



Sarpy County/ESU #3
HEAD START

Supporting. Educating. Advocating. Empowering.
One child, one family, one community partnership at a time.

March 2020 Newsletter

We're Getting Ready To Dig Deep Into Science!

By: Robin Kolumban, Assistant Director

This month our teachers will utilize their professional development day to dive into how to facilitate science explorations with young children. Beyond the appeal of learning about the real world around them, science is a learning opportunity that teaches kids to be deep thinkers as they learn to observe carefully, predict, test and record what they see. The scientific process teaches them to learn to ask questions and how to seek answers. Our curriculum focuses on the following science objectives:

- *Uses scientific inquiry skills.
- *Demonstrates knowledge of the characteristics of living things.
- *Demonstrates knowledge of the physical properties of objects and materials.
- *Demonstrates knowledge of the Earth's environment.
- *Uses tools and technology to perform tasks.

Even our youngest infants are scientists! We help them to investigate their surroundings, notice what they see and label it, and use their senses to explore.

How can you encourage little scientists at home?

- *Read I Spy books by Jean Marzollo and Walter Wick to look closely and find details.
- *Care for something that is alive together (a garden, a plant, a pet). Make a chart together of what it needs and let your child help provide those things.
- *Let children make collections of rocks and scoop and pour sand and water. Put ice in a jar and watch as water changes from a solid to a liquid.
- *Get outside and splash in puddles, look at leaves and under rocks, look for worms and bugs.

The best part of science is that it is fun and children's natural curiosity comes to the forefront when they are given opportunities to explore, question and try things out in the world around them.

Rhyme, Rhythm and Repetition:

Submitted by Lisa Weinmann Special Education manager and Early Literacy Specialist

Rhyme, rhythm, and repetition are incredibly important in books for small children. (Repetition and rhythm probably even more than rhyme!) All of those three elements are engaging to children when they hear them. When children are born, they've been used to the mother's heartbeat in the womb. When they're born, they're rocked and cradled. There is the rhythm of life itself. There's rhythm in the nursery rhymes and songs that are sung to children very early on. And those rhythms, rhymes and repetitions used in children's books, which are like a bridge from spoken language to the written language. The repetition, rhyme, and rhythm in written language then changes into more normal language. It's like a stage of learning.

If children cannot learn the skill of predicting what's going to come next in language, they have difficulty in learning to read. They have to know what's coming next in a sentence. They have to expect what's going to be the next word or the next phrase. Otherwise they might read a sentence as, 'He galloped away on his house.' He or she might not know that doesn't make sense. But a child who can read 'galloped' will know that it's going to be horse next and not house. The child can predict what it's going to be. So a child can predict the next word and then check it with the print.

Health News submitted by Cindy Shad Health and Nutrition Specialist.

Poison Safety In the Home

Each year, more than 90% of exposures reported to local poison control centers occur in the home. Here are some ways you can keep your family, friends, and yourself poison-safe at home:

Be Prepared for a Poison Emergency:

Put the Poison Help number, **1-800-222-1222**, in your mobile phone and display it in your home and at work in case of emergency, or if you have questions. You can also text **POISON to 797979** to save the number in your mobile phone. Calls are free, confidential, and answered by experts, 24/7/365.

Practice Safe Storage Habits

The following items should be stored up, away, and out of sight of children, and in their original containers. Alternatively, keep these substances in cabinets secured with child-resistant locks. Keep in mind that there is no such thing as a 100-percent child-proof lock or container.

- All medicines and pharmaceuticals, including over-the-counter medicines, prescription medicines, vitamins, and supplements
- Tobacco and e-cigarette products, especially liquid nicotine
- Alcohol
- Laundry and cleaning supplies
- Pesticides and insect repellents
- Button batteries, such as those found in musical greeting cards, key fobs, etc.
- Any type of oil or lubricant, including fragrance oils, tiki torch oils, engine oil, etc.
- Personal care products, especially contact lens disinfectants and hand sanitizers
- Other chemicals

Read and Follow Labels and Directions

Make a habit of reviewing the label on any potentially hazardous substance or product prior to use, especially before administering medicines. Take care to follow usage directions, as well as instructions for safe storage and disposal. Call your local poison control center at **1-800-222-1222** if you have any questions about the directions.

Detect Invisible Threats

To protect your family, install carbon monoxide detectors in your home. Carbon monoxide is a colorless and odorless gas that can lead to severe illness and even death. Most carbon monoxide exposures occur during the winter months or during power outages.

Prepare Food Safely

Practice safe food preparation and handling to [avoid food poisoning](#).

Source: <https://www.aapcc.org/prevention/home>

Eat Right Food

Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Smart Snacking Tips for Kids

Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals. It helps to plan and portion

out snacks in advance. Kids will usually only need 2 or 3 snacks daily, and these should be provided at least one hour before meals. It is recommended that snacks (and meals) be eaten in an area without distractions. So avoid snacking while watching TV or when using other electronic devices. Better yet, let the kids help prepare the healthy snacks.

Here are a few easy, tasty (and healthy) snacks to help get you started. Adults may need to help with some of these.

1. Parfait: Layer vanilla or plain low-fat yogurt with fruit and dried cereal.
 2. Toast a whole grain waffle and top with low-fat yogurt and sliced fruit or smooth nut butter.
 3. Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
 4. Sandwich cut-outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
 5. Mini-pizza: Toast a whole wheat English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
 6. Frozen treats: Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups and freeze for a tasty treat.
 7. Quesadilla: Sprinkle shredded cheese over a corn or whole wheat tortilla; fold in half and microwave for twenty seconds. Top with salsa.
 8. Spread hummus on a tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
 9. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
 10. Microwave a cup of tomato or vegetable soup and enjoy with whole grain crackers.
 11. Make a mini-sandwich with tuna or egg salad on a dinner roll.
 12. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
 13. Spread celery sticks with smooth nut butter or low-fat cream cheese. Top with raisins. Enjoy your "ants on a log."
 14. Dip slices of fruit or whole-grain graham crackers into low-fat vanilla pudding or yogurt.
 15. Inside-out sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
 16. Rocky road: Smear low-fat chocolate pudding on a whole grain graham cracker, then top with a marshmallow.
 17. Sprinkle cinnamon on unsweetened applesauce and enjoy with a whole grain graham cracker for a taste similar to apple pie.
 18. Make your own fruit roll-up by pureeing fruit and either baking it in the oven or by using a dehydrator.
 19. Bake homemade chewy granola bars using whole-grain oats and dried fruit.
 20. Whip up mini-muffins using healthy ingredients, like whole grain flours and pureed fruit.
- Find more healthy eating tips at: www.kidseatright.org www.eatright.org/nutritiontipsheets

Portion sizes for kids are smaller than adults. However, certain foods due to their size pose a choking risk, especially for young children. See below for a list of foods that may cause choking: Hot dogs and sausage links

- Meat chunks, unless finely chopped and combined
- Nuts, seeds and peanut butter

- Raw apple and pear slices
- Whole grapes
- Dried fruit
- Raw vegetables
- Whole kernels of corn
- Popcorn and chips
- Small candies and chewing gum

Source: <https://www.eatright.org/food/resources/national-nutrition-month/toolkit>

Community Events and Resources

MOBILE PANTRY

WHEN

WEDNESDAY, MARCH 18TH, 5-6:30PM

WHERE

2202 SOUTH WASHINGTON STREET
BELLEVUE, NE

MORE INFORMATION

No income restrictions or verification required. Please bring bags or boxes to carry food.

TAX SEASON IS HERE!

TAX PREPARATION SITES

Every Monday (1/27/2020-4/13/2020)

Omaha EITC Coalition

3605 Q St

Omaha, NE 68107

Hours: 9am-8pm

Every Tuesday (1/28/2020-3/31/2020)

Douglas County Housing Authority

North Acres Community Center

5449 N 108th Plaza

Omaha, NE 68159

Hours: 12pm-7pm

Every Wednesday (1/29/2020-4/15/2020)

Omaha EITC Coalition

3605 Q St

Omaha, NE 68107

Hours: 9am-8pm

Every Thursday (1/30/2020-4/9/2020)

Omaha EITC Coalition

3605 Q St

Omaha, NE 68107

Hours: 9am-8pm

Every Friday (1/31/2020-4/10/2020)

Habitat for Humanity

1701 N 24th St

Omaha, NE 68110

Hours: 11am-5pm

Every Saturday (2/1/2020-4/4/2020)

Metropolitan Community College

Fort Campus Rm. 136 C/D Building 10.

5300 N 30th St

Omaha, NE 68110

Hours: 9am-5pm

CLOSED EASTER WEEKEND (4/11/2020)

Every Sunday (2/2/2020-4/5/2020)

Metropolitan Community College

Fort Campus Rm. 136 C/D Building 10.

5300 N 30th St

Omaha, NE 68110

Hours: 12pm-5pm

CLOSED EASTER WEEKEND (4/12/2020)

KINDERGARTEN REGISTRATION 2020-2021!!

Bellevue Public Schools offers full-day kindergarten for all students. Nebraska state law, requires a child to have reached his or her fifth birthday on or before July 31st of the current year.

The parent/guardian(s) must bring original birth certificate, proof of residency (utility bill, lease/mortgage statement), and current immunizations in order to register.

Registration Schedule:

February 24, 2020: **Wake Robin and Bertha Barber Elementary**

February 25, 2020: **Birchcrest and Twin Ridge Elementary**

February 26, 2020: **Fairview Elementary**

February 27, 2020: **Avery and Belleaire Elementary**

March 2, 2020: **Betz and LeMay Elementary**

March 3, 2020: **Leonard Lawrence Elementary**

March 4, 2020: **Central and Two Springs Elementary**

March 5, 2020: **Bellevue Elementary**

March 6, 2020: **Fort Crook and Peter Sarpy Elementary**

The registration documents may be downloaded at the following link and prior to attending your registration time.

<https://bellevuepublicschools.socs.net/vnews/display.v/ART/52f0199fe0812>

If you need an interpreter, please contact the Bellevue Public Schools Parent/Community Liaison at 402-898-8797.

Kindergarten Roundup will be held at each individual school in April. Details will be provided when you register, please register at the BPS Welcome Center prior to roundup.

If you are not aware of your student's home attendance area school or for all other questions, please contact the BPS Enrollment Center at 402-827-8554 or bps.enrollment@bpsne.net.

BPS offers an excellent summer school program, at no charge, for children entering kindergarten. The program provides children the opportunity to become acquainted with their school. Details will be available at Kindergarten Registration.

HEAD START ROUND UP!!

ACCEPTING APPLICATIONS FOR PRE-K AND EARLY CHILDHOOD (AGES PRENATAL TO 5) FOR THE 2020-2021!!

All programs are offered at no cost to qualifying families!

Applications are available online at www.sarpyheadstart.org

Please have the following information available for the application process:

1. Income verifications: prefer 2019 1040, W-2s or proof of ADC, TANF, to SSI for a disability
2. Child support or income form from other sources, please include an annual amount for that income
3. Address verification; copy of a utility or lease agreement
4. Birth certificate
5. Immunization Record

Please call 402-229-6592 ext. 107 for questions!