



NOVEMBER 2025 NEWSLETTER

Picayune School District Early Childhood Programs





EDUCATION -EHS/CCP

Dear Head Start and Early Head Start Families,

Can you believe that we are now in our second quarter of school? Our children are familiar with all of the people, places, and routines, and they have learned that school is a good place to be. As the weather becomes more comfortable, the children are able to spend more time playing and making discoveries about the exciting world all around us.

During November, our Early Head Start children will explore all kinds of bags. While that may seem unexciting to us adults, for children, using things that they are already familiar with to develop new concepts is exciting. Through these everyday objects, children can learn about shapes, colors, functions, volume, and textures.

You can extend this learning by collecting a variety of bags at home such as purses, shopping bags, Ziplock bags, backpacks, gift bags, garbage bags, and so on. Discuss what each bag is used for, and why it is the best choice for the job it does. This is a great opportunity to compare and contrast, and talk about how bags make our lives easier in so many ways.

Head Start children will be learning all about clothing, trees, and balls. These topics can cover wide-ranging conversations including holidays, sports, physics and math concepts, world cultures, nature, foods, and so many more. Remember to talk and read with your child, and extend his or her understandings and explorations of the world we share based on his or her interests. This enhances memory and the ability to make connections, increases vocabulary and world knowledge, and encourages curiosity and a desire to know more.

This month, we are also focusing on "STEAMing Ahead" with science, technology, engineering, art, and math concepts. We encourage all parents to explore these concepts through reading, talking, and playing together. For ideas on how to incorporate some fun STEAM activities at home, please visit <https://www.naeyc.org/resources/pubs/tyc/winter2025/tinkering-making-engineering>

Every month, we recognize excellent teachers who go above and beyond to make a difference for our children and strengthen our program. We would like to give a round of applause to Ms. Cathy and Ms. Maura from room 5 at the Rosa site, Ms. Keyontae Jenkins at Nicholson EHS, Ms. Trecee Spencer and Ms. Charlese Certain from room 4 at Picayune Head Start, Ms. Kimberly Revere from Poplarville Head Start, and Ms. Faith Buras from our Head Start partners.

It takes a big heart to shape little minds, and these teachers lovingly shape the minds and hearts of children every day.

During this season of giving thanks, we also express our gratitude to our families, for all that you do to support our program and help your children to grow, learn, and thrive. It is a privilege to work in partnership with you and help to prepare your precious little ones for success in school.

Sincerely,
 Jessica Stubbs, Education Director
 Charlotte Nixon, Education Manager, Rosa EHS and Nicholson EHS
 Ashley Veerkamp, Education Manager, Picayune HS and Poplarville HS
 Robette Watts, Education Manager, Annie's & PRCC
 LaKeshia Price, Mentor Coach
 Dinah Thanars, Mentor Coach

TEACHERS OF THE MONTH



Faith Buras,
Annie's Site



Keyontae Jenkins,
EHS Nicholson Site

FAMILY SERVICES

Family Service Department -OCTOBER NEWSLETTER-

Celebrating Strength and Hope



This month, we honor one of our amazing Early Head Start parents, Ms. Leslie Young, who inspires us all. Ms. Leslie is a proud breast cancer survivor. Her journey reminds us of the power of courage, hope, and perseverance. Through every challenge, she has continued to nurture, love, and uplift her family with grace and strength.

Let's continue to spread awareness, encourage regular health check-ups, and celebrate the incredible strength of our families.



Parent Engagement Recognition



Nicholson Early Head Start would like to recognize Ms. Malorie Lirette for her out-standing parent engagement for the month of September. We had a total of six events and she participated or ensured her child was represented for all of them. This is what Parent Engagement consist of and we would like to say -Thank you!

Parent Achievement Recognition



Annie's would like to spot light Mrs. Taylor Davis on recently becoming apart of the New Orleans Saints Cheer Krewes. This is a huge accomplishment and we would like to recognize this wonderful achievement. Congratulations!

In-Kind Updates Per Site

Annie's (CCP)	12,165.65
PRCC (CCP)	1,746.22
EHS	21,827.72
NEHS	9,709.73
Pre-K	7,193.89
Poplarville HS	5,043.54
Picayune HS	22,115.36

Upcoming Events

ER/CCP	MSU	Head Start
Now- December 10: Toys For Tots Toy Drive	Toys for Tots Now until December 10 th	Head Start, Biographic, Thanksgiving Can Food Drive
November 3- 14: Thanksgiving/Pack the Pantry	Thanksgiving Can food drive November 3 rd -10 th	Biographic, Helping Hands Food Drive- November 3 rd -21 st
November 7: King & Queen Ceremony (BSSA)	King and Queen Ceremony- November 7 th	King & Queen Ceremony- (TBA)
November 2025: Field Trip (Time & Location TBA)	National Native Heritage Celebration- November 21 st	PRCC Lab School, Thanks for giving Food drive- November 3 rd -21 st
	Field Fall Trip (TBD)	Thanksgiving Party - November 10 th

As seasons change, so do our opportunities to connect, support, and engage as a whole!

We would like to thank all of our families for their hard work and dedication.

ERSEA

October News 2025

Don't Miss Out on ERSEA community news!

Nature's Tales & Take-Aways

THIS SPECIAL INITIATIVE WILL OFFER PICAYUNE FAMILIES WITH YOUNG CHILDREN MEMORABLE, ENGAGING, AND HIGH-QUALITY EDUCATIONAL EXPERIENCES BY COMBINING THE BEST OF ALL THREE ORGANIZATIONS:

- **EHS EXPERTISE:** WE BRING OUR KNOWLEDGE IN INTERACTIVE STORYTELLING, CHILD DEVELOPMENT, AND FAMILY ENGAGEMENT TO MAKE LEARNING FUN AND ACCESSIBLE.
- **THE CROSBY ARBORETUM'S SETTING:** YOUR CHILDREN WILL LEARN IN THE UNIQUE AND BEAUTIFUL NATURAL SETTING OF THE ARBORETUM, SPARKING CURIOSITY ABOUT THE WORLD AROUND THEM.
- **MSU EXTENSION'S RESOURCES:** MSU EXTENSION PROVIDES VALUABLE EDUCATIONAL RESOURCES AND SUPPORT, DEEPENING THE CONNECTION BETWEEN LEARNING AND PRACTICAL LIFE SKILLS.

IMAGINE YOUR CHILD LISTENING TO A DELIGHTFUL STORY ABOUT BIRDS, AND THEN IMMEDIATELY STEPPING OUTSIDE TO LOOK FOR FEATHERS AND NESTS! THIS IS HANDS-ON LEARNING THAT INSPIRES A LOVE FOR NATURE AND A LOVE FOR READING SIMULTANEOUSLY.



The Crosby Arboretum



DISABILITY

November Newsletter

Head Start & Early Head Start Disability Service Area

Theme: *Thankful for Every Child's Growth!*

Focus of the Month: Building Independence

Encouraging independence helps children gain confidence and important life skills. Here are some ways to support independence at home:

- Let your child try putting on their own coat or shoes.
- Involve them in mealtime by helping to set the table or pour water.
- Encourage them to choose their activity or pick a book to read together.
- Celebrate small successes — every "I did it!" moment counts!

Speech & Language Tip

Talk about what you're thankful for! Use simple sentences like:

- "I'm thankful for you!"
- "I'm thankful for our family."

Encourage your child to share too:

- "What are you thankful for?"

This builds expressive language, turn-taking, and emotional awareness.

Occupational Therapy Corner

Fine Motor Fun:

- Use tongs or clothespins to pick up small objects — great for finger strength!
- Let children help with holiday crafts — gluing, coloring, and tearing paper build hand control.

Physical Therapy Focus

Keep Moving Indoors:

Colder days don't have to stop movement!

- Try a "Turkey Trot" race inside.
- Dance to music or play follow-the-leader.
- Use pillows or tape lines for balance games.

Disability Services Reminder

If your child receives special services, remember to:

- Review your child's progress with their teacher or therapist.
- Ask about updates to their Individualized Education Plan (IEP) or Individualized Family Service Plan (IFSP).
- Share what's working well at home — your input helps us tailor support!

Gratitude Activity for Families

Create a Thankful Tree at home!

Cut out paper leaves and write one thing your family is thankful for each day. Watch your tree grow with love and appreciation all month long.

Closing Message

November is a time to be thankful for our Head Start family — children, parents, teachers, and community partners. Together, we nurture every child's growth and celebrate their unique abilities!

From your Disability Service Area Team — thank you for all you do!



SONYA LATHER-NEWKIRK, M.S.
Early Head Start / Head Start / Pre-K
Disability Manager

YOU ARE OUR SUPERHERO! YOU ARE OUR PROTECTOR!

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MENTAL HEALTH

November Focus: Fatherhood, Mental Health & Little Ones

November, often called Movember, is a global movement dedicated to raising awareness about men's health—especially mental health, suicide prevention, and emotional well-being. Each year, men across the world grow mustaches to spark conversations and support caused that help men live happier, healthier, and longer lives. But Movember is more than a mustache- it's a reminder that *mental health affects every family*. Fathers, grandfathers, uncles, and male care givers are vital in shaping children's emotional worlds, yet many men silently struggle with anxiety, depression, or burnout. Opening up about feelings and seeking help is a sign of strength, not weakness.

Fathers' Mental Health: A Family Matter

Research shows that fathers who feel supported and emotionally healthy are more engaged, patient, and affectionate with their children.

When dads take care of their mental well-being, children benefit in powerful ways — they feel more secure, communicate better, and show stronger emotional control.

Did You Know?

- Around 1 in 10 new fathers experience depression or anxiety after a child is born.
 - Men are less likely to seek mental health support, often due to stigma or fear of being seen as "weak."
 - Children who see their fathers express emotions in healthy ways often grow up to be more confident and empathetic.
- When we care for fathers, we strengthen families.

Strengthening Bonds: Activities for Dads and Kids
Connection is one of the greatest gifts you can give your child.

Try these meaningful, fun ways to build emotional closeness:

- "Feelings Talk" at Bedtime: Share one happy and one hard moment from the day.
- Outdoor Adventure: Explore nature together and let your child lead the way.
- Build Something Together: Create with blocks, sand, or crafts — teamwork builds trust.
- Laugh Often: Dance, make silly faces, or share jokes — laughter heals and connects.

How Fathers Can Prioritize Mental Wellness?

Here are some healthy ways dads and father figures can care for their minds and hearts this month — and every month:

- Talk About It:** Sharing emotions with a friend, partner, or counselor builds connection and reduces isolation.
- Move Your Body:** Physical activity releases stress and boosts mood — even a 10-minute walk helps.
- Rest & Recharge:** Sleep is essential for patience, focus, and emotional balance.
- Practice Gratitude: Reflect on one thing each day that brings joy — big or small.
- Let Go of Perfection:** Fatherhood is about presence, not perfection.

Encouraging Words for the Month

"It takes courage to open up, strength to ask for help, and love to show up fully for your family."

This Movember, let's break the silence around men's mental health and remind every father that caring for yourself helps your children grow strong, too.

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

Mon	Tue	Wed	Thu	Fri
<p>3. Breakfast: French Toast, Applesauce, Milk, Water</p> <p>Lunch: Hamburger on Bun, Baked Sliced Potatoes, Strawberries, Milk, Water</p>	<p>4. Breakfast: Cheesy Grits, Diced Peaches, Milk, Water</p> <p>Lunch: Red Beans and Rice, Spinach, Fresh Baked Roll, Mandarin Oranges, Milk, Water</p>	<p>5. Breakfast: Chex Cinnamon Cereal, Diced Pineapple, Milk, Water</p> <p>Lunch: Spaghetti & Meat Sauce, Steamed Carrots, Fresh Baked Roll, Blueberries, Milk, Water</p>	<p>6. Breakfast: Oatmeal, Mandarin Oranges, Milk, Water</p> <p>Lunch: Grilled Chicken on Bun, Baked Beans, Diced Pears, Milk, Water</p>	<p>7. Breakfast: Biscuit with Egg Patty, Diced Peaches, Milk, Water</p> <p>Lunch: Cheese Pizza, Sliced Baked Potatoes, Strawberries, Milk, Water</p>
<p>10. Breakfast: Oatmeal, Diced Peaches, Milk, Water</p> <p>Lunch: Spaghetti & Meat Sauce, Spinach, Fresh Baked Roll, Milk, Water</p>	<p>11. 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>12. Breakfast: Rice Chex Cereal, Diced Pineapple, Milk, Water</p> <p>Lunch: Grilled Chicken on Bun, Broccoli, Diced Pears, Milk, Water</p>	<p>13. Breakfast: Grits, Applesauce, Milk, Water</p> <p>Lunch: Cheese Pizza, Steamed Carrots, Diced Peaches, Milk, Water</p>	<p>14. Breakfast: Waffle, Kiwi, Milk, Water</p> <p>Lunch: Hamburger on Bun, Sweet Potato Fries, Applesauce, Milk, Water</p>
<p>17. Breakfast: Cheese Toast, Apple Sauce, Milk, Water</p> <p>Lunch: Chili on Bun, Yam Patty, Strawberries, Milk, Water</p>	<p>18. Breakfast: Grits, Mandarin Oranges, Milk, Water</p> <p>Lunch: Cheesy Chicken w/Rice, Turnip Greens, Corn Bread, Diced Pears, Applesauce, Milk, Water</p>	<p>19. Breakfast: Oatmeal, Diced Peaches, Milk, Water</p> <p>Lunch: BBQ Chicken on Bun, Sliced Baked Potatoes, Diced Pineapple, Milk, Water</p>	<p>20. Breakfast: Biscuit with Egg Patty, Applesauce, Milk, Water</p> <p>Lunch: Hamburger on Bun, Broccoli, Diced Peaches, Milk, Water</p>	<p>21. Breakfast: Chex Cinnamon Cereal, Diced Pears, Milk, Water</p> <p>Lunch: Baked Chicken Tenders, Fresh Baked Roll, Steamed Carrots, Mandarin Oranges Milk, Water</p>
24.	25.	26.	27.	28.
Thanksgiving Break!				

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