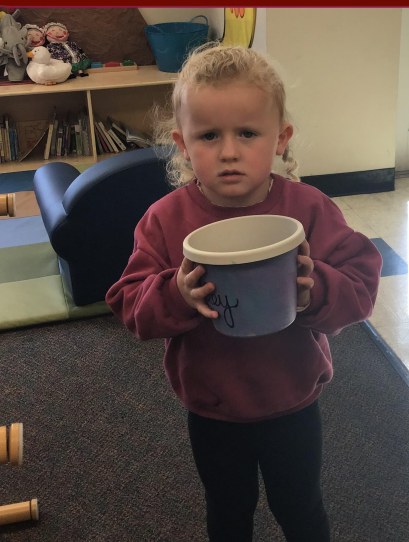


2026 APRIL NEWSLETTER

Picayune School District Early Childhood Programs



FAMILY SERVICES

Family Service Department 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 our family accomplishments and upcoming events at Early Head Start / Head Start/ CCP.

SPOTLIGHT



This six-week course offers a weekly two hour class with trained educators who teach food preparation, grocery shopping, food budgeting, and nutrition. *Cooking Matters* teaches families how to prepare healthy meals.

Skills participants learn include how to:

- Use a knife
- Read food labels
- Cut up a whole chicken
- Make a healthy meal

The class was scheduled from 2/24 – 4/7 we had several parents to participate in the class and looking forward to having more upcoming classes.

Ms. Grace Brinster, Nutrition Educator Pearl River County was our instructor, we really appreciate all that you have shared with our parents.

COOKING MATTERS

Hands-on Cooking Classes for Adult
In-Kinds Per Site (February)

Site	Amount
Annie's	6,775.00
PRCC	1,890.05
EHS	10,445.42
NEHS	7,124.94
Picayune Head Start	11,735.66
Poplarville Head Start	2,951.89
Pre-K South Side	3,773.23

- Accomplished their Goal

Monthly Parent Meetings

NEHS: April 7, 2026 @ 4:00 p.m.
EHS: April 7, 2026 5:00 p.m.
PRC: April 8, 2026 3:30 p.m.
Poplarville Head Start April 8, 2026 4:30 p.m..
Picayune HS / Pre-K: April 9, 2026 4:00 p.m.
Parent Curriculum: April 14, 2026



Upcoming Events (April)

EHS / Annie's: (Mother's Exhale) April 10*

(Brunch for Dad) April 24*

NEHS: Field Trip (April 8*)

Picayune HS: Spring Field Trip (April 15*)

Pre-K Southside: Fun Day (April 17*)

Poplarville HS: Spring Fling (TBA)

PRCC: Teacher Appreciation (April 27* – May 1*)

EDUCATION -EHS/CCP

Dear Head Start and Early Head Start Families,

Our children are blossoming this spring at Head Start and Early Head Start as they continue to learn and grow! We are working hard to help every child develop the school readiness skills he or she will need. We are especially excited to see our preschoolers prepare to transition into confident kindergarteners who are ready to learn and engage in all of the "big school" activities they have to look forward to!

This month, all children will enjoy learning about topics related to the season including pet friends, farm and zoo animals, and sea life. As the weather warms up, many of our children will spend more time learning and playing outdoors, and investigating the fascinating properties of water.

Our children's background knowledge will continue to grow with April's curriculum studies. In Early Head Start, our youngest learners will explore lots of different brushes, and discuss their similarities, differences, and purposes. Brushes can be small like a toothbrush, big like a broom, or giant like a rotating brush in a car wash, and they can be made with many different materials. Please take time to talk with your child about all the ways we use brushes and find a variety of brushes in your home to observe and discuss.

Head Start children will study animals such as sea creatures and pets, and they will explore the fun and physics of all kinds of balls. Children are already familiar with balls used in many sports, but balls are also used in mechanical and science applications such as controlling the flow of ink in ball point pens, mixing cans of spray paint, and reducing friction in machines. Balls can even be foods: meatballs, cheeseballs, matzo balls, gum balls, and so on! Help your child learn about all the ways we use balls by reading about sports, machines, and finding a variety of balls around the house. We invite you and your child to enjoy a story about lots of balls right here: <https://www.youtube.com/watch?v=GAOb9dkp7A>

April 11-17 will be the Week of the Young Child, which is a time dedicated to raising awareness of the critical importance of high quality early childhood education and to honor early childhood educators. For ideas of how you can joyfully support your child's learning and development, please visit: <https://www.naeyc.org/our-work/for-families>

Finally, please help us celebrate our wonderful teachers of the month for April. We are very appreciative of our colleagues who are so dedicated to our children's learning and well-being.

- Picayune Head Start: Kimberly McFadden and Joyce Stubbs
- Poplarville Head Start: Jasmine Graham
- EHS Rosa: Leonisha Nelson & Tommilynn Lee
- CCP: Raven Holt at Ms. Annie's PreK
- EHS Nicholson: Sherry Smith

Thank you as always for being the heart of the Picayune Head Start Program and we hope you have a wonderful spring with your precious little ones.

Sincerely,

Jessica Stubbs, Education Director
Charlotte Nixon, EHS Education Manager
Robette Watts, CCP Education Manager
Ashley Veerkamp, Head Start Education Manager
LaKeshia Price, Head Start Mentor Coach
Dinah Thanars, Head Start Mentor Coach

TEACHER OF THE MONTH



Sherry Smith, CDA
EHS Nicholson Site

DISABILITY SERVICES

PICAYUNE SCHOOL DISTRICT
Head Start & Early Head Start
Disability Services Area

APRIL PARENT NEWSLETTER

Welcome, April! 🌸

Spring is a wonderful time for growth, new beginnings, and learning! This month, we are focusing on supporting your child's development through play, routines, meaningful interactions. The Disability Services Team is here to partner with you every step of the way.

Did You Know? 💡

Early intervention services can make a big difference in your child's development. If your child is receiving services (such as speech, occupational physical therapy), at the way.

April Focus: Learning Through Play 🎮

- Language and communication skills
- Fine and gross motor skills
- Social and emotional development
- Problem-solving abilities

Developmental Tips for Parents

- Keep all scheduled therapy and screening appointments.
- Communicate regularly with your child's teacher and service providers
- Make sure all IFSP/IEP goals are being supported at home

Family Engagement Activity 🌸

Spring Sensory Walk
Take a walk outside and doidio nature with your child:

- Collect leaves, rocks, or r flowers
- Read books daily and ask your child questions about the story

Disability Services 📞


- Phone: 60167901716
- Email: slather@pcu.k12.ms.us
- Office Location: Picayune Head Start, Hwy 11 South, Picayune, MS. 39466.

Parent Encouragement 🗣️

You are your child's first and important teacher. The time, love, and effort you invest every day makes a difference. Keep up the great work!

Wishing you a joyful and blossoming April! 🌸

MENTAL HEALTH



Mental Health April 2026

April is a critical month for focusing on young children's mental health, often highlighted by Stress Awareness Month and World Infant, Child and Adolescent Mental Health Day (April 23). Focus areas include tackling rising anxiety and depression in children, building emotional coping skills through play and routine and providing support for trauma. va.gov

Stress Awareness Month:

- April serves as a time to help children identify and manage stress, particularly regarding school and social situations.

Key Findings on Young Children's Mental Health:

- Prevalence:** Nearly 1 in 3 youth (31%) aged 12 to 17 had a mental, emotional, developmental, or behavioral problem in 2022–2023.
- Common Issues:** Common mental disorders in children include anxiety, behavioral disorders, and depression, with 8% of children aged 3–17 having a diagnosed behavioral disorder.
- Trauma Impact:** Early exposure to stress, trauma, or neglect can significantly impact cognitive and emotional development, necessitating a focus on safe relationships and secure routines.
- Signs of Distress:** Parents should watch for changes in behavior, physical symptoms (headaches/stomachaches), or changes in relationships with friends and teachers. cdc.gov

Promoting Mental Well-being:

- Routines:** Establishing daily routines, such as consistent bedtimes or shared mealtimes, provides security.
- Playtime:** Regular playtime is vital for brain development and helps manage stress.
- Open Dialogue:** Actively listen to children and encourage them to express their feelings.
- Support Systems:** Utilize resources like teachers, pediatricians, and professional counselors.

Children and adolescents form one third of the world's population. Childhood and adolescence are foundational years and ideally a period of growth, learning and carefree exploration. However, many around the world are inflicted by trauma and crises – adverse experiences which research has demonstrated to impact lifelong mental and physical health.

Research has also shown that most mental disorders develop in childhood and adolescence (before the age of 25), and one-quarter of disability-adjusted life years for mental and substance use disorders occur in youths. Adverse Childhood Experiences (ACEs) are also contributing factors in the development of mental disorders in adult years. The indirect and compounding effect of this is a ballooning economic burden on societies, especially in the areas of healthcare utilization and productivity loss. <https://www.iacapap.org/>

April 2026 (Head Start / Early Head Start Center-Based Menu)

Mon	Tue	Wed	Thu	Fri
<p>6. Breakfast: Oatmeal, Diced Peaches, Milk, Water</p> <p>Lunch: Spaghetti & Meat Sauce, Spinach, Fresh Baked, Applesauce, Milk, Water</p>	<p>7. Breakfast: Biscuit with Egg Patty, Mandarin Oranges, Milk, Water</p> <p>Lunch: Hamburger Steak w/ Gravy, Fresh Baked Roll, Strawberries, Milk, Water</p>	<p>8. Breakfast: Rice Chex Cereal, Diced Pineapple, Milk, Water</p> <p>Lunch: Grilled Chicken on Bun, Broccoli, Diced Pears, Milk, Water</p>	<p>8. Breakfast: Grits, Applesauce, Milk, Water</p> <p>Lunch: Cheese Pizza, Steamed Carrots, Diced Peaches, Milk, Water</p>	<p>9. Breakfast: Waffle, Kiwi, Milk, Water</p> <p>Lunch: Hamburger on Bun, Sweet Potato Fries, Applesauce, Milk, Water</p>
<p>13. Breakfast: Cheese Toast, Apple Sauce, Milk, Water</p> <p>Lunch: Chili on Bun, Yam Patty, Strawberries, Milk, Water</p>	<p>14. Breakfast: Grits, Mandarin Oranges, Milk, Water</p> <p>Lunch: Cheesy Chicken w/Rice, Turnip Greens, Corn Bread, Diced Pears, Applesauce, Milk, Water</p>	<p>15. Breakfast: Oatmeal, Diced Peaches, Milk, Water</p> <p>Lunch: BBQ Chicken on Bun, Sliced Baked Potatoes, Diced Pineapple, Milk, Water</p>	<p>16. Breakfast: Biscuit with Egg Patty, Applesauce, Milk, Water</p> <p>Lunch: Hamburger on Bun, Broccoli, Diced Peaches, Milk, Water</p>	<p>17. 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>20. French Toast, Applesauce, Milk, Water</p> <p>Lunch: Hamburger on Bun, Yam Patty, Strawberries, Milk, Water</p>	<p>21. Breakfast: Cheesy Grits, Diced Peaches, Milk, Water</p> <p>Lunch: Red Beans and Rice, Spinach, Fresh Baked Roll, Mandarin Oranges Milk, Water</p>	<p>22. Breakfast: Chex Cinnamon Cereal, Diced Pineapple, Milk, Water</p> <p>Lunch: Spaghetti & Meat Sauce, Steamed Carrots, Fresh Baked Roll, Blueberries, Milk, Water</p>	<p>23. Breakfast: Oatmeal, Mandarin Oranges, Milk, Water</p> <p>Lunch: Grilled Chicken on Bun, Baked Beans, Diced Pears, Milk, Water</p>	<p>24. Breakfast: Biscuit with Egg Patty, Diced Peaches, Milk, Water</p> <p>Lunch: Cheese Pizza, Sliced Baked Potatoes, Strawberries, Milk, Water</p>
<p>27. Breakfast: Oatmeal, Diced Peaches, Milk, Water</p> <p>Lunch: Spaghetti & Meat Sauce, Spinach, Fresh Baked, Applesauce, Milk, Water</p>	<p>28. Breakfast: Biscuit with Egg Patty, Mandarin Oranges, Milk, Water</p> <p>Lunch: Hamburger Steak w/ Gravy, Fresh Baked Roll, Strawberries, Milk, Water</p>	<p>29. Breakfast: Rice Chex Cereal, Diced Pineapple, Milk, Water</p> <p>Lunch: Grilled Chicken on Bun, Broccoli, Diced Pears, Milk, Water</p>	<p>30. 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 Potato Fries, Applesauce, Milk, Water</p>

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