

Logan Head Start / Early Head Start News

Progress Towards Meeting Goals

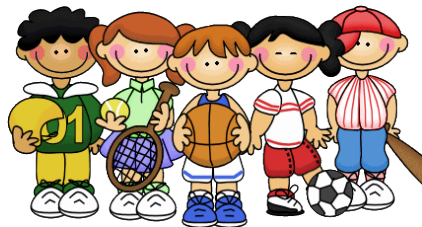
One of our long term goals is to promote school readiness by ensuring children are physically able and ready to learn by helping families access and maintain ongoing and continuous health care. Last year our goal was to have 90% of our families with a medical home by the end of the school year. We exceeded our goal and had 99.7% of our families with a medical home at the end of the school year.

Well child care is one of the hallmarks of a family centered medical home. When hearing "medical home" for the first time, some think that it is a physical place. Rather it is an approach to providing care in a way that looks at the entire picture incorporating all the things that are important to the health and wellbeing of a child. The well child visit to your doctor gives you a chance to ask questions or discuss any concerns you may have about your child's development, behavior and general well-being. These questions are hard to discuss during sick visits. Parents also get immunizations completed and any blood work that needs to be done during a well child visit. Well child visits should continue even after your child leaves Head Start to keep your child ready for school!

Taking your child to the dentist every 6 months is very important also. Regular dental visits are essential for the maintenance of healthy teeth and gums. A child's primary teeth, sometimes called "baby teeth," are as important as the permanent adult teeth. Not only do primary teeth help children chew and speak, they also hold space in the jaws for permanent teeth that are growing under the gums. When a baby tooth is lost too early, the permanent teeth can drift into the empty space and make it difficult for other adult teeth to find room when they come in. This can make teeth crooked or crowded. That's why starting infants off with good oral care can help protect their teeth for decades to come.

How your child eats today will have a striking impact on their health throughout adolescence and adulthood. Consuming nutritious foods helps children grow, develop, do well academically and feel good about themselves. Nutrition for kids is based on the same principles as nutrition for adults. Everyone needs the same types of nutrients — such as vitamins, minerals, carbohydrates, protein and fat. Children, however, need different amounts of specific nutrients at different ages. When your child is at Head Start they receive nutritious meals and snacks. Exposing your child to new and nutritious food at a young age will help start a lifetime of healthy eating.

Part of being healthy is physical activity. It is recommended that children have 60 minutes of physical activity a day. I know this seems like a lot and sometimes is hard to do. You have received a Physical Activity Questionnaire to help us provide information and activity ideas for our families. Thank you to those who have completed it. Look for information coming home with your child in the next few months!



For more information on our program goals, contact your center coordinator, our Head Start director or a program coordinator. Our main office phone number is 800-686-1093.

Hocking Athens Perry Community Action Head Start

Head Start is a federally funded, comprehensive school readiness program. Our school readiness goals are aligned to the Head Start Early Learning Framework. Ohio Early Learning Standards and Local School Expectations. Our school readiness plan includes children ready to learn, families as life-long educators and supportive communities.



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Your
Center
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Parent Meeting

The next parent meeting will be held March 9th at 5:00. The topic will be nutrition and couponing. Everyone is welcome to attend! Snacks will be provided.

Pop Tabs

We are saving pop tabs for Kiri, a young child who has Microcephaly. The pop tabs help pay for her medical bills. If you have any, please send them in to help.

Perfect Attendance

Lexi K. Lucy H. Caleb P. Keyaira R. Michelle W. Mason E. Solomon H.
Sadee H. Willow J. Emily L. Elleigh L. Zanden M. Kelsey V. Erika C.
Ava F. Xavion L. Katie P. Bo R. Jonas R. Ria W. Natalie Y. Delilah H.
Peyton D. Cameron L. Sophia O. Olivia O. Caleb P. James R. Rylee R.

Great Job!!!

Happy Birthday!

Elleigh L. Sadee H. Blake C. Brandon B.

Upcoming Events for March

There will be no school March 28th through April 1st for Spring break. We will be closed on March 9th in the morning for training. We have an Easter eggs hunt planned for March 24th from 5-6 at Mingo park. We are accepting donations of plastic Easter eggs and wrapped candy if you would like to donate any.

Enrollment for Fall

It's time to start enrolling children for fall. If you have a child that will be returning this fall Laura or Cathy will be filling out the paperwork with you. If you know anyone who has a child that would like to come to Head Start have them give us a call as soon as possible.





March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9 Parent Meeting 5:00	10	11	12
13	14	15	16 PPC Meeting	17	18	19
20	21	22	23	24 Easter egg Hunt 5-6 Mingo Park	25	26
27 	28 Spring break	29 Spring break	30 Spring break	31 Spring break	Spring break	