By age 2, a child's brain is as active as an adult's and by age 3 the brain is more than twice as active and it stays that way for the first 10 years of life.
- According to the Department of Education, the more students read or are read to at home, the higher their reading scores will be.
- The National Center for Education Statistics found that the children that were read to more frequently are also more likely to count to 20 or higher and write their own names. These are both skills that they will need when entering into Kindergarten. Kindergarten Readiness is our goal here at Head Start.

As always, thank you for all that you do to ensure your child's academic success.

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



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, documentation, Tax Forms, check stubs , school enrollment (teens)

DO YOU HAVE QUESTIONS ?

IF YOU NEED ASSISTANCE TO COMPLETE THE APPLICATION OR HAVE TRANSPORTATION ISSUES CALL US FOR A HOME VISIT TO COLLECT DOCUMENTS AND COMPLETE THE APPLICATION



Visit our website
www.psdecp.com

- Jhoanny Vargas (EHS) 601-799-4702
- Kaylin Richard (HS) 601-799-2537



Servicios de Desarrollo Complementarios y de Apoyo a la familia

- Evaluaciones de Salud ✓
- Servicios para Discapacidades ✓
- Servicios de apoyo a la Salud Mental ✓
- Desarrollo Socio-Emocional ✓
- Oportunidades de aprendizaje para padres ✓

APLICA HOY

Reclutamos niños entre 6 meses y 5 años.

Prueba de nacimiento (o) Embarazo
Prueba de residencia: Factura de cualquier servicio.
Información sobre los ingresos. Tarjeta SNAP, planilla de impuestos, Cheques de pago, prueba de inscripción (adolescentes)

TIENE PREGUNTAS ?

CONTACTENOS SI NECESITA AYUDA PARA COMPLETAR SU APLICACION O SI TIENE PROBLEMAS DE TRANSPORTE PODEMOS VISITARLE Y OFRECERLE TODA LA INFORMACION QUE REQUIERA



Visita nuestra website
www.psdecp.com

- Jhoanny Vargas (EHS) 601-799-4702
- Kaylin Richard (HS) 601-799-1716

March 2025 (Head Start / Early Head Start Center-Based Menu)

Mon	Tue	Wed	Thu	Fri
Mardi Gras Break	Mardi Gras Break	5. Breakfast: Chex Cinnamon Cereal, Diced Pineapple, Milk, Water Lunch: Spaghetti & Meat Sauce, Steamed Carrots, Fresh Baked Roll, Blueberries, Milk, Water	6. Breakfast: Oatmeal, Mandarin Oranges, Milk, Water Lunch: Grilled Chicken on Bun, Baked Beans, Diced Pears, Milk, Water	7. Breakfast: Biscuit with Egg Patty, Diced Peaches, Milk, Water Lunch: Cheese Pizza, Sliced Baked Potatoes, Strawberries, Milk, Water
10. Breakfast: Oatmeal, Diced Peaches, Milk, Water Lunch: Spaghetti & Meat Sauce, Spinach, Fresh Baked Roll, Milk, Water	11. Breakfast: Biscuit with Egg Patty, Mandarin Oranges, Milk, Water Lunch: Hamburger Steak w/ Gravy, Green Peas, Fresh Baked Roll, Strawberries, Milk, Water	12. Breakfast: Rice Chex Cereal, Diced Pineapple, Milk, Water Lunch: Grilled Chicken on Bun, Broccoli, Diced Pears, Milk, Water	13. Breakfast: Grits, Applesauce, Milk, Water Lunch: Cheese Pizza, Steamed Carrots, Diced Peaches, Milk, Water	14. Breakfast: Waffle, Kiwi, Milk, Water Lunch: Hamburger on Bun, Sweet Potato Fries, Applesauce, Milk, Water
17. Breakfast: Cheese Toast, Apple Sauce, Milk, Water Lunch: Chili on Bun, Yam Patty, Strawberries, Milk, Water	18. Breakfast: Grits, Mandarin Oranges, Milk, Water Lunch: Cheesy Chicken w/Rice, Turnip Greens, Corn Bread, Diced Pears, Applesauce, Milk, Water	19. Breakfast: Oatmeal, Diced Peaches, Milk, Water Lunch: BBQ Chicken on Bun, Sliced Baked Potatoes, Diced Pineapple, Milk, Water	20. Breakfast: Biscuit with Egg Patty, Applesauce, Milk, Water Lunch: Hamburger on Bun, Broccoli, Diced Peaches, Milk, Water	21. Breakfast: Chex Cinnamon Cereal, Diced Pears, Milk, Water Lunch: Baked Chicken Tenders, Fresh Baked Roll, Steamed Carrots, Mandarin Oranges Milk, Water
24. Breakfast: French Toast, Applesauce, Milk, Water Lunch: Hamburger on Bun, Baked Sliced Potatoes, Strawberries, Milk, Water	25. Breakfast: Cheesy Grits, Diced Peaches, Milk, Water Lunch: Red Beans and Rice, Spinach, Fresh Baked Roll, Mandarin Oranges Milk, Water	26. Breakfast: Chex Cinnamon Cereal, Diced Pineapple, Milk, Water Lunch: Spaghetti & Meat Sauce, Steamed Carrots, Fresh Baked Roll, Blueberries, Milk, Water	27. Breakfast: Oatmeal, Mandarin Oranges, Milk, Water Lunch: Grilled Chicken on Bun, Baked Beans, Diced Pears, Milk, Water	28. Breakfast: Biscuit with Egg Patty, Diced Peaches, Milk, Water Lunch: Cheese Pizza, Sliced Baked Potatoes, Strawberries, Milk, Water
31. Breakfast: Oatmeal, Diced Peaches, Milk, Water Lunch: Spaghetti & Meat Sauce, Spinach, Fresh Baked Roll, Milk, Water	1. Breakfast: Biscuit with Egg Patty, Mandarin Oranges, Milk, Water Lunch: Hamburger Steak w/ Gravy, Green Peas, Fresh Baked Roll, Strawberries, Milk, Water	2. Breakfast: Rice Chex Cereal, Diced Pineapple, Milk, Water Lunch: Grilled Chicken on Bun, Broccoli, Diced Pears, Milk, Water	3. Breakfast: Grits, Applesauce, Milk, Water Lunch: Cheese Pizza, Steamed Carrots, Diced Peaches, Milk, Water	4. Breakfast: Waffle, Kiwi, Milk, Water Lunch: Hamburger on Bun, Sweet Potato Fries, 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 Child Development Lab School ● PSD Pre-K Program ● PSD Head Start – Picayune ● PSD Head Start – Poplarville