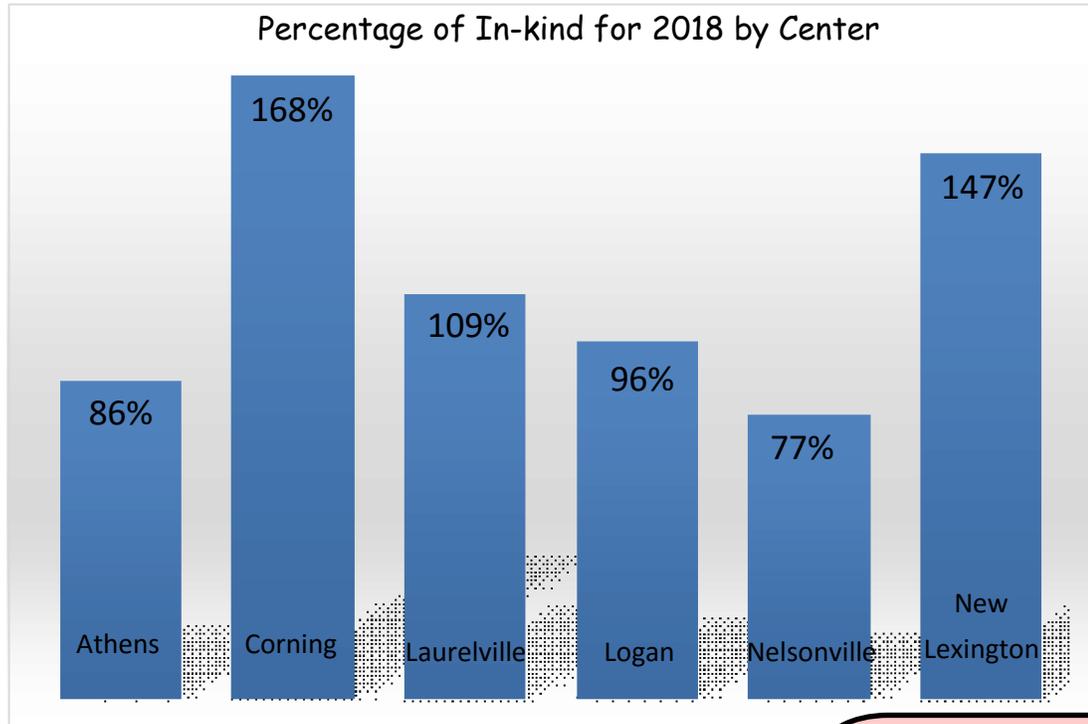


♥ February 2019 ♥

New Lexington Head Start/Early Head Start News

Inkind: We did it!



It was close but we were able to raise enough in-kind to meet our match requirement for 2018. Watch for monthly updates at your center as we begin to collect in-kind for 2019. For every \$4.00 we receive in federal money, we must raise \$1.00 of match. This can be through classroom and socialization volunteering, **Activities Calendars, Reading Logs,** donations of materials, special activities, Parent Meetings, Staff Interviews, etc. Ask a staff person at your center what you can do to help! **We need all families to HELP!!!**

"Kudos to Corning and New Lex for exceeding their match requirement!!!"
Chris DeLamatre, Director



Check Out Your Center News on Page 4



Thanks to our families and staff for all your hard work!





February is Dental Health Month!



Healthy Snacks for Healthy Teeth...

- **Apple** wedges
- Orange slices
- Asparagus
- Cheese Chunks
- Milk
- **Cucumber Slices**
- Cauliflower Pieces

DENTAL HEALTH STORY BOOKS

Check these out!

- "Dora the Explorer: Show Me Your Smile" by Christine Ricci and Robert Roper
- "Just Going to the Dentist" by Mercer Mayer
- "Freddie Visits the Dentist" by Nicola Smee
- "Papanash Town: And the Boy Who Did Not Like Brushing His Teeth" by Hanan Leibovici and Anna I.
- "Milo's Toothache" by Ida Luttrell
- "The Tooth Book" by Edward Miller



School Readiness Goals You are your CHILD'S FIRST TEACHER

HAPCAP Head Start / Early Head Start has 5 school readiness goals. They are as follows:

- **Language and Literacy Development:** Children enter school as competent communicators with rich vocabularies, eagerly engaged in the world of literacy.
- **Cognition and General Knowledge:** Children are curious learners who explore their world making discoveries and solving problems.
- **Approaches to Learning:** Children approach learning in various ways employing initiative, curiosity, engagement, persistence, reasoning and problem solving skills.
- **Physical Development and Health:** Children are physically and developmentally healthy.
- **Social and Emotional Development:** Children are socially and emotionally healthy members of their families and the community.



Bright Ideas for School Readiness

Follow these tips to help your child achieve school readiness by being physically developed and healthy:



- Eat healthy meals and snacks. Instead of chips and candy feed your child fruit and veggies.
- Make sure your child exercises everyday. Run, jump, climb...whatever your child enjoys. Activity during the day helps the body sleep well at night.
- **Turn off the TV or movies before bedtime. Read books instead or share your day,** "This was my favorite part...what was yours?"
- Provide opportunities for your child to develop his/her fine motor control—cutting or tearing paper, writing and drawing (even if it's just scribbles), manipulating play dough—these all promote school readiness.
- Make sure your child visits the doctor and dentist as recommended. A healthy, pain-free body is more school ready than one with aches and pains.

Spending Your Tax Return Wisely



It's that time of year...time to file your tax return. For many people, this also means receiving a refund. If you receive a tax credit, you might be getting a nice return. Whether yours is just a few dollars or a big return, you'll want to plan wisely for the extra income.

The big temptation, of course, is to spurge—taking the family out to dinner and buying those 'must have' goodies whether they are new toys, the latest clothes, something for the house or a long-awaited vacation.



Before you start checking the mail daily for that refund, it would be wise to make out a budget. With a basic budget, you list your income on one side of the paper and all your expenses on the other. At the top of the list should be your 'four walls', also known as necessities. This includes food, housing, transportation and clothing. Housing includes utilities. Don't forget insurance and vehicle maintenance such as repairs and tires.

After the 'four walls', you can list other expenses. If you are like most families, your budget is usually maxed out here. Making a budget can help you see where you need to use the tax return. Catching up on the necessities is a must before using your return for anything else.



Other wise ways to use your return include the following:

- * Stock up on staples. It's always good to have extra cleaning supplies or food in your freezer. Check out the sale ads and don't forget your coupons. You won't be wasting money, you'll be planning ahead.
- * Are you spending lots of money at the laundromat? Consider buying a good used washer and dryer. You'll save cash and also gas money on travel. Don't forget the thrift store. Big bargains await!
- Pay off or reduce debt. Paying off a debt puts money in your pocket. Money spent on payments and interest can be used in other ways. One method is known as snowballing. You pay off the smallest debt, thereby immediately eliminating one payment from your list of debts. Then, you use all the money you were throwing at that debt to pay on the next smallest debt - keeping going until all your debts have cleared. This has the added benefit of improving your morale and motivation — these "quick wins" will make paying off all your debt seem more doable.
- * Put aside some money for an emergency fund. That way, when something unexpected happens, you'll be prepared.
- * Treat yourself or others Set aside a small amount for something special. It could be a pizza and movie night or a trip to the thrift store where each family member picks out a new outfit. Or, you might want to purchase some art materials and make cards to cheer up someone who is having a rough time. Make it a fun family night.



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COMMUNITY ACTION

740-767-4500 www.hapcap.org

EARLY HEAD START AND HOME BASED SOCIALIZATIONS

Shawn from the OSU Extension Office in Somerset will be doing presentations on Nutrition. She will be making snacks for our families to try. Socializations are planned for Wednesday, February 6th and Wednesday, February 20th from 4:00pm-6:00pm at the center. Ask Gloria, Maryanne, or Sierra for more details!

Our Valentine's party is planned for Thursday, February 14, 2019. We ask that you please help your child make a Valentine's box to bring in. Each child will need to write their name on 18 Valentine cards to pass out to their classmates. Also, remember we are not allowed to accept food or candy from families. Head Start will provide the treats for the kiddos!



On Friday, February 22 each classroom will be hosting a Dad's Day. If "Dad" cannot make it Mom or another family member is more than welcome to join us! Each classroom has a fun activity planned. The activity is planned to begin at 1:30 PM.



PARENT MEETING...

Due to scheduling, the parent meeting for February has been changed to **MONDAY**, February 11th @ 5:00pm. Misty Harmon from the OSU extension office will be here to do a presentation on Budgeting.