President Ronald Reagan declared the month of October as the Head Start Awareness Month.

Support Head Start by posting #HeadStartAwarenessMonth on Social Media.

Celebrating October the Head Start Awareness Month

We will be celebrating Head Start Awareness month in October and in doing so, we will host a Guest Readers Week. During the week of October 24, 2016 to October 28, 2016, we are inviting community partners and community leaders to be a part of our continued efforts to build a foundation of reading.

4C Head Start History
1988 - 4C Head Start

Grand Opening in Osceola
1993 - 4C became a sponsor of Head Start in Seminole County
2009 - 4C became an Early Head Start Grantee in Orange, Osceola and Seminole Counties
2015 - 4C awarded Early Head Start Child Care Partnerships grant for Orange, Osceola and Seminole

1984 - President Lyndon Johnson declares "War on Poverty."
1986 - Head Start is reauthorized along with Economic Opportunity Act of 1964, which creates the Office of Economic Opportunity and established Head Start.
1985 - Head Start grants awarded to serve children from birth to 5.
1986 - Early Head Start program begins.
1990 - Head Start Program Performance Standards are revised.
1993 - 4C becomes a sponsor of Head Start in Osceola County.
1994 - Head Start program serves more than 60,000 children and families in an annual school year.
1995 - Early Head Start program serves children from birth to age 3.
1996 - Early Head Start program serves children from birth to age 3.
2001 - Head Start program serves more than 800 children.
2009 - 4C awarded Early Head Start Child Care Partnerships grant for Orange, Osceola and Seminole Counties.

50 Years of Head Start Enrollment

Enrollment

Program Year

- Head Start Programs
- ARRA
- Summer Only Programs
About Zika

Zika is spread mostly by the bite of an infected mosquito. Zika can be passed from a pregnant woman to her fetus. Infection during pregnancy can cause certain birth defects.

- There is no vaccine or medicine for Zika.

The Florida Department of Health has identified an area in one neighborhood of Miami where Zika is being spread by mosquitoes.

Zika can be transmitted through mosquito bites from a pregnant woman to her fetus. Sex with an infected person is also a mode of transmission.

Blood transfusion (very likely but not confirmed)

Zika symptoms

Many people infected with Zika virus won’t have symptoms or will only have mild symptoms. The most common symptoms of Zika are:

- Fever
- Rash
- Joint pain

Conjunctivitis (red eyes)

Other symptoms include:

- Muscle pain
- Headache

Symptoms can last for several days to a week. People usually don’t get sick enough to go to the hospital, and they very rarely die of Zika. Once a person has been infected with Zika, they are likely to be protected from future infections.

How to prevent Zika

There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to protect yourself and your family from mosquito bites. Here’s how:

Clothing:

Wear long-sleeved shirts and long pants. Treat your clothing and gear with permethrin or buy pre-treated items.

Insect repellent:

Use Environmental Protection Agency (EPA)-registered insect repellents active with one of the following active ingredients:

- DEET, picaridin, IR3535, or oil of lemon eucalyptus or para-methane-diol. Always follow the product label instructions.

When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.

Do not use insect repellents on babies younger than 2 months old.

Do not use products containing oil of lemon eucalyptus or para-methane-diol on children younger than 3 years old.

At Home:

Stay in places with air conditioning and window and door screens to keep mosquitoes outside.

Take steps to control mosquitoes inside and outside your home.

Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs. [https://www.cdc.gov/zika/about/overview.html](https://www.cdc.gov/zika/about/overview.html)

October is Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

Breast cancer is the second leading cause of cancer death among women. Although breast cancer in men is rare, an estimated 2,600 men will be diagnosed with breast cancer and approximately 440 will die each year.

On average, every 2 minutes a woman is diagnosed with breast cancer and 1 woman will die of breast cancer every 13 minutes.

Taken from [http://www.nationalbreastcancer.org/breast-cancer-awareness-month](http://www.nationalbreastcancer.org/breast-cancer-awareness-month)
Greetings Head Start parents!

This exciting year is underway! Each site has established their Parent Committees and your Policy Council Representative has been chosen. We look forward to sharing with you a lot of great news, ideas, and more. Please, if you have any questions, concerns, or ideas, contact Shantara Gibson, Family and Community Partnership Coordinator, at 407-532-4120.

Get Involved!

We are always, always, always looking for volunteers to volunteer in the classroom or outside of the classroom during various activities and events. If you would like to participate or have any ideas for an activity, please reach out to your Family Advocate to share.

Training Opportunities

You will receive more information regarding dates and a time as the time nears. The trainings for the month of October include:

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<th>Health Issues:</th>
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Nobody Knows What You're Thinking Unless You Tell Them - Secrets

Children often think that the grown-up world is full of hidden secrets. Pretending about being grown-up can be a way for them to handle their curiosity about adults. Weddings, in particular, are fascinating for children. This is partly because of the ritual, ceremony, and festivities, and also because at one time or another, most children have fantasies about marrying their moms or dads. Encouraging play about weddings can be an important way to help children understand the realities of their relationships to their parents.

Secrets often hold a great appeal for children. One reason is that keeping a secret can give a child a very special feeling of holding something all to oneself. Yet there are some secrets that children should not keep, particularly when those secrets make a child feel uncomfortable. Those are the times when children need a trusting adult to confide in. [http://www.pbs.org/parents/rogers/theme/1596.html](http://www.pbs.org/parents/rogers/theme/1596.html)

Prepare secret messages for your own family treasure hunt. This activity can help children develop healthy curiosity and learn to look carefully.

Materials:

- Paper and Pencils

Prepare messages and hide them around the house for your child to find. Each message should give a clue to where to find the next one. For younger children, you’ll probably want to make the message straightforward, such as "Look under the CD player," but for older children you can disguise the message in the form of a riddle. For instance, you could write, "Singing and dancing are great fun. Look for the music to find the next one." You’ll have to read the messages to preschool children, and you may also have to help them think about what the riddle could mean. [http://www.pbs.org/parents/rogers/theme/1596_p_act.html](http://www.pbs.org/parents/rogers/theme/1596_p_act.html)
**BOTTLE STOP SPIDER**

**You will need:**
- Plastic bottle lid
- Wiggle eyes
- Black acrylic paint
- 2 black pipecleaners
- String (optional)
- Hi tack glue or double sided tape

**Instructions:**
- Carefully make a hole in the rim of the lid if you intend to hang the spider. We used a metal kebab skewer.
- Paint the lid black and leave to dry.
- Cut the pipecleaners in half so that you have four pieces.
- Use hi tack glue or double sided tape to attach the middle of the pipecleaner lengths to the back of the lid. You will end up with eight legs sticking out.
- Stick on the wiggle eyes.
- If you want to hang your spider, thread the string through the hole and secure with a knot.

http://www.activityvillage.co.uk/bottle-top-spider

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**Little Miss Muffet**

Little Miss Muffet sat on a tuffet,
Eating her curds and whey.
There came a big spider,
Who sat down beside her.
And frightened Miss Muffet away!

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**Easy Pumpkin Recipes**

**Smoothie**
Stir 1 cup pumpkin puree into vanilla yogurt. Layer with granola for a parfait.

**Sugar-and-Spice Pumpkin Seeds**
Toss pumpkin seeds in melted butter, sugar, cinnamon, nutmeg and allspice. Bake at 300°F until golden brown, about 30 minutes.

**Pumpkin Snowballs**
Combine 1 cup oatmeal, 1/2 tsp pumpkin-pie spice, 3 Tbsp pumpkin puree, 1/4 cup brown sugar and 1/4 cup raisins in a mixing bowl. Form into 1-inch balls and roll in powdered sugar.

**Oats and Honey**
Stir 1/4 cup pumpkin puree into prepared oatmeal, and top with a sprinkle of cinnamon and a drizzle of honey.

**Benefits of Pumpkin**
- Feel Fuller. Pumpkin seeds pack about 1.7 grams of dietary fiber per ounce, while mashed pumpkin has only 50 calories per cup and 3 grams of fiber.
- Boost Vision.
- Lower Blood Pressure.
- Sleep Better.
- Protect Your Package.
- Have a Healthier Heart.

**Halloween Safety Guide for Kids and Parents**

- Preparing Your Ghosts and Goblins For Their Tricks and Treats Remember your children not to enter strange houses or cars.
- Review the route for trick-or-treating beforehand and set a time when kids should be home. Also, have a plan if your child gets separated from his or her friends or from you.
- Children should avoid taking shortcuts through yards, alleys, or parks at night and should only go trick-or-treating in well-lit areas.
- Treats should be checked by a parent. Only factory-wrapped treats can be considered safe to eat.

Taken from http://simplisafe.com/blog/halloween-home-security-safety-tips