



Lafourche Parish Head Start

2011-2012 THEME: H.A.T.S.—Helping All To Succeed

Director's Notes: February 2012

HELPING ALL TO SUCCEED



H.A.T.S

Children develop a body image of themselves, positive or negative, as early as 8. Influenced by classmates as well as images portrayed on TV, in magazines, on web-sites, and in video games, kids are taking a mental snapshot of themselves.....adults must guide children through these early years in order to develop a positive image that will be reflected both in this body and in how he treats himself and others.

Use the following tips, from child experts, to help children begin heading in the right direction toward a lifelong positive body image:

1. Practice using affirmations: it's important for our children to have the right thoughts inside their head.... " This body is mine and I love it."
2. Stand up straight: self image can improve with proper posture; proper body alignment and posture can be the keys to improved physical health and athletic performance; posture enhances how you are perceived by peers and perhaps one day, will be perceived by colleagues.
3. Paint praise in specific ways: before applauding a child with a one-size-fits-all "Great Job, honey", think how much better it would be to say "You know, you are great at....."; reward the child's efforts, not just outcomes.
4. Find a passion and exercise it: adults must celebrate character qualities in children like compassion, kindness, and intelligence.



I Wish You Well

Be Choosy and

Have a Great **VALENTINE'S DAY**



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2012

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Early Childhood/Education (February, 2012)

Guiding Children's Learning

Creative Curriculum for Preschool: Teaching Strategies Gold



At LPHS we understand that:

Children learn best by interactions with adults and their peers; “things and people around them.” Young children need to be actively engaged in learning experiences to help them grow and develop those skills for school readiness: language and literacy, cognition and general knowledge, approaches to learning, physical health and wellness and motor development, and social/emotional development.



EXPLORING WHAT YOU DO (Music/Movement: Teaching Sequence, ...):

Materials: long scarf or ribbon (children can more clearly see the pathway made by the ribbon); carpet squares or tape marks for the floor; music recording or CD; large indoor or outdoor space

Cut ribbon 1 ½ inches wide; one per child in 3 -to- 5 foot lengths.

Invite the children to join you to investigate different pathways in space: straight, curved, and zigzag.

Encourage the children to explore the ribbons. Talk about safety expectations as the children prepare to move around the room. Use carpet squares or tape X marks on the floor for the children to stand on so they are evenly spaced throughout the room. If outside, use hula hoops to mark individual work areas.

“Stay in your own space and watch for others. We don’t want to bump into anyone.”

Health

In one study, dieters who drank 2 (16 ounce) glasses of water before meals, consumed fewer calories at meals than those who didn’t and lost 44% more weight over the course of 12 weeks.

For an added edge, swap out the water for 2 glasses of unsweetened green tea. Research shows it may be even more effective than water at curbing your appetite at meals

and as an added bonus, it give your metabolism a slight boost.



Nutrition:

When a snack attack strikes, refuel with these nutrition packed snacks.

Easy, tasty (and Healthy) Snacks. You may need an adult to help with some of these snacks.

1. **Peel a banana** and dip it in yogurt. Roll in crushed cereal and freeze.
2. **Spread celery sticks** with low fat cream cheese. Top with raisins. Enjoy

your “ ants on a log.”

3. **Stuff a whole-grain pita pocket** with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
4. **Mix together ready-to-eat cereal,** dried fruit and nuts in a sandwich bag for an on-the-go-snack.
5. **Smear a scoop of frozen yogurt** on two graham crackers and add sliced banana to make a yummy sandwich.

6. **Top low-fat vanilla yogurt** with crunchy granola and sprinkle with blueberries.
7. **Microwave a small baked potato.** Top with reduced-fat cheddar cheese and salsa.
8. **Make snack kabobs.** Put cubes of low-fat cheese and grapes on pretzel sticks.





February 2012 – FIS Newsletter

How Do I Love Thee?

For Valentine’s month, let’s see how many ways we can show we love someone. With children who are old enough to talk, consider spending the first dinner hour of the month brainstorming different ways of communicating love and caring. A few ideas to get you started:



- Baking heart-shaped cookies for friends and neighbors and nearby relatives
- Sending a brief note every day (on red paper cut into heart shapes, of course) to distant relatives
- Starting dinner table conversation with each family member describing something he or she appreciates about another family member
- Talking about how each of you know that someone loves you
- Hiding Valentines in each other’s shoes, lunch bags, briefcases.....
- even taped to the cereal box or milk carton

Male Involvement

Male involvement improves children’s environment socially, emotionally, and academically. Researchers developed several concepts of getting fathers actively involved to accomplish the goal of improving male involvement. Recreation and social activities to promote father-child bonding is one concept. Some examples of this activity may include partnering games, field trips to community events, sporting events, dances, barbecues, fish fries, or rodeos.



(U.S. Department of Health and Human Services, Building block 4, 2004).

Policy Council

The Lafourche Parish Head Start Policy Council Meeting will be held on February 27, 2012 at 5:00 at the Mathews Office.



Non Federal Share

Total Non-Federal Share received for December.

\$ 24,912.97

Total Non-Federal Share received to Date.

\$ 404,897.73

Non Federal Share needed for 2011 is \$ 646,101.00

Top Attendance for December 2011

MGC 4 ----- 95.91%
 Thibodaux 2 ----- 94.84%
 Thibodaux 3 ----- 92.27%



Date to Remember

2/1— Nutrition Staff Mtg. @ 1:30 @ Mathews office
2/6—Faculty Mtg. @ L.V.F.D. 8:00—4:00
2/6—2/17—LPSB Pre School Round Up
2/7 - KLRZ Radio Station @ 10:00 (Deyarn, Suzette, Martha)
2/7—2/8—Parent/Teacher Conferences/Second Outcome Review 1/2 days of school)
2/9—Self Assessment Training @ 10:00 @ Mathews office
2/13—Managers Mtg. @ 8:30 @ Mathews office
2/14—Case Management Mtg. @ 8:30 Thibodaux Area/9:30 Bayou Blue, MGC/South Lafourche Area
2/16—FIS Staff Mtg. @ 9:30 @ Mathews office
2/16—Education Staff Mtg. @ 9:30 @ Mathews office
2/20—2/24—Mardi Gras Holiday (no school)
2/27—Policy Council Mtg./Training @ 5:00 @ Mathews office



We're on the Web!

www.lafourchegov.org

February Birthdays

Carla Cortez— Feb. 8th

Sonia Bolt—Feb. 27th

Happy Birthday



Lafourche Parish

Head Start Mission

We produce self-sufficiency and self-esteem by Educating children and families today for a better tomorrow

Classroom News:

Bayou Blue— We took our first field trip for 2012. We visited the Hercules's Den. The children enjoyed climbing on the floats and throwing beads to the crowd. There was a second line dance- off to pick a King and Queen from our class.

Thibodaux Area—The Thibodaux Head Start staff and children would like to wish everyone a prosperous New Year. We would also like to say thanks to all the subs for helping out in the Thibodaux area and also to Ms. Kandance for helping serve meals.

MGC— MGC wishes everyone a safe & happy Mardi Gras!

