



# Parent NewsLetter



March 2026  
Education Team



This month we will continue supporting children's learning through activities that build language, problem-solving, and social skills. Teachers will also focus on helping children recognize and express their feelings while learning kindness and empathy.

## Make learning at home fun

Why parental involvement matters

Research consistently shows that students with engaged parents tend to:

- Achieve higher grades and test scores
- Attend school more regularly
- Develop stronger social and emotional skills
- Show greater persistence and long-term academic confidence
- Build healthier attitudes toward learning and school

The key is not doing the work for the student but creating the conditions that help them succeed.

You can support learning at home by talking with your child about their day, helping them name their feelings, and reading together each day. Even a few minutes of reading helps build a strong foundation for learning

Thank you for partnering with us to support your child's growth and success!

# Nutrition tips

---



## Cultural Food Inclusion & Inclusion Food Acceptance

Celebrating the diverse foods our families enjoy at home helps children feel recognized, valued, and connected. When children see their cultural foods represented in the classroom, it builds confidence and strengthens their sense of belonging. Introducing a variety of flavors, ingredients, and traditions also encourages children to try new foods in a positive, low-pressure way habits.

Sharing foods from different cultures also helps children learn about the world around them. As they explore new tastes and traditions, they begin to understand that families may eat different foods, prepare meals in unique ways, and celebrate with special dishes. These experiences promote curiosity, appreciation, and respect for diversity while helping children build positive social connections with their classmates.

This not only supports healthy eating habits but also deepens family partnerships as we learn from one another's traditions. By honoring the foods that matter to our families, we reinforce Head Start's commitment to respecting every child's background and creating an inclusive learning environment.



# Health News

---

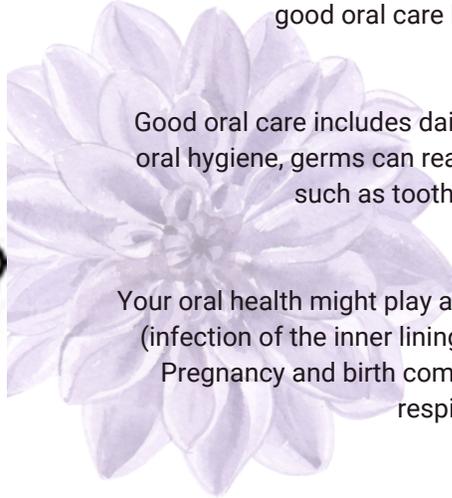
## Oral Health Matters:

Like other areas of the body, the mouth is full of germs. Those germs are mostly harmless. But the mouth is the entry to the digestive tract. The mouth also is the entry to the organs that allow breathing, called the respiratory tract. So sometimes germs in the mouth can lead to diseases throughout the body. Often times, the body's defenses and good oral care keep germs under control.



Good oral care includes daily brushing and flossing. Without good oral hygiene, germs can reach levels that might lead to infections, such as tooth decay and gum disease.

Your oral health might play a part in conditions such as: Endocarditis (infection of the inner lining of the heart) Cardiovascular disease, Pregnancy and birth complications and Pneumonia and other respiratory diseases.



# Male Engagement Annoucement



**Fathers & Father  
Figures  
LEADERSHIP**

## Your Journey as a Father Can Inspire Others

Every father's journey is unique.  
Your experiences can inspire and  
strengthen other fathers in our  
community.

We invite you to join our  
Male Engagement Leadership Team.

- Supporting father-focused activities at your site
- Helping plan male engagement initiatives
- Encouraging and mentoring other fathers
- Representing fathers' voices within the program
- Building a positive father support network

Contact: Mayra Aristud Torres  
Family & Community Partnership  
Coordinator  
4C Head Start/Early Head Start  
407-532-4120

[maristudtorres@4cflorida.org](mailto:maristudtorres@4cflorida.org)

This Is About Impact Not Just a Title  
We are building a team of fathers who  
want to grow, lead,  
and make a lasting difference in our  
Head Start community.

"The greatest legacy a father leaves is not  
what he provides, but who he inspires."

