

Head Start Gazette

July 2018

4th of July Facts

The Declaration of Independence was approved by the Continental Congress on 4th of July, 1776 - now known as Independence Day - and every year Americans honor the birthday of the United States of America on the Fourth of July. For more fascinating facts on this historic event, see the fact file below.

- On the 4th of July, 1776, the Declaration of Independence was approved by the Continental Congress.
- Independence Day honors the birthday of the United States of America and the adoption of the Declaration of Independence on July 4, 1776.
- The Declaration of Independence was actually a letter to King George that had been written on July 2 by Thomas Jefferson. It was a formal explanation of why the Continental Congress voted to declare independence from Great Britain. It was meant to justify a revolt against the British, with a list of charges against the British king.

• The main problem is that the colonists were angry they were being taxed by the British government, and they had no vote or voice in the decisions that affected them.

- The Declaration of Independence was signed by 56 men representing the 13 colonies. The moment the declaration was signed it marked the beginning of all-out war against the British.
- The first signature on the Declaration of Independence was John Hancock's. The myth is that he wrote his name large so that King George would be able to read it without his glasses.
- Three U.S. presidents actually died on July 4. Two of them passed away within hours of each other on July 4, 1826: John Adams and Thomas Jefferson.



These two men had been political rivals and then friends later in life. The other President was James Monroe, who died July 4, 1831. One US President, Calvin Coolidge, was born on July 4.

- In 1870 the Congress made the 4th

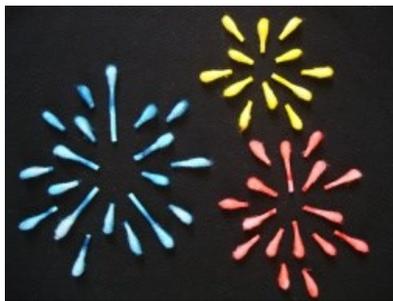
- of July an unpaid holiday for federal employees. In 1941, Congress declared 4th of July a paid federal holiday.
- The first public Fourth of July event at the White House occurred in 1804. The first Independence Day celebration west of the Mississippi occurred at Independence Creek and was celebrated by Lewis and Clark in 1805.
- Today, the 4th of July is a day of picnics and patriotic parades, a night of concerts and fireworks, and a reason to fly the American flag. <https://kidskconnect.com/holidays-seasons/fourth-july/>

Q Tip Fireworks

- Q Tips
- Water
- Small container
- Food coloring
- Paper plate
- Black construction paper
- Glue

Here's how you make them...

1. Cut your Q Tips in various sizes. You can actually break them off pretty easily with your hands.
2. Now you will need to color your Q Tips. Put some water in a small container and add food coloring (6-8 drops is good). Dip your swabs in to the colored water and place on



a paper plate. Repeat for as many colors of fireworks as you'd like.

3. If you are not doing this craft right away, or have time to prepare ahead of time, you can leave your swabs out to dry overnight. If you need them to be dry quickly you can put them in the microwave, on high for 5-6 minutes, or until they are dry.

4. On a piece of black paper glue your Q Tips in a circular pattern. For younger children it will be easier if you draw a black dot on the paper and instruct them to glue their swabs all pointing to the dot in the middle.

Make as many different fireworks as you can, make them all different colors, sizes and patterns!

Keep in mind that the more food coloring you add the more vibrant your swabs will be! <http://www.busybeekidscrafts.com/Q-Tip-Fireworks.html>

Denied Credit?

I have received so many letters from people who have been denied lower interest rate cards and want to know what is the next step. Credit card companies, banks, mortgage lenders, credit unions and many others buy information about you through credit bureaus. They use a procedure called "scoring" applicants when deciding whether to approve or deny credit. Leaving the issues of the scoring process aside, here is what you need to know about what your credit report contains and how to fix incorrect information.

You are entitled to get a copy of your credit file free if you have been denied credit from the bureau that reported the information--and I recommend that you check your credit status from time to time anyway, in order to make sure that it is accurate. If you've been denied credit, you must apply for your file this within 60 days of the denial. There are other ways to obtain a copy of your credit report free, by taking advantage of offers that come in the mail all the time, for example. I recently received a credit card offer to join a credit club. They offer one month free and then you pay a yearly fee. The terms stated that you could cancel after the first month. I signed up to receive the first month, and then I cancelled. It cost me a stamp and a phone call.

The information that is contained on a credit file is your full name (and any previous names), Social Security number, telephone number, current address, employment history, marriages, divorces, lawsuits, liens, bankruptcy information and most importantly your credit history. It will list the names of your creditors, type of account, when it was opened, your payment history for the previous 24-36 months, your credit limit and current balance. It will also state who is paying the account - whether it is you, a collection agency, or another type of service like the Consumer Credit Counseling Service. If you are disputing a charge, this too will appear in your file. Also it will list the names of people or companies that have requested your file within the last six months (two years if the information was given to an employer or potential employer).

Upon receiving the file, go over all the information to see if everything is accurate. Make a list of everything that is incorrect, out-of-date, or misleading. In particular look for mistakes in your name, address or phone number, Social Security number, missing or outdated employment information. You'll also want to look for: bankruptcies that are more than ten years old; any negative information about you that is more than seven years old, credit inquiries older than two years, credit accounts that are not yours, lawsuits you were not involved in, incorrect account histories (especially late payments when you've paid on time), a missing notation when you've disputed a charge on a credit card bill; closed ac-



counts incorrectly listed as open; and any account that is not listed as "closed by consumer" because it looks as if it was closed by the creditor.

Once you've made the list you can use the "Request for Reinvestigation" form that should have come with your credit report. If you did not receive the form, just write a letter and request one.

List each incorrect item and ex-

plain exactly what is wrong. Be sure to make a copy of the letter before sending it back. The reinvestigation is free in every state except New Mexico, where it costs \$5.

Once the credit bureau receives your reinvestigation request, it must get back to you within a reasonable time. That usually means 30 days although many bureaus will get back to you within 10 days. This is an easy process for them, since they are all linked up by computers. If you have found errors --and don't be surprised if you do--you might be concerned that the other credit bureaus might also have this misinformation on your credit rating. It might be a good idea to obtain copies of these reports as well, and go through the same process with the other credit bureaus.

If you don't hear from them within the deadline send a follow-up letter. And to really grab their attention send a copy of your second letter to the Federal Trade Commission (6th & Pennsylvania Ave NW, Washington, DC 20580, main office). If you are right, or if the creditor who provided the information can no longer verify it, the credit bureau must remove the information from your file. Many times the bureaus will remove items without reinvestigating it if the item is more bother than it's worth.

If you feel something is wrongfully in your file and you want to explain a particular entry you are entitled to add a 100-word statement to your file. Be very careful though because the bureau is required to put down only a summary of what you wrote. So be concise and extremely clear. You can also add positive things to your file, for example, accounts that you've paid on time. Just ask in writing that they be added to your report.

Finally, if you feel the bureau is not abiding by the laws or has treated you unfairly, you can send your complaint to the Federal Trade Commission. Be sure to send a copy of this correspondence to the bureau about which you are complaining. If a credit bureau insists on reporting out-of-date or inaccurate information, or if you've paid them an unreasonable amount (anything over \$50, or the limits set in your state), writing to the FTC can put an end to it. [https://](https://www.suzeorman.com/resources/managing-debt)

www.suzeorman.com/resources/managing-debt

Announcements

Greetings parents!

As we prepare for the upcoming school year, we would like to keep you informed of the things that we have going on over the summer and for the beginning of next year.

Some of our on-going and summer volunteer opportunities include (but are not limited to):

Assisting at the Head Start/Early Head Start Sites including reading to children (books are provided)

Beautification projects to include building playgrounds (materials are provided)

Planning Parent Training Sessions

Assisting with Recruitment of New Families

Serving as a Representative on the Policy Council

A background screen may be required depending on the



opportunity and the amount of hours you wish to be involved. If you have any questions regarding any of the opportunities or possible opportunities, please contact:

Shantara Gibson

Family and Community Partnership Coordinator

407-532-4120

SGibson@4CFlorida.org

As the new school year begins, there will be many opportunities for parents to come together and receive various trainings and information sessions. Topics including health and nutrition issues or concerns, assessment tools, parent involvement, and other topics that you will benefit from; for your child, yourself, and your family.

Pat-a-Cake Baker's Man (Nursery Rhymes)

Pat-a-cake, pat-a-cake, baker's man.

Bake me a cake as fast as you can.

Roll it and pat it and mark it with "B"

And put it in the oven for Baby and me.



Cleaning up Toys ("HELP!": My child won't clean up when I ask her to)

What you can do:

Make sure to give your child a warning ahead of time that they will have to clean up soon. Set a timer and tell them when it goes off it will be time to clean up.

Ask them what the last toy they are going to play with will be before it's time to clean up.

Try cleaning up to music — sing a song together while you clean up or try to finish cleaning up before a song finishes.

If it takes too long to clean up because there are so many toys



out, consider putting out less toys to begin with. Keep some in a box in a closet and rotate through toy choices.

Also, try having them clean up toys as they finish an activity. If they are playing legos in one room, have them clean that up before they get out crayons at the table.

Make cleaning up easier by using big buckets or bins that are labeled so the child has a clear idea of where toys belong.

Make sure to praise your child when they clean up. Use specific praise— say, "I like how you _____." Kids will repeat behaviors that get attention.



LOOK BEFORE YOU LOCK

Never leave a child alone in a car



13 STRIPS
for the 13 original colonies

50 STARS
for the 50 states of the nation

UNITED STATES OF AMERICA

RED
Represents hardiness and valor

BLUE
Represents vigilance and justice

WHITE
Represents purity and innocence

Teaching a Kid How to Tie Their Shoes

Before you start, make sure they are seated.

Kids are wobbly and tend to bolt unexpectedly.



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1 Demonstrate by using the Wacky Bunny Method.



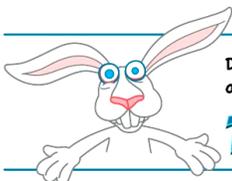
He has two ears (make loops)
He's got crossed eyes (cross loops)
He picks his nose (pull loop through)
And he pulls his ears (tighten loops)

Have the child try it all by themselves.



2

3 Untangle the knots, or cut them free and grab a new pair of shoes to continue.



Demonstrate it again and again...

Ta-Da! x100

4

5 Buy the child velcro shoes and a stuffed animal if they are now obsessed with bunnies.



Benefits of Pork in Your Diet

Source of Key Nutrients: Pork is both a good source of protein and also provides several important vitamins and minerals. A 3-ounce serving of pork is an "excellent" source of thiamin, selenium, protein, niacin, vitamin B6 and phosphorus, and a "good" source of riboflavin, zinc and potassium.

Lean Protein: Today's pork is 16 percent leaner and 27 percent lower in saturated fat compared to 20 years ago. Seven cuts of pork meet the USDA guidelines for "lean" by containing less than 10 grams of fat, 4.5 grams of saturated fat and 95 milligrams of cholesterol per 100 grams of meat. Popular pork tenderloin has the same amount of fat as a

skinless chicken breast.

Heart-Healthy: Pork is naturally low in sodium and a "good" source of potassium - two nutrients that, when coupled, can help regulate blood pressure. Pork tenderloin is certified as heart-healthy by the American Heart Association with its heart-check mark, indicating that it contains less than 6.5 grams of fat, 1 gram or less of saturated fat (and 15 percent or fewer calories from saturated fat) and 480 milligrams or less of sodium per label serving, among other criteria. <https://www.pork.org/cooking/nutrition/>



Boneless Pork Loin Roast with Herbed Pepper Rub

3 pounds' boneless pork loin roast
2 tablespoons black pepper (cracked)
2 tablespoons parmesan cheese (grated)
2 teaspoons dried basil
2 teaspoons dried rosemary
2 teaspoons dried thyme
1/4 teaspoon garlic powder
1/4 teaspoon salt



bowl, combine all rub ingredients well and apply to all surfaces of the pork roast. Place roast in a shallow pan and roast in a 350 degrees F. oven for 1 hour (20 minutes per pound), until internal temperature on a meat thermometer reads

145 degrees F. Remove roast from oven; let rest about 10 minutes before slicing to serve. <https://www.yummly.com/recipe/Boneless-Pork-Loin-Roast-with-Herbed-Pepper-Rub-2247923>

Show Me the Science - How to Wash Your Hands

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.

Many diseases and conditions are spread by not washing hands with soap and clean, running water. CDC recommends cleaning hands in a specific way to avoid getting sick and spreading germs to others. The guidance for effective handwashing and use of hand sanitizer was developed based on data from a number of studies.

Microbes are all tiny living organisms that

may or may not cause disease. Germs, or pathogens, are types of microbes that can cause disease. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap. collapsed Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails. collapsed Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice. Rinse your hands well under clean, running water. collapsed Dry your hands using a clean towel or air dry them. <https://www.cdc.gov/handwashing/show-me-the-science-handwashing.html>

