

**HEAD START HEADLINES**  
**WINTER 2010**



**Rockingham County**  
**Head Start**

## HEALTH UPDATES

According to the CDC (Center for Disease Control and Prevention), Flu season begins in the late fall and continues through early spring. All family members 6 months of age and older-including parents- are encouraged to get vaccinated this year. This year's influenza vaccine helps protect against the 2009 H1N1 virus and 2 other flu viruses.

Across the country, there has been a return of pertussis, more commonly known as the whooping cough. It can often be mistaken for a cold or bronchitis. Adults and teens should also get a booster vaccine known as tetanus, diphtheria, and acellular pertussis (tdap) to help protect themselves from pertussis and reduce their risk of giving the disease to the babies in their lives.

Please remember to check with your doctor regarding your child's immunizations and also your own as well.

**PLEASE KEEP SICK CHILDREN HOME AND REMEMBER TO BRING IN A DOCTOR'S NOTES WHENEVER THEY VISIT A DOCTOR/DENTIST!!!!**



## **BAD WEATHER**

In the event of bad weather, Head Start will follow the Rockingham County School schedule.

Closings for bad weather and hot days are listed on TV stations 2, 8, 12, 14 and cable channel 11. Radio stations listed are 98.7 KISS, 102 JAMZ and 97 WQMG. Please tune to one of these stations if you have any questions as to Head Start being open.

### **THE FOLLOWING WORDING IS USED FOR ANNOUNCEMENTS:**

**CLOSED** – Means that schools are closed for both students and teachers. No one is expected to report to work.

**CLOSED-OPTIONAL TEACHER WORKDAY** - Means that schools are closed for students. Teachers may opt to come into work and use it as a teacher workday.

**DELAYED OPENING FOR TWO HOURS** - Means that students report two hours later than normal starting time. Staff members are to report at the regular time.

Parents are encouraged to listen to the radio and television stations for announcement of school closings. For parents' convenience, a weather line has been installed at the administrative office. As soon as a decision is made, a recording is made on the weather line which can be reached by calling (336) 623-1385.

### **IN THE EVENT OF DELAYS CHILDREN WILL REPORT AS FOLLOWS:**

(1) HOUR DELAY, REPORT AT 9:30 A.M. OR AN HOUR FROM THE CENTER'S START TIME.

(2) HOUR DELAY, REPORT AT 10:30 A.M. OR TWO HOURS FROM THE CENTER'S START TIME.

### **FOR THE PARENTS OF CHILDREN WHO RIDE THE BUS:**

The bus will not run the days school is let out early because of bad weather. You must make arrangements for your child to return home. If you see the forecast has a chance for bad weather, do not bring your child to school if you do not have a way for them to return home.



**Rockingham County Head Start**

**Parent of the Year**

**2010 – 2011**

***Adrienne Hensley***

**St. Paul Head Start**

**Reidsville, NC**

**Teachers:**

**Ashley Curry**

**Robin Bridges**



## **Draper I Head Start**

Merry Christmas from Draper I! We have been working on learning our colors, shapes, letters, and numbers. We have also been working on our listening and social skills.

We enjoyed sharing the treasures that the children brought from their nature walks with their parents.

In October, Firefighter Slaughter came to talk with us about fire safety and we also went to visit the smoke house.

We are working on ornaments for our tree and making cards for our secret friends.

We Wish Everyone A Safe and Happy Holiday Season!

Mrs. Sparks and Mrs. Hendley

## **Trinity Wesleyan Head Start**

The children will learn about various ways people around the world celebrate Christmas. They will also learn about having fun with their families as they spend time together. Plus they will learn about cooperation, organized rules, and respect for others as we play various games in small groups. Our class will explore the gift of giving through music and dance, arts, crafts and books about the holiday time.

In addition, the children will be participating in notes of Love Project, as we make Christmas cards for our troops and friends. The children will learn first hand about giving, receiving, and caring for others. The Trinity Wesleyan Head Start would like to wish all our families and friends a Merry Christmas and a Happy New Year.

Wishing You Well,

Ms. Broadnax

## **Madison Head Start**

Happy Holidays!!!

This month we are discussing children around the world, music and fairy tales, and holiday customs. Other things we are working on this month are letters **W, Y, Z**, numbers **7** and **8**, the colors **red, green, and white**.

If you have not already done so, please send 3 to 5 pictures of your family to school for your child's family collage. This incorporates family in the classroom and when a child is sick or missing their family they have a picture to comfort them.

This is a reminder that silly bands, chapstick, money, and toys are not allowed at school. Please remind your children and check their bookbags to make sure they don't have these items. Winter is fast approaching and the weather is changing. Please send an appropriate change of clothes for you child.

Parents, **Thank You** for your support in the classroom so far this school year.

Ms. Nicky

Ms. Jeannie

## **St. Paul Head Start**

**WOW...can you believe 2010 is coming to an end soon? December is an exciting month for our class at St. Paul with the holidays approaching. We are looking forward to participating in the Wentworth Parade on Saturday, December 11, 2010. Come on out and support the Head Start Program.**

**St. Paul United Methodist Church has adopted our class from the angel tree. We will be celebrating this event on Monday, December 20, 2010, at 1:00 p.m. This month we are focusing on Music, Drama, Classroom Superstars, Holiday Customs, and Christmas. We hope everyone has a very Merry Christmas & Happy New Year.**

**Reminder the holiday break:**

**December 21<sup>st</sup> – Early Release**

**December 22-January 3 – CLOSED**

**January 4, 2011- children back to school**

**Mrs. Curry**

**Mrs. Bridges**

## **Lincoln Head Start**

**Season's Greetings from Lincoln Head Start~**

**It's hard to believe that 2010 is almost over. We have been busy busy busy learning new concepts through play, building character, and strengthening our social skills. We visited Oakhaven's Corntacular Adventure for our fall field trip and what a joyous time we had exploring the corn maze, petting the animals and seeing the habitats, and sight seeing the farm on the train ride and tractor pull. We recently participated in the Draper Christmas Parade in Eden, singing Christmas songs and representing our Head Start classroom. In the coming weeks, we will have a Holiday celebration before the Christmas break. We are busy making ornaments, crafts, and singing Christmas carols. From our class family to yours, we wish you a Merry Christmas and a Happy New Year!**

**Sincerely,**

**Ms. Stubblefield**

**Mrs. Broadnax**

## **Lawsonville II Head Start**

**Season's Greetings from everyone here at Lawsonville II Head Start. As the children say, "Merry Christmas!" This year at Lawsonville we are doing more things with Language and Literacy. It has been fun. We added a Word Wall to our classroom this year. It has been a blast, listening as children try to think of words that begin with certain alphabets. We have also encouraged the children to try and spell words. We encourage the children to recognize print. The children also love Nursery Rhymes and Finger plays. Some even try to make up their own. The children have learned their "Daily Routine," and now they know that after snack they go home. We send our best wishes to everyone! Let's see all the good things that are in store for 2011!**

**Mrs. Galloway**

**Ms. Ellis**

## **J. A. Bell Head Start**

First of all, thank you to all the parents who came to repair our playground. You did a great job! We have some new grass growing and our playground is a great place for playing.

Next, welcome to Ms. Jennifer Giles! Ms. Jennifer is the new assistant teacher at the center. She is very excited to be here and she is looking forward to getting to know the children and parents. She has over 15 years experience in child care and preschool settings. Please say hello to her!

We recently went on our class field trip to "A Piece of Cake" Bakery. Ms. Loretta, the baker, read us a story about a mouse. She showed us the tools she uses to make cakes and cookies. She gave everyone a cookie. The children made some art to say thank you for the great visit. Thanks to the parents who were able to participate in our trip.

Another Big Thanks to Mr. Coleman and Ms. Laurie who keep the children safe on the bus each day! Thank you for taking such good care of the children!

Please check you child's change of clothes and make sure it is appropriate for the colder weather.

Thank you all for making sure you child comes to school each day. We are learning our colors, numbers, shapes, days, and months each day in English and Spanish. If your child is absent, please give any doctor's notes to the teacher.

Thank you to all the parents and families for all your help at the center!

Happy Holidays to everyone,

Ms. Angela and Ms. Jennifer



## **Stoneville Head Start**

WOW!! This year is going by so fast!! We are already leaving the fall season! We watched the leaves on the trees change color and fall to the ground. The children really enjoy walking to lunch each day to see how many more leaves have fallen! We are having so much fun in the classroom; your children are loving learning through art and play! We had fun and learned a lot at the Fire Department to celebrate Fire Safety Week. Our field trip for December is the Stoneville Library! The class loves to listen to stories. Thanks for reading the books that we sent home with your child. They were very excited about it!

Your children are doing great on learning letters, numbers and trying to write their names. We have begun to read small words!!! Thank you for your support at home and volunteer help in the classroom.

Have a safe and Happy Holiday! Looking forward to a great New Year!

Mrs. Minter and Ms Bullock

## **Moss St. Head Start**

Hello Everyone and Happy Holidays!

Here at Moss St. we are excited about learning and looking forward to Christmas! We have begun decorating our classroom with snowflakes, hoping that maybe Jack Frost will send us some snow. The children have already started making Christmas ornaments to share with family and friends. We ended November with a field trip to Lowes Food, there we toured the store and learned about healthy snacks and we even got to sample some! So as you can see, here at Moss St. we are busy, busy, busy!

Wishing you and yours a wonderful holiday season.

Mrs. Jones and Mrs. Davis

## **Lawsonville I Head Start**

The LA –I superstars are getting ready for the Holiday Season! We are practicing holiday songs daily and plan to serenade the Lawsonville School every Friday with a weekly selection. Also, we are decorating our classroom for the festivities. The children have grown by leaps and bounds. We are also looking forward to Parent/Teacher Conferences the second and third week in December. Happy Holiday!!! From LA –I Superstars!!!

Ms. Amy and Ms. Keki

## **Kids World Head Start**

Feliz Navidad, Merry Christmas, Seasons Greetings from Kids World Head Start. As the holidays approach, we look forward to the holiday season and are doing many activities in the classroom. We are discussing topics such as Holiday Customs, Dance, and Music. The children have been busy making reindeer ornaments from their foot prints, cutting pictures out of magazines of what they want for Christmas, decorating stockings and hanging them in the window in our classroom. The children are also painting and making their own Christmas trees out of construction paper and drawing creative pictures to sounds of different music. The children love music and are already beginning to learn the lyrics to Christmas songs such as “Frosty the Snowman” and “Must Be Santa.” The children are excited and are full of the Christmas spirit.

One of the projects that we are doing that we did last year is our Pennies for Hope campaign. The children are bringing in pennies and we are sending the money to the “Feed the Children Organization.” We will send our money that we have collected before Christmas, and we will also be writing letters to Santa Claus. The children and teachers are excited and cannot wait for the holidays. We would like to wish all our families the best during the holiday season and a happy and prosperous New Year.

Ms. Colette Broadnax and Ms. Camika Martin

## **Wentworth Head Start**

Greetings families and co-workers! Wentworth has had a great year so far, learning many things. Our children have been excited while counting down the days of seeing Jolly Ol' St. Nick! They have adjusted well to our daily schedule and class routines. Our class consists on (10) four year olds and (8) three year olds. Four of our children will be having birthdays this month: Alexis W., Emmanuel L., Chasity S., and Jala H. Our class will celebrate with a Holiday Christmas party, December 17<sup>th</sup> at 1:30 pm. This month our class will be involved in several holiday activities. Our school is having a Santa Gift Shop. Our children will be able to make and take Christmas ornaments home for their parents. Also our children will be involved in the Wentworth Christmas parade, Saturday, December 11<sup>th</sup>. To conclude our holiday fun activities, our children will perform with our friends from St. Paul Head Start, at our annual County Government Holiday Social, December 16<sup>th</sup>. Our class has been learning several Christmas songs to sing at these holiday functions. The children have done a great job learning these songs. We invite all our parents to come out and support our class in these activities!

Our class has also made a Christmas Wish List for Santa. Each child will also write Santa a letter and sign their name to it. Each letter will be mailed to the North Pole, in hopes that Santa and his elves will deliver under our trees what we wished for!! Let's cross our fingers!!! From our class to yours, we wish all our parents, children and co-workers a very Merry Christmas!! Feliz Navidad!!

Ms. Dalton

Mrs. Simpson

## **Williamsburg Head Start**

¡Hola! from Williamsburg

We are excited about the upcoming holidays and have been talking about the different types of holidays that occur this month. We will also be learning about music, drama and dance as well as special holiday foods we eat during our celebrations.

On December 3, 2010, we attended a holiday performance put on by the fifth grade students that included singing, dancing and acrobatic tumbling. It was GREAT! The children talked about it all day long afterwards. Several children had older siblings that participated in the performance.

We look forward to receiving recipes from our parents for special holiday foods they prepare as we put together a recipe booklet for our classroom. We will also add "recipes" from the children on how to cook something they like to eat. We hope to get 100% participation for this project and will print a copy of the book for all parents.

We will also be making puppets and small instruments in the classroom over the next few weeks and small keepsakes (shh! It's a secret!).

Hoping that everyone has a safe and wonderful holiday break...

Merry Christmas,  
Mrs. Ellington and Ms. Charlene

## **Draper II Head Start**

Hello all from Draper II! We hope you are all having a wonderful year. Our year has gotten off to a great start! We have been doing very interesting things and learning a lot this year. We have had a visit from the firefighter and have visited the smoke house as well. We have been talking about many different things. We are working on all of our letters and our name. Continue to work with you child on these. We are looking forward to a great holiday season and are excited to start off the New Year right!

Merry Christmas,

Mrs. Slaughter  
Miss. Davida

# Christmas Tree Safety Tips

**Consider an artificial tree. They are much more safe and cleaner.**

- ❖ A real tree should not lose green needles when you tap it on the ground.
- ❖ Cut 1 inch off the trunk to help absorb water.
- ❖ Leave the tree outside until ready to decorate.
- ❖ The stand should hold at least 1 gallon of water.
- ❖ A 6 foot tree will use a gallon of water every two days.
- ❖ Mix a commercial preservative with the water.
- ❖ Check the water level every day.
- ❖ Secure the tree with wire to keep it from tipping.
- ❖ Keep tree away from floor heaters, fire places, or other heat sources.
- ❖ Use only UL-listed lights, and no more than 3 strands linked together.
- ❖ Use miniature lights ~ which have cool burning bulbs.
- ❖ Turn off the Christmas lights when you sleep or if you leave you home.
- ❖ Never use candles on the tree, even on artificial trees.
- ❖ Clean the tree stand to improve the tree's water intake, use one capful of bleach to a cup of water.
- ❖ Dispose of the tree properly.



**NEVER BURN A REAL TREE IN THE FIREPLACE!**



## Holiday stress: What's stressing you out this holiday season?

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If you're like most Americans surveyed by the American Psychological Association this year, it's money.

Americans list lack of money (61%), the pressures of gift giving (42%), lack of time (34%) and credit card debt (23%) as top causes of holiday stress. Survey results also show that younger Americans are more worried about lack of money (81%) and gift giving (54%) compared to people over the age of 35.

So, how are people dealing with holiday stress? One in five Americans are worried that holiday stress could affect their physical health and 36% say they either eat (22%) or drink alcohol (14%) to cope with holiday stress. Others rely on exercise (45%) and religious and spiritual activities (44%) to relieve stress. And 14% turn to massage and yoga.

In short, people turn to what they know—and ironically, the things that make them feel good right away, like food or drink, can be bad for them in the long run.

If you're stressed because of the holidays, here are some positive things you can do to deal with holiday stress and build resilience:

**Make connections.** Good relationships with family and friends are important. So, view the holidays as a time to reconnect with people. And, accept help and support from those who care about you to help alleviate stress.

**Set realistic goals.** Taking small, concrete steps to deal with holiday tasks instead of overwhelming yourself with goals that are too far-reaching for a busy time.

**Keep things in perspective.** Try to consider stressful situations in a broader context and keep a long-term perspective. Avoid blowing events out of proportion.

**Take decisive actions.** Instead of letting holiday stressors get the best of you, make a decision to address the underlying cause of a stressful situation.

**Take care of yourself.** Pay attention to your own needs and feelings during the holiday season. Engage in activities that you enjoy and find relaxing. Taking care of yourself helps keep your mind and body primed to deal with stressful situations.