

WINTER 2017-2018

HEAD START/PRE-K NEWSLETTER



COMMUNITY ACTION PLANNING COUNCIL
OF JEFFERSON COUNTY

518 Davidson Street, Watertown NY 13601
Website: www.capcj.org T: 315-782-4900 ext. 236



From the Director's Desk.....

It doesn't seem possible that we are in the New Year already. We have been very busy in the Head Start and Pre-K programs this fall and winter. Soon it will be time to transition our 4 year olds to kindergarten once again. Our teachers are scheduling visits to neighboring kindergarten classrooms and gearing up for transition sessions with the parents.

It seems that it has been a while since I have written an update on our programs, so I will give you a brief on what's new in our department. We are currently operating 14 classrooms of 3 and 4 year old children in our Head Start Program (Watertown-Davidson St. - 6),(Watertown-Sacred Heart-2), (South Jeff-Adams Center - SJCSD Wilson Bldg. -1), (North Jeff- Evans Mills Primary -2), (General Brown- Dexter -1), (Carthage -2), and (30 Home-Based slots). Our classroom sessions vary from a 3.5 hr. day to 6 hrs.

We have 6 classrooms of Pre-K in Indian River (Calcium-3, Evans Mills-2, and Philadelphia-1) equaling 12 part-day sessions of Pre-K. We recently opened two new classrooms in Calcium and Evans Mills with the Pre-K expansion grant. We are still seeking applications for those sites.

Lastly, we have 4 classrooms of Pre-K in the Watertown School District (North Elementary -2, Ohio -1, and Sherman-1). All classrooms are 5-6 hrs. per day. We also blend Head Start and Pre-K funding in the Watertown District to run 3 collaborative HS/PK classrooms at the Davidson St. building. In total we currently serve approximately 520 children in the county, with the capacity for 550 children.

Head Start is in the process of applying for Quality Stars New York which is mandated by the new Performance Standards, to ensure highly qualified staff and rich classroom environments within each Head Start Center. Our Watertown Pre-K Program has already been enrolled and rated by QSNY, with a 4/5 rating.

Overall we have had a wonderful year so far and are looking forward to fun-filled activities and field trips in the spring.

Sincerely,

Marie Ambrose
Head Start/UPK Director

We are already busily recruiting for the next school year at all of our sites.

Our preschool programs are at no cost to parents and families, but they must meet the various eligibility requirements for each program.

If you are interested in applying, pls. call 315-782-4900 Ext. 236 for more information.

"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning."

—Mr. Rogers

The Science of Bubbles

Submitted by Evans Mills UPK

Blowing, watching, and playing with bubbles is a fun learning activity for preschoolers. Playing with bubbles can support learning and development in many different areas; social-emotional, language, physical, cognitive, literacy, math and science. Through bubble play your child will learn basic science principles, and experience science in a playful and experimental way. Below is a recipe for the “The Best Ever Bubble Solution,” a clever way to create your own bubble wands, and some ideas to make bubble play a fun learning experience.

- **Socially/Emotionally:** Blowing bubbles can be a fun group activity that encourages positive social behaviors, including communicating, teaching, learning from others, taking turns, sharing materials, and enjoying time with peers.
- **Language:** Communicating with family members, teachers and friends about bubbles. Building upon their vocabulary through new science terms such as; hypothesis, experiment, observation, conclusion.
- **Physical:** Engage preschoolers in blowing bubbles from a variety of different wands and watching others blow bubbles. Allow them to chase the bubbles and try to pop them!
- **Cognitive:** Engage preschoolers by asking how far they think the bubbles can float before they pop, and which direction they will go. You could ask what is similar and different about several bubbles.
- **Literacy:** Read books about Bubbles such as; *Curly’s Fun with Bubbles*, *Bubbles Day*, *Bath Time Bubbles*, *Bubble Trouble* and *Bubbles Float/Bubbles Pop*.
- **Math:** Counting- Ask your child to count how many bubbles they can blow each time.
- **Science:** Invite your child to measure, mix and pour the ingredients. Have the kids make different shape bubble wands (Triangles, Circles, Flowers) and predict the shape of the bubbles that will come from them. Preschoolers can look for other objects to use as bubble wands; cookie cutters, funnels, eye droppers, slotted spoons, straws ect.

The Best Ever Bubble Solution

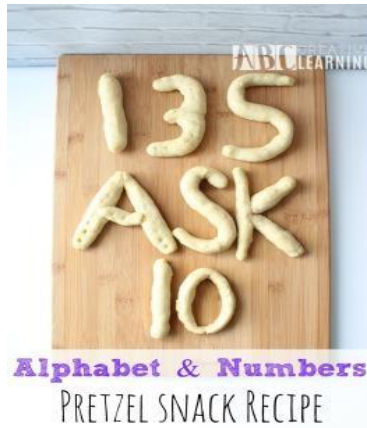
12 Cups Water
1 cup Dishsoap (Dawn is best)
¼ cup Glycerin or Corn Syrup (Optional)

Mix everything together and let it sit at least
Overnight. The longer it sits the better it gets!



ALPHABET & NUMBERS PRETZEL SNACK RECIPE

Submitted by Carthage Head Start



This is a great activity to review letters, numbers, and shapes we have learned. It is also a wonderful motor skills activity.

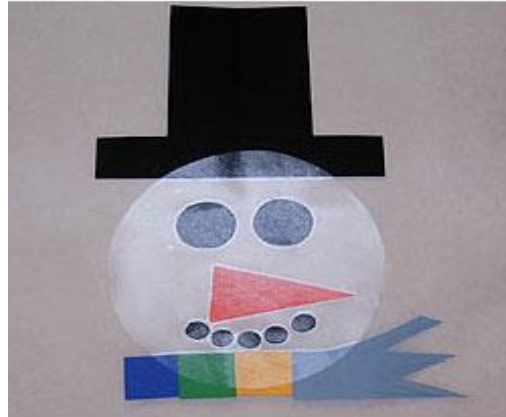
Ingredients Needed:

- 1 packet of active dry yeast
- 4 cups of flour (we used gluten free)
- 1 1/2 cup of warm water
- 1 teaspoon of salt
- melted butter or 1 egg
- coarse salt or sugar and cinnamon (optional for sprinkling on top) Directions:
- Step One: Mix all the dry ingredients together in a bowl, except the coarse salt, sugar, and cinnamon if using.
- Step Two: Add the warm water to the bowl and mix together. I personally found that it was easier to mix with our hands rather than with a spoon.
- Step Three: Separate the dough into small balls. Mine made about 11-12 small balls
- Step Four: Give your child a small ball of dough and ask them to make a number, letter, or shape. I gave the girls free range of what they wanted to do, but it had to be one of those three things. You could also place alphabet, number, or shape cards in front of your child so that they can visualize what they are making.
- Step Five: Help your child roll out their dough into long ropes so that they can create their pretzels.
- Step Six: Once finished you can spread some beaten egg or melted butter over the pretzels and either sprinkle with a bit of sugar or coarse salt.
- Step Seven: Bake on 350 degrees for about 12-15 minutes or until pretzels are golden brown.
- Step Eight: If you decide to do a cinnamon and sugar pretzel add more butter on top and sprinkle with a bit of sugar and cinnamon.
- Step Nine: Enjoy your delicious creations.

Clear Cover Snowman

CRAFT

Submitted by Unit 3 Head Start



This is a great project for decorating our K–3 classroom hallways. Each grade level does a different craft for each season. Our class made snowmen that hang from the ceiling and are two-sided.

- Goals**
- .Create an interesting snowman using clear contact paper to hang in the hallway for the holidays.
 - .Identify shapes used to make the snowmen.

- Before You Start**
- .Prior to doing this craft with your class, you will need to cut out two 6-inch circles from clear contact paper. Cut out round black circles from construction paper for the eyes and mouth. Cut out orange triangles from construction paper for the nose. Cut out multicolored squares for the scarf. The last scarf square should be double the size to fringe one end with scissors. Trace top hats from black construction paper. Preparing each of these items prior to the activity with your class will help make this craft easy and organized for everyone

- Let's Begin**
1. Have children peel off the protective paper from the contact paper.
 2. They can distribute the pieces cut out for the eyes, nose, mouth and scarf onto the sticky side of the contact paper.
 3. Children can then lay the hat at the top of the contact paper.
 4. The teacher should help each child peel off the protective paper from another sheet of contact paper and place it on top of the first piece.
 5. This creates a two-sided snowman to hang from the ceiling.

- Furthermore**
- Throughout the holiday season, your class will be able to see their projects wherever you decide to hang them!

Benefits of Reading to your Child

Submitted By Diana Shullette

Dexter HBV

**“You’re never too old, too wacky, too wild, to pick up a book
and read to a child.”**

-Dr. Seuss

Boosting School Readiness – Reading is one of the easiest ways to increase school readiness. When you read to your child, you’re building their vocabulary, language and literacy skills, while improving concentration, curiosity and memory.

A Love of Books – Reading together builds strong family relationships. By cuddling up together with a good book, you teach your child that reading is fun—even for adults.

Teaching Coping Skills – Books are a great way to teach children how to handle new experiences and stressful situations. Stories can help children understand, talk about and deal with everything from starting a new school to the loss of a pet.

Listening skills and imagination- Books teach your child about relationships, situations, personalities, and what is good and what is bad in the world he lives in. Fantasy books provide material for his imagination and free play. Fairy tales fascinate your kid, and help him distinguish between what is real and what is not.

Tips when Reading Aloud with Your Child

- Be silly, be goofy, and don’t be afraid to act like a ham! The more enthusiasm you display, the more your child will enjoy the book.
- Leave time for examining the illustrations; encourage your child to find things in the pictures, ask questions about those pictures.
- Invite your child to join in whenever there is repeated phrases in the text
- Expose your kid though to a variety of books.
- Teach your child to treasure books and treat them with respect – keeping them clean and in good condition.
- Surround your kid with books. Keep books where your kid can easily reach them so he will be able to browse them by himself.
- Take books to read to your child on long trips and places where you have to wait like the doctor’s office.



**CHILDREN ARE MADE READERS
ON THE LAPS
OF THEIR PARENTS!**

Starting with Preschool, Strive for Kids Who Thrive

Submitted by Sacred Heart-Head Start

How do you keep your child focused, happy, and learning in the new world of preschool? These tips and techniques for parents and teachers will give her a running start. BY MARY WONDERLICK

Young children with ADHD usually start off well in preschool. The play-oriented environment that encourages movement and is tolerant of self-control challenges and social deficits can be an ideal setting for them. When demands are placed upon a child to conform, develop language skills, and play cooperatively, kids with ADHD begin to have problems.

The good news is that preschoolers with ADHD can be successful with the proper treatment plan and the right school environment. Ideally, preschool classrooms should provide lots of supervised playtime, frequent physical activity time, and many hands-on learning opportunities — the perfect combination for preschoolers to learn.

Here are some strategies that should be used by parents and teachers.

PLAN A VISIT. Some kids benefit from an advance visit to the child-care center or school to see the setting and to meet the teachers. The same goes for tae kwon do classes or Boy Scout meetings. A practice run to the venue will lessen anxiety when they start school or an activity.

USE A POSITIVE APPROACH. When your son does something inappropriate in the classroom or at home, before you chide, guide. It takes extra explanation for some young kids with ADHD to learn the routines and rules.

BE CAUTIOUS WITH “WE” STATEMENTS. “We share at school.” “We don’t hit.” Egocentricity is developmentally appropriate. Young children don’t know that “we” means “me.”

CATCH YOUR CHILD BEING GOOD. Positive reinforcement gives a child incentive to keep going. Give a quick, specific compliment at the very moment you see your child start to do what you expected, not when it is completed. Say, “Ian, thanks for listening when I said it’s circle time.” This gives him incentive to go to the circle. After a few steps, give another positive statement. “Ian, are you going to sit here or there?” The reinforcement supports the behavior you desire of him.

[Positive Charge: How to Reinforce Good Behavior]

RULES/PRAISE/IGNORE. Clarify rules in advance. Have only a few rules, make them to the point, and consider using pictures or drawings to illustrate them. Give praise. Follow the recommended three-to-one ratio of positive statements to negative ones. Ignore minor misbehavior, such as bouts of forgetfulness or disorganization. Target more serious behaviors.

TIME OUT IS OUT. Don’t remove a child from, say, the puzzle area if he misbehaves. Use it as a teaching opportunity. Carefully explain what is expected during puzzle play, and then invite the child to go back to the puzzle, asking, “What do you plan to try to do at the puzzle table?” After the child has played for a few seconds, praise/affirm her effort. About a minute later, give similar praise. Frequent guidance and positive affirmation are important.

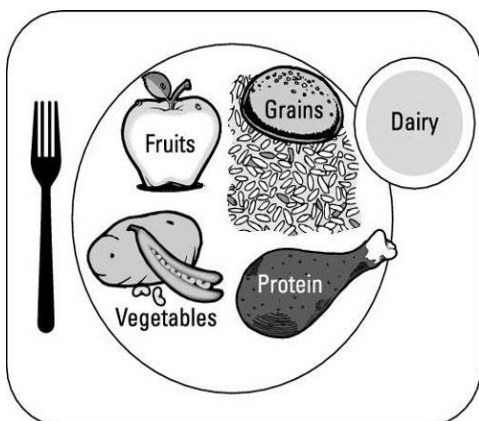
USE SONGS AND CHANTS. Children who sing as they do a task maintain focus. A couple of my favorites are “watch the scissor cutting, cutting up the paper” or “watch the crayon color, coloring the ...” You can create short songs or chants as cues for anything.

Ten Tips for Healthy Meals

Submitted by N. Jeff Head Start

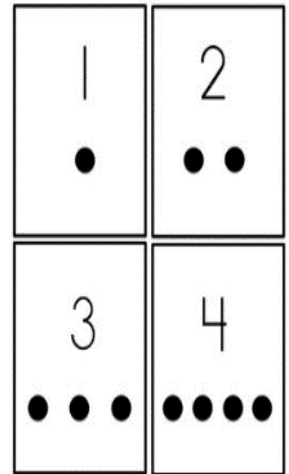
- 1. Make half your plate veggies & fruits**
- 2. Add lean protein like lean beef , pork, turkey or chicken adding seafood twice a week**
- 3. Include whole grains**
- 4. Don't forget the dairy**
- 5. Avoid extra fat**
- 6. Take your time**
- 7. User a smaller plate**
- 8. Take control of your food- eat at home more often , when eating out check the nutrition info**
- 9. Try new foods**
- 10. Satisfy your sweet tooth in a healthy way**

Taken from 10 tips Nutrition Education Series



Teaching Young Children Math

Submitted by Ohio UPK



Playing math games with children can be a fun, developmentally

appropriate way to spark understanding of big mathematical ideas. Math

games also support children's mathematical habits of mind-and key school readiness skills such as problem solving, puzzling and perseverance. When we watch and listen to how children play math games, we learn a lot about the mathematics they already know and what they're ready to learn.

Dot card games are simple and can be played again and again. They use cards that have one to 10 black dots arranged in different configurations—linear (straight line), rectangular, dice pattern, circular, and scattered configurations.

A variety of dot arrangements help children develop different mental images of quantities.

We often ask children to count a line of objects, but circular and scattered arrangements are harder to count one by one! These games support children's ability to immediately see how many without counting, a key factor relating to young children's math ability.

Finger games promote children's understanding of early math concepts, from counting to composing and decomposing number (the foundation of addition and subtraction). When children use their fingers to count, they are strengthening their number knowledge and their ability to visualize numbers in their minds. Finger games can be played anytime, anywhere, since your fingers are always with you!

Snow Ice Cream II

Submitted by
Philadelphia UPK

Ingredients:

1 gallon snow
1 cup white sugar
1 tbsp vanilla extract
2 cups milk

Directions:

When it starts to snow, place a large, clean bowl outside to collect the flakes. When full, stir in sugar and vanilla to taste, then stir in just enough milk for the desired consistency. Serve at once.



SHAPE SONGS

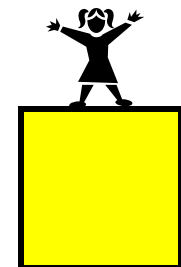
Submitted by N. Jeff Head Start

Here are songs you can practice with your child when needing help with shape recognition:

A circle, a circle it's rrrr round like an apple, like a bubble it's rrr round



All my sides are all the same; all the same,
all the same ... all my sides are all the same
I'm a square



Two sides short and two sides long
(repeat 3 times)
I'm a rectangle

