

HEADS UP



Lake Geauga United Head Start's Monthly News Bulletin

May 2021

Dates to Remember...

Geauga Center

End of the Year Event

May 28th, 2021

More Information Soon!

Painesville Center

End of the Year Event

May 27th & 28th

More Information Soon!

West Center

End of the Year Event

May 27th, 2021

More Information Soon!

IMPORTANT DATES

Last day of school

May 27th

Curriculum Corner

Who: Ohio's Kindergarten Readiness Assessment Revised is for all children enrolled in community or public schools. It also is available in some participating chartered nonpublic schools.

What: The assessment measures your child's knowledge and abilities in four areas: social skills, language and literacy, mathematics, and physical well-being and motor development. The assessment draws from your child's early experiences and provides information for your family, as well as your child's teacher, that will be used to help your child learn and grow.

When: The assessment starts when your child enters kindergarten. Ohio kindergarten teachers have two weeks prior to the first day of school until Nov. 1 to complete the Kindergarten Readiness Assessment Revised.

Why: When the assessment is complete, teachers will have information to share with families. The information will help families and teachers work as partners so that children are successful in school.

How: There are three ways for your child to show what he or she knows and is able to do. The three ways are: 1. Selecting an answer to a question. 2. Performing a requested task. 3. Being observed by the teacher during school and at recess.

FAMILY TIPS WAYS THAT FAMILIES CAN SUPPORT THEIR CHILDREN'S LEARNING IN KINDERGARTEN

SOCIAL SKILLS

- Talk with your child about how he or she is feeling—recognize and validate those feelings. Provide words to help your child express emotions, such as sad, happy or angry.
- Comfort your child when he or she is upset or scared. Help your child recognize when others are expressing their emotions and how to comfort them.
- Establish routines with your child, such as playtime, clean-up time, bedtime and story time.
- Give your child "simple" directions. Begin with something your child can do in one or two steps and add more steps as your child learns to follow directions.

PHYSICAL WELL-BEING AND MOTOR DEVELOPMENT

- Encourage your child to dress him or herself. Help your child learn to zip, snap or button a coat and tie his or her shoelaces.
- Help your child learn personal care tasks, such as washing hands before eating and after toileting.
- Provide time daily for your child to play—run, hop, skip, ride a bike or trike, play ball.
- Talk with your child about safety, such as crossing the street.

LANGUAGE AND LITERACY

- Read to your child often, in the language you know best.
- Practice rhyming with your child—rhyming nonsense words counts!
- Help your child recognize his or her written name and that letters make up words and words convey meaning.
- Talk to and with your child. Help your child learn to express thoughts and ideas by staying on topic.

MATHEMATICS

- Help your child identify shapes, such as circles, squares and triangles. Look for and point out shapes in the environment.
- Talk with your child about the meaning of words used in math, such as numbers, add, take away, equal or same, more and less.



Feeding Tips for Preschool Children

By: Wendy Kirby RDN, LDN

Before the Meal:

- Involve your child in meal planning, coupon cutting, food shopping, and food preparation. Your child can also help with tasks such as setting the table, breaking eggs, or loading the dishwasher.
- Make sure the eating area is quiet, pleasant, and safe for meals and snacks. Turn off the TV or radio so your child is not distracted.
- Seat your child at a table for both meals and snacks. This promotes a consistent pattern which allows your child to focus on the food. Preschool children crave routine.

During the meal:

- Serve meals and snacks (about six small meals) at about the same time every day, with enough time for your child to become hungry between feedings.
- Serve the child most of the foods that the rest of the family is eating. Avoid being a short-order cook.
- Provide small portions and allow your child to ask for seconds if he or she is still hungry.
- If your child does not eat a meal, do not worry too much—children usually make up for this at later meals or over the course of a couple of days.
- Preschoolers usually do not like foods to be combined or put together—do not worry if your child wants to take apart sandwiches and pizza.
- Model healthy eating habits and manners. Remember, your child will follow your example.
- When your child is done eating, allow him or her to leave the table.

If your child will not eat new foods:

- It may take several introductions of the food before the child will pick it up and try it.
- Offer your child just one bite of a new food.
- It is best not to trick, bribe, or force a child into trying a new food.
- Provide a mix of favorite foods, along with a small amount of new or previously disliked foods.

SOCIAL MEDIA



Check out our website
for information on
upcoming events and
helpful resources!

www.lguhs.org

DOWNLOAD

Keep up-to-date on news and
announcements, download
our App!

**Lake Geauga United
Head Start**

Available in the App store
and Google Play.

Keep Kids Safe This Summer

As summer approaches and temperatures start to rise, lots of kids will be playing outdoors. As always, it's important to keep kids safe while they're having fun. Here are some great tips to keep your kids safe and prevent injuries or accidents this summer.

Be Sun Smart

- Use sunscreen every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.
- Seek shade when necessary. UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent.
- Wear a hat and sunglasses. Try to look for hats in wide brims or baseball caps to protect their face. Sunglasses protect your child's eyes from UV rays, which can lead to cataracts later in life.

Master Water Safety

- Never leave kids unsupervised: Even if your grade-schooler is a confident and capable swimmer, do not leave the pool area without adult supervision if children are in or near the water.
- Do not assume that a teen or relative will be watching: Talk to them about not using cell phones, texting, or allowing other distractions while supervising kids in the water.
- Put barriers around the pool to restrict access: Use doors with locks and alarms to keep kids out when adults are not present.
- Learn CPR: You may never need to use it, but knowing CPR for adults and for kids is something that can mean the difference between life and death in an emergency.

Play It Safe

- Read playground signs and use playground equipment that is right for your child's age. Look out for things in the play area that can trip your child, like tree stumps or rocks.
- make sure the ground beneath the equipment is soft enough. Surfaces made of concrete, asphalt or dirt are too hard and do not absorb enough impact in the event of a fall.
- While you can't prevent all accidents, you can be prepared. Keep a First-Aid kit easily available and supervise children at all times.

Hydrate

- Kids are more prone to dehydration than adults, and their risk increases as temperatures rise.
- Provide regularly scheduled water breaks to encourage all children to drink during active play, even if they don't feel thirsty.
- The amount of water a child should drink varies by age, weight and activity level.



LGUHS Wishes All Families a
Safe and Healthy Summer!



ENROLL TODAY!



FREE PRESCHOOL

440.551.9600

LGUHS.org



WIN A SAMSUNG TABLET!

Help us get the word out about our program and you could earn the chance to win a brand-new Samsung Tab S6 Lite!

You will receive one entry into our contest for each parent that completes an application for their child.

Winner will be drawn on May 26, 2021.



ReadyRosie will deliver specific learning activities and games to make summer learning soar!

- 10 weeks of content designed to prevent summer learning loss and ensure more student confidence for next year.
- Fun and inspiring activities that your family will love to play together that support skills in real-life settings.
- All content and videos in English and Spanish.
- Every week this summer, you will receive a text or email from ReadyRosie with activities that your family can do together.
- Here is how it works: 1. Watch the 2 minute videos. 2. Try the activities with your child.

