



# Lafourche Parish Head Start

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

Director's Notes: December 2011

## HELPING ALL TO SUCCEED



### H.A.T.S

*"You give but little when you give of your possessions. It is when you give of yourself that you truly give."*

What type of gifts can we give that will never be forgotten? What gifts will truly impact lives and change them forever? I know we are all thinking about the gifts we need to buy for Christmas..... maybe you want to think about some of the following that your children will never forget....and they are free:

- Contentment...one of the greatest gifts you can give your children is an appreciation for being content with what they have
- Encouragement...the simple words that you choose to speak today can offer encouragement and positive thoughts to another child...or your words can send them further into despair.
- Finding beauty...help your children find beauty in everything they see and in everyone they meet
- Generosity...teach your children to be generous with *your* stuff so that they will become generous with *theirs*
- Hope...hope is knowing and believing that things will get better and improve...in the difficult times of life, it calls us to press onward.
- Hugs and kisses...your children are never too old to receive physical affirmation of your love for them
- Optimism...pessimists don't change the world...optimists do  
Love...but the greatest of these is love!!

I only wish that every child could grow up with all these important gifts.....kids grow up so fast, so cherish that precious time together!!

## MERRY CHRISTMAS TO ALL.....MAY YOUR CHRISTMAS DREAMS COME TRUE



I Wish You Well

Be Choosy



Volume 6, Issue 4



2011

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**Creative Curriculum for Preschool: Teaching Strategies Gold**

At LPHS we understand that:

Children have individual strengths, needs and abilities. Therefore, teachers are trained at LPHS to teach each child in a sequential and scaffolding method, enabling them to gain opportunities to learn those school-readiness skills that help them to be successful. By utilizing Teaching Strategies Gold (TSG) and other customized curriculum resources, the teachers are able to observe, track progress, and collect work samples in each child's portfolio indicating growth! Also, teachers and parents collaborate on a regular basis, to strengthen the parent's ability to work with their child.

The following is an example of an activity demonstrating phonological awareness for TSG objective 15- Demonstrates phonological awareness:



Ticky ricky, tacky, racky  
Chicky chacky choo.  
I like finding words that rhyme,  
How about you?

Fun, learning idea: Repeat and let each child have a turn. Also, snap, clap, and/or tap as you chant the rhyme.

May you and your family have a blessed holiday season!



**Health**

**The condition of your fingernails may be a sign to have your health checked.**

- Blood streaks can indicate an infection ( especially of the heart valves).

- \* White flecks can signal a condition caused by zinc deficiency or heavy metal poisoning ( though nail biting is a more common cause of small, white spots on nails).
- Sunken areas can signal mal-nourishment.

- An abnormal shape, with ridges and inward curve, can mean iron deficiency.



**Nutrition**

Here are a few tips to help survive the festivities with waistlines intact.

- \* Eat a snack before the party or event so hunger does not get the upper hand. Try a snack with some protein and fiber, such as low-fat cheese and an apple with a glass of water.
- \* If the occasion is a pot-luck, bring a healthy, low-fat dish to share.



- \* Eat slowly and savor the food, taking time to taste and enjoy.
- \* Add a few fruits and veg-gies to the plate if these are available, and pass up the high calorie dips.
- \* Take small portions of those special, holiday foods. High calorie foods add up quickly.

*Don't get stuck hovering around the food table. Move to another area of the room after selecting the holiday goodies.*

**Male Involvement**

In the year 2006, former President George W. Bush proposed the "Promoting Responsible Fatherhood Initiative" to foster the "healthy marriage" program and dependable fathers. The initiative's primary goal is to decrease road blocks that fathers may face while parenting. The initiative also increases nurturing skills, while at the same time working on maintaining family unity (U.S. Department of Health and Human Services, 2006).





**December 2011 – FIS Newsletter**

Ahhh, the holidays .... You shop, wrap, decorate, bake, cook, the list goes on and on. As we know, moms tend to take care of everybody and everything. But let's be real we often forget about taking care of ourselves especially this time of the year with the hustle and bustle of the holiday season. With the business that is now upon us it is more important than ever to take care of ourselves during this time. Here are some ways you can do just that.

Keep expectations manageable. Set realistic goals and pace yourself. Make a list and prioritize your tasks. Learn to say NO! Don't make someone else's emergency and crisis your own. Don't get stuck as the official problem solver for everybody.

Delegate: Don't try to do it all yourself. Enlist the help of your family and friends with the holiday preparations.

Use your calendar wisely. Besides the holiday parties, make sure to pencil in shopping and prep days.

On that same calendar block off down time to give yourself a break. Schedule activities that are relaxing for you. Perhaps going for a drive for a change of scenery, getting a manicure or pedicure, reading a book. The important thing is that you take the time for yourself and choose something that will make you feel renewed and refreshed.

Focus on what brings you joy and leave the rest. Accept the fact that you don't need to do everything perfectly.



Whatever craziness the season may bring, remember you and your family will enjoy the holiday season a lot more if you are not spending it pulling your hair out. Have a GREAT holiday season!

**Policy Council**

The next Lafourche Policy Council Meeting will be held on Monday, December 19, 2011 at 5:00 p.m. at the Mathews office.



**Non Federal Share**

Total Non-Federal Share received for October.

\$ 42,343.34

Total Non-Federal Share received to Date.

\$ 336,049.16

Non Federal Share needed for 2011 is \$ 640,496.75

**October 2011  
Top Attendance**

- 1. MGC 3— 95.59%
- 2. Thib. 3 --93.53 %
- 3. MLK — 93.14 %



## Date to Remember

12/5—Faculty Meeting @ L.V.F.D. in Lockport—  
8:00—4:00

12/6—Radio Station @ 10:00 ( Martha, Helen,  
Cindy)

12/7—Manager Meeting @ 8:30 @ Mathews office

12/7—Nutrition Staff Meeting @ 1:30 @ Mathews  
office

12/8—Education/C.D. meeting @ 9:30 @ Mathews  
office

12/9—Fis staff Meeting @ 9:30 @ Mathews office

12/13—Case Management Mtg. @ 8:30 Thibodaux  
Area/9:30 MGC, Bayou Blue & South Lafourche @  
Mathews office

12/15—Education/C.D. Meeting @ 9:30 @  
Mathews office

12/19—Policy Council Meeting @ 5:00 @ Mathews  
office



## December Birthdays

Sonya Ockman 12/4

Doris Clark 12/7

Angie Plaisance 12/10

Martha Babin 12/11

Glenda Jackson 12/12

Kim Chiasson 12/18

Peggy Johnson 12/20

Shamekia Carter 12/23

Ali Melancon 12/25

Janene Foret 12/30

## Lafourche Parish

### Head Start Mission

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



We're on the Web!

[www.lafourchegov.org](http://www.lafourchegov.org)

## Classroom News:

**Bayou Blue**—Thanks to everyone who helped to make our Fall Fest a success. We hope everyone enjoyed their Thanksgiving Holidays and we look forward to our Christmas gathering.

**South Lafourche**— We would like to wish everyone a Merry Christmas and Happy New Year.

**MGC**— MGC staff hopes all had a wonderful Thanksgiving Holiday. We like to wish everyone a Merry Christmas and a Happy New Year.

**Thibodaux Area**— Ms. Mary Coretz would like to thank Mrs. Janette Robichaux for working in Thibodaux 5 for her.

Mildred and the Thibodaux staff would like to thank all the parents, volunteers, bus drivers, meal techs, managers, and teachers for helping make the 2011 Family Fall Festival a complete success.

The Thibodaux Head start staff would like to wish everyone a Happy and safe Holiday Season.

