

Head Start Gazette

Who is eligible for a COVID-19 vaccine?

ALL PERSONS 16 YEARS OF AGE AND OLDER ARE ELIGIBLE TO RECEIVE THE COVID-19 VACCINE IN FLORIDA

As of Monday, April 5, all Florida residents are eligible to receive any COVID-19 vaccine as prescribed by the Food and Drug Administration.

PERSONS AGES 16-17: The Pfizer vaccine is authorized for persons age 16 and up. The Moderna vaccine is authorized for persons age 18 and up. All individuals under the age of 18 receiving a vaccine must be accompanied by a guardian and complete the COVID-19 vaccine screening and consent form.

To Preregister for the Covid-19 vaccine go to: <https://myvaccine.fl.gov/#/>

5 Things Children Need to Learn in Preschool

Fine motor skills.

Many of the children I meet cannot manipulate scissors properly, yet research shows this skill is vital for young learners. Beading, using crayons, spooning, tonging, and other activities can help build fine motor skills so their little hands are truly ready to write when the time comes.

Listening skills.

"My child (or student) doesn't listen." I have heard this from parents and teachers for more than a decade. I usually respond with this advice: the best way to teach a child to listen to you is by listening to them. Additionally, you can make sure to give short multi-step directions, read them stories on topics they are interested in, and teach whole body listening.

Basic needs.

Learning to take care of their own basic needs, such as setting up lunches, putting on their own jacket, and eventually tying their own shoes, fosters independence in even the youngest preschoolers.

Social skills and conflict resolution.

Preschool is the perfect time to help children learn how to get along with others, to share, to take turns, and to work through conflict peacefully. The National Association for the Education of Young Children offers many resources to help teachers foster social and emotional development in preschool children.

Free, unstructured play.

An empty field on a playground can become



a command center for preschoolers pretending to build a village in the future where everyone has a flying car. A piece of paper and an art set can become a masterpiece of mermaids swimming in an ocean, looking for a lost, magical jewel. Both of these examples are from my real-life experiences with preschoolers who were given unstructured playtime and free use of art materials.

Children need to explore without the limitations adults sometimes place around activities. Whenever you can, just keep your hands behind your back, resist the temptation to direct every single activity and let them develop.

You might just be amazed at what they can do all by themselves. <https://www.ace.edu/blog/post/2018/11/27/the-5-things-children-really-need-to-learn-in-preschool-hint-its-not-what-you-think>

May 9 Mothers Day



Happy Mother's Day

Mother's Day is observed in America every year on the second Sunday of May. It is a day for celebrating mothers and showering them with gifts and treats. It is not a public holiday, so businesses follow normal Sunday hours.

May 17 Tax Day



May 31 Memorial Day



Memorial Day is observed in America on the last Monday of May, and it is a day to commemorate and remember the men and women who lost their lives while in service for the US military. It is a federal holiday, and as such, businesses and schools are closed, and most people have the day off work.



How to Teach Pre-Schoolers about Money

1. Use a clear jar to save.

The piggy bank is a great idea, but it does not give kids a visual. When you use a clear jar, they see the money growing. Yesterday, they had a dollar bill and five dimes. Today, they have a dollar bill, five dimes, and a quarter! Talk through this with them and make a big deal about it growing!

2. Set an example.

A study by the University of Cambridge found that money habits in children are formed by the time they are 7 years old. (1) Little eyes are watching you. If you are slapping down plastic every time you go out to dinner or the grocery store, they will eventually notice. On the other hand, if you and your spouse are arguing about money, they will notice that too. Set a healthy example for them and they will be much more likely to follow it when they get older.

3. Show them that stuff costs money.

You have to do more than just say, "That pack of toy cars costs \$5, son." Help them grab a few dollars out of their jar, take it with them to the store, and physically hand the money to the cashier. This simple action will have more impact than a five-minute lecture. <https://www.ramseysolutions.com/relationships/how-to-teach-kids-about-money>

Water safety: Protect your child from drowning

Most children are drawn to water. It's sparkly. Things float in it. It's fun to splash. But water safety is no laughing matter. Anyone can have a water-related accident — even children who know how to swim. To keep your children safe in and near the water, follow these guidelines.

General water safety

Learn cardiopulmonary resuscitation (CPR). Parents and child care providers should know CPR.

Supervise. Never leave children unsupervised near a pool, hot tub or natural body of water. During gatherings, adults who know how to swim can take turns being the "designated watcher," who isn't distracted. Children under age 4 should be supervised at arm's length, even if they can swim. Don't rely on air-filled or foam toys, such as water wings, noodles or inner tubes, to keep children safe.

Teach children to swim. According to the American Academy of Pediatrics, most children age 4 and older can learn to swim. Children ages 1 to 4 might be able to learn depending on their physical and emotional development. Swimming lessons, however, don't necessarily prevent drowning and aren't a substitute for adult supervision.

Avoid alcohol. Don't drink alcohol when you are boating, swimming or supervising children who are swimming.

Residential swimming pools and spas

Fence it in. Install a fence at least 4 feet (1.2 meters) tall that separates

the pool area from the house and yard. The fence shouldn't block the view of the pool from outside the fenced area.

Install alarms. Use an alarm on the house door that leads to the pool area, a floating pool-alarm or a below-water alarm.

Block pool and hot tub access. Use a rigid, motorized safety cover to block access to the pool when it's not in use. Secure a cover on hot tubs.

Remove toys. Don't leave pool toys in the water. A child might fall into the water while trying to retrieve a toy.

Beware of drains. Don't allow children to play near or sit on pool or hot tub drains. Body parts and hair can become entrapped by the strong suction. Specially designed drain covers, safety vacuum-release systems and multiple drains can prevent entrapment.

Keep emergency equipment handy. Equipment might include a life ring with rope, reaching pole or shepherd's crook. Always have a phone in the pool area.

If you have a pool or hot tub, follow all local safety ordinances.

Natural bodies of water

Swimming conditions can be unpredictable in ponds, lakes, rivers and oceans. Water depth can change rapidly, as can water temperature, currents and the weather. Murky water might conceal hazards. Follow these water safety tips:

Wear a life jacket. Children and adults should wear personal flotation devices whenever riding in a boat or fishing. An

air-filled swimming aid isn't a substitute for a life jacket.

Feet first. The first descent into any body of water should be a jump — feet first. Before the jump, check water depth and temperature and look for underwater hazards.

Stay in designated areas. At public beaches, swim only in areas set aside for swimming. Pay attention to posted warnings about unsafe swimming conditions. Don't allow children to swim in drainage ditches, abandoned surface mines or other water-filled areas not intended for swimming.

Beware of thin ice. Drowning can occur in the winter, too. Avoid walking, skating or riding on weak or thawing ice.

Toilets, bathtubs and buckets

A baby can drown in just 1 inch (2.5 centimeters) of water. A curious toddler can fall into a toilet, bucket or fish tank. Consider these precautions:

Keep the bathroom door closed. Install a safety latch or doorknob cover on the outside of the door.

Supervise bath time. Never leave a child alone in the bathtub or in the care of another child. Drain water from the tub immediately after use.

Shut toilet lids. Consider installing childproof locks on lids.

Store buckets safely. Empty buckets and other containers immediately after use. Don't leave them outside, where they might accumulate water. <https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/child-safety/art-20044744>

Announcements

May is Mental Health Month. The COVID-19 pandemic has had a profound impact on the mental health of people of all ages. Now, more than ever, it is critical to reduce the stigma around mental health struggles, because that stigma often prevents individuals from seeking help.

Stress Physical And Mental Effects

You may feel physical stress that is the result of too much to do, not enough sleep, a poor diet or the effects of an illness. Stress can also be mental: when you worry about money, a loved one's illness, retirement, or experience an emotionally devastating event, such as the death of a spouse or being fired from work.

Tips for Reducing or Controlling Stress

- Be realistic. If you feel overwhelmed by some activities (yours and/or your family's), learn to say NO! Eliminate an activity that is not absolutely necessary.
- Shed the "superhero" urge. No one is perfect, so do not expect perfection from yourself or others.
- Meditate. Just ten to twenty minutes of quiet reflection may bring relief from chronic stress as well as increase your tolerance to it. Use the time to listen to music, relax and try to think of pleasant things or nothing.
- Visualize. Use your imagination and picture how you can manage a stressful situation more successfully.
- Take one thing at a time. The best way to cope with this feeling of being overwhelmed is to take one task at a time.
- Exercise. Regular exercise is a popular way to relieve stress. Twenty to thirty minutes of physical activity benefits both the body and the mind.
- Hobbies. Take a break from your worries by doing something you enjoy.
- Healthy life style. Good nutrition makes a difference. Limit intake of caffeine and alcohol (alcohol actually disturbs regular sleep patterns), get adequate rest, exercise, and balance work and play.
- Share your feelings. A conversation with a friend lets you know that you are not the only one having a bad day, caring for a sick child or working in a busy office.
- Give in occasionally. Be flexible! If you find you are meeting constant opposition in either your personal or professional life, rethink your



position or strategy. Arguing only intensifies stressful feelings. If you know you are right, stand your ground, but do so calmly and rationally.

- Go easy with criticism. You may expect too much of yourself and others. Try not to feel frustrated, let down, disappointed or even "trapped" when another person does not measure up. The "other person" may be a wife, a husband, or child whom you are trying to change to suit yourself. Remember, everyone is unique, and has his or her own virtues, shortcomings, and right to develop as an individual.

Are Sinus Infections Contagious?

How Is Sinusitis Spread?

Sinus infections (sinusitis) can make it hard to breathe, and the pressure in your face can hurt. It can also make you cough and produce a lot of discharge. That may make you wonder if you could pass it on to someone else.

The answer is sort of. But it really depends on what caused it. And often you just don't know.

Viruses

Most sinus infections are brought on by a virus. If that's what happened to you, then yes, you can spread the virus that caused it but not the infection itself. Another person might get sick but may or may not get a sinus infection. Most of the time, these kinds of viruses cause colds, which may or may not lead to sinus infections.

Bacteria

Sometimes when the sinuses are blocked and filled with mucus, bacteria can grow and cause an infection. If your sinus infection lasts more than 10-14 days, you're more likely to have bacterial sinusitis. If your infection is caused by bacteria, you can't spread it.

Other Causes

Some people have chronic sinusitis, which lasts for at least 12 weeks. It's often caused by allergies. Polyps (tissue growths in your nose) or a deviated septum (crooked wall between your



nostrils) raise your risk.

Sometimes, tobacco smoke, dry air, or polluted air can also trigger sinusitis.

You may not know what is causing your sinusitis, so it's best to avoid close contact with other people and to make an appointment with your doctor.

How Long Is It Contagious?

If a virus is to blame, you may have been contagious days before you got the sinus infection.

Most viruses can be spread for just a few days, but sometimes you could pass it on for a week or more.

How Is Sinusitis Spread?

You can get it the same way you get cold and flu -- by breathing it in or passing it from your hands to your mouth after touching something. Viruses get in the air after someone who is sick sneezes or coughs. They also can be passed on when someone shakes hands with someone who is sick or touches a doorknob or anything else the sick person has touched.

To keep from getting a virus, wash your hands often with soap and water. Try not to touch your eyes, nose, and mouth. Try to avoid people you have cold- and flu-like symptoms.

If you have sinusitis, cover your mouth and nose when you cough or sneeze, and wash your hands to avoid making anyone sick. <https://www.webmd.com/cold-and-flu/are-sinus-infections-contagious>

Is Corn Good for You? Nutrition Facts and More

Corn is a starchy vegetable and cereal grain that has been eaten all over the world for centuries.

It is rich in fiber, vitamins and minerals.

However, the health benefits of corn are controversial — while it contains beneficial nutrients, it can also spike blood sugar levels. In addition, the crop is often genetically modified.

What Is Corn?

Corn is considered both a vegetable and a cereal grain.

Sweet corn that you eat off the cob is usually considered a vegetable in the culinary world, whereas the dry seeds that are used for popcorn are classified as whole grains.

Corn originated in Mexico over 9,000 years ago and is known by its original name "maize" in many parts of the world. Native Americans grew and harvested this crop as a main source of food.

Today, it is one of the most widely consumed cereal grains worldwide.

Corn is usually white or yellow but also comes in red, purple and blue.

It has eaten as sweet corn, popcorn, tortillas, polenta, chips, cornmeal, grits, oil and syrup and added to

countless other foods and dishes.

What's more, it is widely used for fuel and animal feed. In fact, 40% of the corn grown in the US is used for fuel and 60-70% of corn worldwide is produced to feed animals.

Corn is a popular food that is considered both a vegetable and whole grain. It can be eaten whole as sweet corn or popcorn or processed into chips, oil and syrup. However, most corn is used for animal feed and fuel production.

Highly Nutritious

Corn is high in carbs and packed with fiber, vitamins and minerals. It is also relatively low in protein and fat.

Most of the carbs in corn come from starch — which can quickly raise your blood sugar, depending on how much you eat. However, it is also high in fiber that can help balance your blood



sugar levels>

Due to its impressive nutrient profile, most people can benefit from eating whole corn and popcorn as part of a balanced diet. It is also a naturally gluten-free food and can be eaten by those who avoid gluten.

On the other hand, processed corn products may not be very nutritious, as refined oil, syrup and chips lose

beneficial fiber and other nutrients during production. In addition, many processed products are high in added salt, sugar or fat.

Whole corn is loaded with fiber and contains vitamin C, B vitamins, magnesium and potassium. Processed corn products are not as nutritious. <https://www.healthline.com/nutrition/is-corn-good-for-you>

Brazilian Sweet Corn Cake

Ingredients

2 1/2 cups corn kernels (aprox 3 ears)
1 cup whole milk
1/2 cup coconut milk
2 cups cornmeal
1 1/2 cups sugar
3/4 cup oil
4 large eggs
1 cup shredded coconut (unsweetened)
Pinch of salt
1 tablespoon baking powder

Instructions

Preheat oven to 350 degrees F and adjust the oven rack to the middle position. Butter and flour a 10-inch angel food cake pan. Reserve. Combine the corn kernels and the milk in the jar of a blender and blend until smooth. Add the coconut milk, corn-



meal, sugar, oil, eggs, coconut and salt. Pulse until combined.

Add the baking powder and pulse one or two times, just to incorporate into the batter.

Pour the batter into the prepared cake pan, and bake for 50 minutes or until a toothpick inserted in the center comes out clean or with a few moist crumbs.

Remove from the oven and immediately run a thin knife around the edges to loosen it. Let it cool slightly, about 20 minutes, then turn the cake into a cooling rack to finish cooling.

Slice and serve! Enjoy! <https://www.oliviascuisine.com/brazilian-sweet-corn-cake/>