

Head Start Gazette

April 2019

Trees

Trees are an important part of our world. They provide wood for building and pulp for making paper. They provide habitats (homes) for all sorts of insects, birds and other animals. Many types of fruits and nuts come from trees -- including apples, oranges, walnuts, pears and peaches. Even the sap of trees is useful as food for insects and for making maple syrup -- yum!

Trees also help to keep our air clean and our ecosystems healthy. We breathe in oxygen and breathe out carbon dioxide. Trees breathe in carbon dioxide and breathe out oxygen. We're perfect partners!

Trees do lots for us, our environment and other plants and animals in nature but we don't just love trees for practical reasons. Trees can also be very beautiful -- tall enough they seem to touch the sky and so big around you can't even hug them. Thousands of artists, professional and amateur alike have painted pictures of trees and thousands of poems, songs and stories have been written about them. I would guess that just about everyone on earth has at some point in their life stopped to enjoy the beauty of a tree. <https://www.kidzone.ws/plants/trees.htm>

Fingerprint Summer Tree Craft



fingerprint tree Stamp the side of your hand in brown paint and stamp it on the paper as the trunk

Stamp your index finger in green paint and stamp it many times on the paper for the leaves (re-dipping in the paint as necessary)

fingerprint autumn tree OPTION: use different shades of yellow, orange and red for the leaves to make an autumn version. https://www.dltk-kids.com/crafts/miscellaneous/fingerprint_summertree.htm

Trees By Joyce Kilmer

I think that I shall never see
A poem lovely as a tree.

A tree whose hungry mouth is prest
Against the earth's sweet flowing breast;

A tree that looks at God all day,
And lifts her leafy arms to pray;

A tree that may in Summer wear
A nest of robins in her hair;



Upon whose bosom snow has lain;
Who intimately lives with rain.

Poems are made by fools like me,
But only God can make a tree.

April 1 - April Fool's Day

April Fool's Day is a good time to play pranks or tricks on your loved ones. And kids absolutely love this day! So play a few tricks on them-- like turning their cereal milk blue with food coloring--and then watch out for the mischief to come back your way.

April 15 - Taxes are due



April 21 - Easter Sunday



April 22 - Earth Day

Held each year on April 22 (but really, "every day is Earth Day"), this is a good day to plant trees in a community park, clean up plastic on the beach, bicycle to school, work, or a local Earth Day event, or hold a yard sale where proceeds go to a school or local nonprofit.

April 26 - Arbor Day

This day celebrates trees and how they filter our clean air, slow climate change, provide habitat to birds and animals, and supply oxygen through their photosynthesis process. Check your community calendar on Arbor Day and attend a tree-planting event with your family. Chances are, the children will learn something new and you will help beautify your own town in the process.

Teaching Kids About Money

Ages 4 and 5

Before heading to the supermarket, ask your preschooler to help you clip coupons. (Don't forget to use safety scissors.) When you're at the store, hand her the coupons and ask her to keep an eye out for the products. This will make her feel like she's helping, and it's an easy and fun way to talk about saving money, says Neale S. Godfrey, chairwoman and founder of the Children's Finan-

cial Network in Chester, NJ.

Most preschoolers would rather play imaginary restaurant at home than go out for dinner. It playfully promotes a variety of skills, such as setting the table, learning good manners, and making change. "Many 4-year-olds



have to be reminded after the pretend meal that they have to pay the bill," says Dr. Singer, "but once they understand the concept, they get very excited about paying with pretend money or making change as the cash-

ier." <https://www.parents.com/parenting/money/family-finances/teaching-kids-about-money-an-age-by-age-guide/>

Five Important Reasons to Vaccinate Your Child

You want to do what is best for your children. You know about the importance of car seats, baby gates and other ways to keep them safe. But, did you know that one of the best ways to protect your children is to make sure they have all of their vaccinations?

Immunizations can save your child's life. Because of advances in medical science, your child can be protected against more diseases than ever before. Some diseases that once injured or killed thousands of children, have been eliminated completely and others are close to extinction—primarily due to safe and effective vaccines. Polio is one example of the great impact that vaccines have had in the United States. Polio was once America's most-feared disease, causing death and paralysis across the country, but today, thanks to vaccination, there are no reports of polio in the United States.

Vaccination is very safe and effective. Vaccines are only given to children after a long and careful review by scientists, doctors, and healthcare professionals. Vaccines will involve some discomfort and may cause pain, redness, or tenderness at the site of injection but this is minimal compared to the pain, discomfort, and trauma of the diseases these vaccines prevent. Serious side effects following

Vaccines for Children
20 years of protecting America's children

The Vaccines for Children program was established in 1994 to make vaccines available to uninsured children. VFC has helped prevent disease and save lives...big time!

CDC estimates that vaccination of children born between 1994 and 2013 will:

- prevent **322 million** illnesses
- help avoid **732,000** deaths
- save nearly **\$1.4 trillion** in total societal costs (that includes \$200 million in direct costs)

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/features/vfcprogram

vaccination, such as severe allergic reaction, are very rare. The disease-prevention benefits of getting vaccines are much greater than the possible side effects for almost all children. **Immunization protects others you care about.** Chil-

dren in the U.S. still get vaccine-preventable diseases. In fact, we have seen resurgences of measles and whooping cough (pertussis) over the past few years. Since 2010, there have been between 10,000 and 50,000 cases of whooping cough each year in the United States and about 10 to 20 babies, many of which were too young to be fully vaccinated, died each year. While some babies are too young to be protected by vaccination, others may not be able to receive certain vaccinations due to severe allergies, weakened immune systems from conditions like leukemia, or other reasons. To help keep them safe, it is important that you and your children who are able to get vaccinated are fully immunized. This not only protects your family, but also helps prevent the spread of these diseases to your friends and loved ones.

Immunizations can save your family time and money. A child with a vaccine-preventable disease can be denied attendance at schools or child care facilities. Some vaccine-preventable diseases can result in prolonged disabilities and can

take a financial toll because of lost time at work, medical bills or long-term disability care. In contrast, getting vaccinated against these diseases is a good investment and usually covered by insurance. The Vaccines for Children program is a federally funded program that provides vaccines at no cost to children from low-income families. To find out more about the VFC program, visit <http://www.cdc.gov/vaccines/programs/vfc/> or ask your child's health care professional. **Immunization protects future generations.** Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations ago. For example, smallpox vaccination eradicated that disease worldwide. Your children don't have to get smallpox shots anymore because the disease no longer exists. By vaccinating children against rubella (German measles), the risk that pregnant women will pass this virus on to their fetus or newborn has been dramatically decreased, and birth defects associated with that virus no longer are seen in the United States. If we continue vaccinating now, and vaccinating completely, parents in the future may be able to trust that some diseases of today will no longer be around to harm their children in the future. For more information about National Infant Immunization Week, visit <http://www.cdc.gov/vaccines/events/niiw/index.html>. For more information about the importance of infant immunization, visit <http://www.cdc.gov/vaccines>.

Announcements

Hello Parents!

April is Child Abuse Awareness and Prevention Month. Child abuse and neglect can be difficult to speak about, but we encourage you all to gain knowledge in all areas that are important to raising strong and healthy children.

Research has identified factors that are associated with either greater or lower risk of being maltreated. These include:

Supportive family environment
Nurturing parenting skills
Stable family relationships
Having household rules and parental monitoring
Adequate housing
Access to healthcare and social services
Communities that support parents and take responsibility for preventing abuse
We encourage you all to take a look at all

of the great things you are doing on a daily basis and the time you take to ensure your child's safety and health and give yourselves a pat on the back. Discover ways to plan and engage through events related to the protective factors into Child Abuse Prevention Month activities. https://www.childwelfare.gov/pubPDFs/calendar_parents_en_2019.pdf

Bullying in Preschool: What Parents Need to Know

Most people think of the physical aggression and social sniping that characterizes bullying as starting around late elementary school and stretching through high school. But, believe it or not, bullying among preschoolers is more common than you think. Because the behavior is typically associated with older kids, it is often overlooked during the younger years, when it's hard to tell the difference between normal social experimentation and emergent bullying behavior.

Some degree of punching, pinching, and generally being "mean" is normal in preschool children. However, when children enjoys seeing others hurt, as opposed to just asserting themselves socially, they may deliberately and systematically find ways to inflict injury or harm to their victims - and they may even laugh after the deed is done.

Bullying can cause an enormous amount of stress, fear, and anxiety in young kids. And the behavior not only affects the victims. Studies show that childhood bullies are more likely to do drugs and alcohol, abuse their spouses, get involved with criminal activities, and have negative peer relationships.

Your young child may be being bullied if he:

- is suddenly scared to go to preschool
- complains of headaches or stomachaches for no reason
- is clingy and whiny
- comes home with unexplained injuries
- is withdrawn or depressed
- talks about one particular child doing mean things to him
- has trouble concentrating
- avoids eye contact when you ask him

about school

What's a parent to do if bullying may be at play in your child's preschool? Here's how concerned parents should handle the situation:

1. Communication is Key If you suspect your child is being bullied at preschool, let him know that you can help with the situation if he tells you what's happening. If your youngster seems scared or embarrassed, use books as a nonthreatening way to open the lines of communication. Some children's books that address the topic of bullying include *Shrinking Violet* by Cari Best (Melanie Kroupa Books, 2001), and *Myrtle* by Tracey Campbell Pearson (Farrar, Straus and Giroux, 2004). Once your child discloses all the details about being bullied, stay calm, avoid judging, and reassure him that you'll help put a halt to the bullying.

2. Talk to the Teacher "Even though adults are always present in preschool and daycare settings, with so many kids running around, it's not realistically possible for teachers to see everything," says retired pre-kindergarten teacher Tricia Young. And since bullies prefer to strike when adults aren't watching, it's important to talk to your child's teacher and make her aware of the situation so she can be more vigilant with supervision.

3. Take Advantage of Open Doors Most reputable daycare centers and preschools have an open door policy which allows parents to drop by anytime (as long as they're not disruptive) during normal hours.

4. Schedule a Parenting Parley When

young children bully, the behavior is often learned from experiences in the home such as domestic abuse, inappropriate television shows, hearing siblings

ridicule others, or being victims of bullying themselves. So work with your child's preschool administrators to set up a meeting with the bully's parents to bring the behavior to their attention - but don't be surprised if the parents are uncooperative, noncha-

lant, or in denial.

5. Bully-Proof Your Child Give your child the tools he needs to handle a bully. Teach him how to stand tall, look the bully in the eye, tell an adult, and avoid being alone. You can also empower your child by role-playing with him so he can practice what he's going to do next time he's approached by a bully. Confident children are less likely to be targeted by bullies, so find ways to build your child's self-esteem.

6. Consider Changing Classrooms Sometimes bullying can be so aggressive that your efforts to stop it are unsuccessful. So if you're getting nowhere, talk to the preschool director about having your child moved to another classroom. Bullying in preschool happens more often than it should. And if your child is one of the unfortunate victims, don't tell him to "toughen up" and leave him to handle the problem on his own. Take measures to protect your little one by voicing your concerns, making visits to the school, and giving your youngster the tools he needs to avoid bullying for years to come. <https://www.education.com/magazine/article/bullying-preschool/>





The Nutrition of Tomatoes

Essential Vitamins

Tomatoes contain vitamin A, which is important for the health of your eyes and skin, as well as metabolic functions. Tomatoes also have a large amount of vitamin C, the lack of which will cause scurvy. Vitamin C is important for the healthy functioning of your immune system, as well as being an antioxidant. Tomatoes also contain vitamin K, which is important for maintaining bone health. Tomatoes also contain potassium, which can help to protect against heart disease and stroke. Tomatoes are also a source of iron, calcium and folate as well as other minerals.

Other Health Benefits

Tomatoes contain dietary fiber, which is important for digestive health and can help you to feel full for longer. Studies have shown that tomatoes are anti-inflammatory, and drinking a glass of tomato juice per day may help protect against degenerative diseases such as Alzheimer's and osteoporosis. They might also be effective in lowering cholesterol levels. <https://www.fitday.com/fitness-articles/nutrition/>

Fried Green Tomatoes

5 green tomatoes, sliced 1/2 inch thick	1 cup plain yellow cornmeal
1 1/2 teaspoons salt	1 tablespoon seasoned salt
1 1/2 cups all-purpose flour, divided	Vegetable oil, for frying
1 cup buttermilk	
1 large egg	

Instructions

1. Place tomato slices on paper towels. Sprinkle with 3/4 teaspoon salt. Turn tomatoes, and sprinkle with remaining 3/4 teaspoon salt. Let stand for at least 30 minutes or up to 2 hours. Pat dry with paper towels.
2. In a shallow dish, place 1/2 cup flour. In a separate shallow dish, whisk together buttermilk and egg. In a third shallow dish, combine cornmeal, seasoned salt, and remaining 1 cup

flour.

3. Dredge tomatoes in flour, shaking off excess. Dip in buttermilk mixture to coat. Dredge tomatoes in cornmeal mixture, shaking off excess.
4. In a large skillet, pour vegetable oil to a depth of 1/8 inch; heat oil over medium heat. Add tomatoes, in batches, and cook for 3 to 4 minutes per side or until golden brown. Drain on a wire rack over paper towels. Serve immediately. <https://www.pauladeenmagazine.com/fried-green-tomatoes-recipe/>

Basic Table Manners to Teach Your Kids

1. Come to the table with her hands and face clean.
 2. Always ask if there is anything you can do.
 3. If setting the table, remember BMW. Children who are old enough to help set the table can remember where things go with this simple rule: BMW. Bread and milk go on the left and water on the right. They can also remember where silverware goes by the number of letters in the words "left" and "right," says Rossi. The fork goes on the left and has four letters. The knife goes on the right and has five letters.
 4. Watch the host to see when you should unfold your napkin. If she puts her napkin on her lap, that's the signal for you to put your napkin on yours.
 5. Wait until everyone is served before eating. Tell your child never to begin eating until everyone is seated and served.
 6. Never, ever chew with your mouth open.
 7. Never stuff your mouth. Teach your child to take small bites.
 8. Do not interrupt when someone else is talking. At the dinner table, practice having your child wait their turn to speak when talking about their day or another subject.
 9. Never reach to get something. Get her into the habit of asking table mates to pass something he needs.
 10. Put the napkin on the chair, not the table. Teach your child always to put her napkin on her chair if she needs to use the restroom.
 11. Always push his chair in when finished.
 12. Always pick up your plate and say thank you. If you are at a restaurant, teach your child to make eye contact with the waiter and say "thank you."
- Good table manners, like good manners in general, will be appreciated by people who come into contact with your child. Teach her that when she shows respect for others, she will get great things in return. <https://www.verywellfamily.com/teaching-kids-good-table-manners-620306>



Children picking their own tomatoes at the Helligar Learning Center