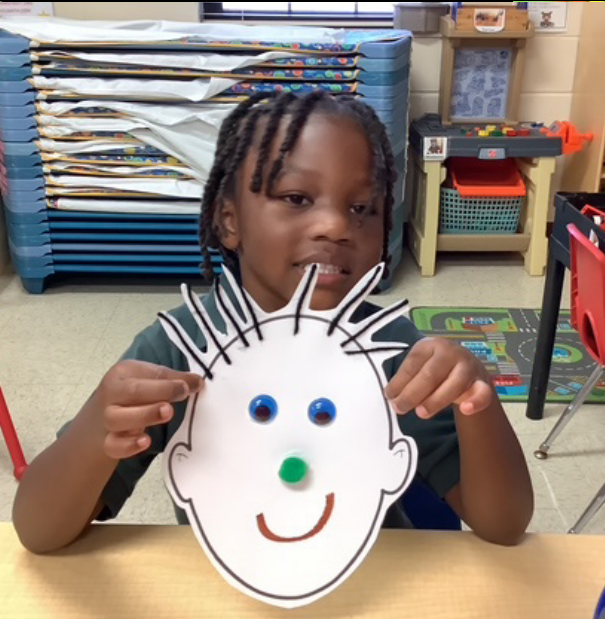


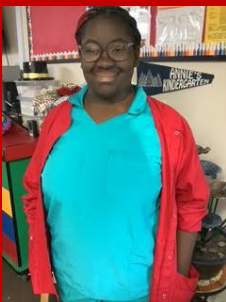


APRIL 2025 NEWSLETTER

Picayune School District Early Childhood Programs



TEACHERS OF THE MONTH



Raven Holt
Annie's Kindergarten & Daycare



Michelle Henry
EHS Nicholson Site



Kathy Smith, A.A.
Poplarville Head Start Site



PSD HEAD START / EARLY START

Servicios de Desarrollo Comprehensivos 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 ?

CONFIRMESE SI NECESITA AYUDA PARA COMPLETAR SU APLICACIÓN O SI TIENE PROBLEMAS DE TRANSPORTACIÓN PODRÁN AYUDARLE Y PROPORCIONAR LA INFORMACIÓN QUE REQUIERE

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

Visita nuestra website www.psdccp.com



PSD HEAD START / EARLY START

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

Joanny Vargas (EHS) 601-799-4702 Kaylin Richard (HS) 601-798-2537

Visit our website www.psdccp.com

Family Service Department April 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



Ebony Hart received CNA Certificate congratulations!!!!

COMMUNITY LEADER FOR THE MONTH OF FEBRUARY

In-Kinds

EHS	Amount	Head Start	Amount	CCP	Amount
Early Head Start	20,808.16	Picayune HS	9,247.43	Annie's	9,505.45
Nicholson	6,833.66	Poplarville HS	2,163.01	PRCC	962.19
		Pre-K	10,001.42		

Upcoming Events April

Early Head Start	NICHOLSON HEAD START	ANNE'S	PRCC
Spring/Transition Picture (April 2nd & 3rd)	Picture with bunny/Easter Egg Hunt (April 10th)	Spring / Transition Picture (April 9th)	Spring Fling (April 22nd)
Mothers Exhale	Autism Awareness / Child Abuse Awareness (April 11th)	Mother Exhale (April 10th)	Easter Bunny Pictures & Party (April 14- 17th)
Picture with Bunny / Easter Egg. (April 11st)	Planting with Pops (April 25th)	Picture with Bunny/Easter Egg (April 11th)	Earth Day (April 18th)
Picayune Head Start	Pre-K	Poplarville Head Start	
Spring Fling (April 11th)	Transition Field Trip (April 4th)	Spring Fling (April 25th)	
	Spring Fling (April 11th)	Easter Activities (April 7-11)	
	Spring Pictures (April 23rd & 24th & 25th)	Father Day Event (TBA)	
		Autism Awareness (wear blue on Fridays)	
		Earth Day Plant Flowers (April 22nd)	

Parent Meeting Schedule

NEHS (April 1, 2025) 4 p.m. PRCC (April 2, 2025) 11:00 a.m. PHS / Pre-K (April 3, 2025) 5p.m.

EHS (April 1, 2025) 5 p.m. Poplarville HS (April 2, 2025) 4 p.m.

SPRING BREAK (APRIL 14th – 18th)

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 number 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

EDUCATION -EHS/CCP

The warm air and flowers in bloom mean that spring is just around the corner! This season is the perfect time to try out different art and sensory activities with your child. Here are some adorable art ideas and fun spring sensory activities for infants and toddlers.

Egg Carton Flowers: Let your child enrich their imagination through this colorful art activity. Start by cutting our four sections of an egg carton into a square. Trim these cutouts until the edges are rounded and look like petals. Then add some washable temp paint or finger paint and let your child color the egg carton. Then, you can use colorful straws and attach them to the painted cutouts to look like stems!

Toddler Kite: If you want something more engaging for your child, you can try making this easy-to-make toddler kite with them. To get started, make a diamond shape out of construction paper. Then, glue two sticks or straws at the back of the diamond and attach them crosswise. To make a tail for your kite, cut long strands of streamers or crepe paper and attach them with glue. Once done, let your child do all the decorating by using crayons, stickers, pen and more!

Edible Rainbow: Give your child a sweet and colorful eating experience by creating edible rainbows! Start by drawing a rainbow pattern using gel icing. Then, ask your child to stick colorful cereals on the icing pattern. Finally, you can put white candy at the end for clouds or cupcake paper with candies at the end of the rainbow.

Spring Bug Sensory Bin: Stimulate your child's senses with this engaging sensory play activity. Begin by finding an empty clean tub. Make chocolate pudding with your child. Fill the tub with the pudding, adding an assortment of toy bugs, insects, flowers and other objects inside your bin. Place the pudding in the refrigerator and once it is set, have your little one dig to find the objects inside.

Garden Sensory Bottle: Sensory bottles are relaxing for infants and toddlers. You can start by getting an empty plastic bottle and filling its bottom with aquarium rocks. Next, add some water and maybe some glitter or confetti. You can let your child stick some flower cutouts or even stickers around the container. Now your child can look at the sensory bottle to calm themselves whenever they're feeling curious or anxious. Make springtime fun and exciting for you and your child with these interesting and creative activities. We would like to thank each of you for your continued support and partnership with your child's education!

Early Head Start and CCP Education Team

Dr. Jessica Stubbs, Education Director
Charlotte Nixon, EHS Education Manager
Tonya Spiers, NEHS Education Manager
Robette Watts, CCP Education Manager

MENTAL SERVICES

Greetings Parents, Friends and family:

April is "AUTISM AWARENESS MONTH" and here at Picayune Head Start (PHS) and Early Head Start (EHS) we are committed to creating an inclusive environment that welcomes and supports children with disabilities. PHS and EHS SUPPORT and INCLUDE all Autistic people and advocate for their rights whenever possible.



PHS and EHS offer individualized support for children with disabilities that may include specialized instruction and accommodations to foster development, services like physical, occupational and speech therapy, and assistive technology. We include our collaborative Partnerships in our activities so they can get to know our staff, parents and all children in our center. By working together, we are able to better support the unique needs of our children and their families.

What are some of the benefits of inclusion:

- Higher expectations for all
- Meaningful friendships
- Respect for all people
- A feeling of connectedness and support
- Improved persistence in the face of obstacles
- Additional access to peer role models for academic, social and behavioral skills
- Opportunities to meet and learn about the experiences of families with a different story
- Preparation for adult life in an inclusive society
- Increased appreciation for diversity and difference
- Greater academic outcomes for both the children with and without disabilities
- Diverse and shared play opportunities

Get involved!

We ENCOURAGE our parents to ACTIVELY ENGAGE with the children, teachers, and our community partners. We encourage our parents to contact us with concerns or issues so that we can help and/or assist with a solution.

We CELEBRATE 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 their accomplishments and the hard work of our dedicated staff.

Family Resources and educational opportunities are available to any family who are seeking workshops, training sessions and support groups!

Thank you for your continued support and dedication to the children and families we serve. Together, we are making a difference in the lives of all young learners.

Peace and blessings,

Ann Brock

Disability Coordinator for Early Head Start

abrock@pscc.k12.ms.us

601-749-3306

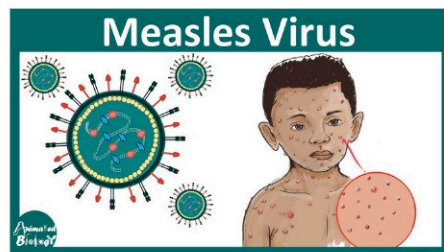
Sonya Lather-Newkirk

Disability Coordinator for Head Start

slather@pscc.k12.ms.us

601-799-1716

HEALTH



NOTICE OF AN OUTBREAK FROM THE HEALTH TEAM

Measles is a viral infection that's serious for small children but is easily PREVENTABLE by a VACCINE. The disease spreads through the air by respiratory droplets produced from coughing or sneezing. Measles symptoms don't appear until 10 to 14 days after exposure. They include cough, runny nose, inflamed eyes, sore throat, fever, and a red, blotchy skin rash. There's no treatment to get rid of an established measles infection, but over-the-counter fever reducers or vitamin A may help with symptoms.

According to the CDC (Center of Disease Control), there is a global outbreak of measles, particularly in Asia, which means that there is an increased likelihood of cases among unvaccinated travelers returning to the U.S., which was seen in February 19, 2025, case of an Orange County, California resident returning from Asia. As of February 27, 2025, CDC continues to be in close communication with Texas health authorities about the measles outbreak in West Texas, following the death of a child.

Vaccination remains the best defense against measles infection. Measles does not have a specific antiviral treatment. Supportive care, including vitamin A administration under the direction of a physician, may be appropriate.

MENTAL HEALTH

Managing Stress & Springtime Mood Changes

Dear Parents,
Spring is a season of renewal, but for some children, it can also bring unexpected challenges. April is **Stress Awareness Month**, a time to recognize how stress affects young minds, and it's also a season when some experience **Springtime Seasonal Affective Disorder (SAD)**. While we often associate SAD with winter, the transition to spring can also impact mood, energy levels, and overall well-being. This month let's explore ways to help our children navigate stress and seasonal changes with balance and resilience.

SPRINGTIME SEASONAL AFFECTIVE DISORDER (SAD) & ITS EFFECTS ON KIDS:

While many look forward to longer days and warmer weather, some children may struggle with **Springtime Seasonal Affective Disorder (SAD)**. This condition can cause irritability, restlessness, sleep disturbance, or anxiety. The sudden increase in daylight, allergy symptoms, and routine disruptions can all play a role in mood changes.

WAYS TO HELP YOUR CHILD ADJUST TO SEASONAL CHANGES:

- **Maintain a Consistent Sleep Schedule:** Longer daylight can make it harder for children to wind down at night. Encourage screen-free quiet time before bed.
- **Balance Indoor & Outdoor Activities:** Fresh air and sunlight can help boost mood, but too much stimulation can also be overwhelming. Find a balance that works for your child.
- **Watch for Mood Shifts:** If your child seems more anxious, irritable, or restless, check in.
- **Encourage a Healthy Diet:** Nutrient-rich foods can help regulate energy levels and keep mood stable during seasonal transitions.

LET'S SUPPORT OUR CHILDREN TOGETHER

As a school community, we can work together to create a balance and stress-free environment for our students. We encourage parents to prioritize outdoor time, reducing screen time, and having open conversations about managing stress.

UNDERSTANDING STRESS IN CHILDREN:

CHILDREN EXPERIENCE STRESS JUST LIKE ADULTS. WHETHER FROM SCHOOL WORK, SOCIAL PRESSURES, OR CHANGE IN ROUTINE, SIGNS OF STRESS IN KIDS MAY INCLUDE MOOD SWINGS, DIFFICULTY SLEEPING, TROUBLE CONCENTRATING, OR CHANGES IN APPETITE.

WAYS TO HELP CHILDREN MANAGE STRESS:

- **Encourage Healthy Routines:** A consistent schedule with time for rest, play, and learning helps children feel secure.
- **Teach Relaxation Techniques:** Deep breathing, stretching, or simple mindfulness exercises can help ease stress.
- **Support Open Communication:** Let your child know it's okay to talk about their feelings. Listening without judgement builds trust and confidence.
- **Promote Physical Activity:** Exercise is a great stress reliever and can help children feel more balanced and energized.

Resources/ Contact Info.

Resources: <https://www.healthychildren.org>
<https://www.childmind.org>
<https://www.nctsn.org>

Contact Info- For any question involving mental health please reach out to the Mental Health Team @ 601-799-1716

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

Mon	Tue	Wed	Thu	Fri
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
7. Breakfast: Cheese Toast, Apple Sauce, Milk, Water Lunch: Chili on Bun, Yam Patty, Strawberries, Milk, Water	8. Breakfast: Grits, Mandarin Oranges, Milk, Water Lunch: Cheesy Chicken w/Rice, Turnip Greens, Corn Bread, Diced Pears, Applesauce, Milk, Water	9. Breakfast: Oatmeal, Diced Peaches, Milk, Water Lunch: BBQ Chicken on Bun, Sliced Baked Potatoes, Diced Pineapple, Milk, Water	10. Breakfast: Biscuit with Egg Patty, Applesauce, Milk, Water Lunch: Hamburger on Bun, Broccoli, Diced Peaches, Milk, Water	11. Breakfast: Chex Cinnamon Cereal, Diced Pears, Milk, Water Lunch: Baked Chicken Tenders, Fresh Baked Roll, Steamed Carrots, Mandarin Oranges Milk, Water
14. Breakfast: French Toast, Applesauce, Milk, Water Lunch: Hamburger on Bun, Baked Sliced Potatoes, Strawberries, Milk, Water	15. Breakfast: Cheesy Grits, Diced Peaches, Milk, Water Lunch: Red Beans and Rice, Spinach, Fresh Baked Roll, Mandarin Oranges Milk, Water	16. Breakfast: Chex Cinnamon Cereal, Diced Pineapple, Milk, Water Lunch: Spaghetti & Meat Sauce, Steamed Carrots, Fresh Baked Roll, Blueberries, Milk, Water	17. Breakfast: Oatmeal, Mandarin Oranges, Milk, Water Lunch: Grilled Chicken on Bun, Baked Beans, Diced Pears, Milk, Water	18. Breakfast: Biscuit with Egg Patty, Diced Peaches, Milk, Water Lunch: Cheese Pizza, Sliced Baked Potatoes, Strawberries, Milk, Water
21. Breakfast: Oatmeal, Diced Peaches, Milk, Water Lunch: Spaghetti & Meat Sauce, Spinach, Fresh Baked Roll, Milk, Water	22. Breakfast: Biscuit with Egg Patty, Mandarin Oranges, Milk, Water Lunch: Hamburger Steak w/ Gravy, Green Peas, Fresh Baked Roll, Strawberries, Milk, Water	23. Breakfast: Rice Chex Cereal, Diced Pineapple, Milk, Water Lunch: Grilled Chicken on Bun, Broccoli, Diced Pears, Milk, Water	24. Breakfast: Grits, Applesauce, Milk, Water Lunch: Cheese Pizza, Steamed Carrots, Diced Peaches, Milk, Water	25. Breakfast: Waffle, Kiwi, Milk, Water Lunch: Hamburger on Bun, Sweet Potato Fries, Applesauce, Milk, Water
28. Breakfast: Cheese Toast, Apple Sauce, Milk, Water Lunch: Chili on Bun, Yam Patty, Strawberries, Milk, Water	29. Breakfast: Grits, Mandarin Oranges, Milk, Water Lunch: Cheesy Chicken w/Rice, Turnip Greens, Corn Bread, Diced Pears, Applesauce, Milk, Water	30. Breakfast: Oatmeal, Diced Peaches, Milk, Water Lunch: BBQ Chicken on Bun, Sliced Baked Potatoes, Diced Pineapple, Milk, Water	1. Breakfast: Biscuit with Egg Patty, Applesauce, Milk, Water Lunch: Hamburger on Bun, Broccoli, Diced Peaches, Milk, Water	2. Breakfast: Chex Cinnamon Cereal, Diced Pears, Milk, Water Lunch: Baked Chicken Tenders, Fresh Baked Roll, Steamed Carrots, Mandarin Oranges 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