

What's up?



JCCDC Newsletter for Parents, Providers, Community Partners & Staff



A Note from the Director

Tena Sales, HS/EHS Director

Parents are one of Head Start/ Early Head Start's most valuable resources - not only as primary educators of their children but also as policy makers of their children's local Head Start & Early Head Start program.

Parent Involvement: Head Start/Early Head Start encourages parents to be involved with their child's learning through either program. This involvement may include:

- Helping to make decisions about the Head Start/Early Head Start programs through involvement with Policy Council, the Health Services Advisory Committee (HSAC), Parent Committees, or other special committees.
- Participate in a Head Start classroom as a volunteer.
- Help plan and develop activities for parents and children.
- Be involved in literacy activities with children.
- Volunteer time and talents.

Parent Committees: Parent Committees exist in every Head Start center. These committees work with Family Services and program staff to organize events inside and outside the classroom. Additionally, committee members help plan monthly parent meetings that include all parents of children in the FDCH site/center. You can expect details about our upcoming parent meetings soon.

Policy Council: The Policy Council is a group that consists of parents and legal guardians of Head Start/Early Head Start children currently enrolled in either program, former Head Start/Early Head Start parents and community agency representatives. The Policy Council is a shared decision-making body of the Head Start/Early Head Start program that works in partnership with key management staff and the agency governing body to develop, review, and approve or disapprove certain policies and procedures; serve as a link to the Parent Committee, governing body and community; and assist Parent Committees. Policy Council members are elected by the parents in each center on an annual basis. They also meet monthly.



September 8th is National Literacy Day
 September 10th is National Grandparents Day
 September 11th is Patriot's Day
SEPTEMBER 23RD – FALL OFFICIALLY BEGINS
 September 28th is National Good Neighbor Day



October 5th is National Do Something Nice Day and World Teacher's Day
 October 10th is World Mental Health Day
 October 20th is National Youth Confidence Day
 October 28th is the 2023 Magic City Classic

2023 Magic City Classic



Saturday Oct. 28th
@ Legion Field



Many festivities are held in conjunction with the game, including a 2-hour parade, and a popular "Battle of the Bands" between AAMU's Marching Maroon and White Band and ASU's Mighty Marching Hornets. Festivities begin the week of Saturday's game. Go to www.magiccityclassic.com for a list of other events.

The Importance of Child Nutrition

Submitted by Stella Baskin, Nutrition Coordinator

Getting children to eat healthy foods can sometimes feel like fighting an uphill battle. The leafier and greener the food, the greater the struggle. Your children need proper nutrients grow up healthy and strong. Nutrition for children can also help establish a foundation for healthy eating habits and nutritional knowledge that your child can apply throughout life. Don't cave in and let them eat nothing but fast food and sweets. It's worth the struggle.

What nutrients do children need?

An easy way to ensure that children get the nutrients they need is by choosing healthy foods for them to eat.

1. Choose lean protein from sources such as poultry, beans, seafood, nuts and seeds.
2. Eat fresh, canned, or frozen fruits and vegetables every day. Look for canned and frozen options without added fats or sugars. Fruits should be packed in 100% juice or water.
3. Choose whole grain foods such as breads, cereals, and pastas that are high in fiber. Look for low fat dairy such as milk, cheese, and yogurt for adults and kids in your family. Babies should not have dairy products until they're one year old. The American Academy of Pediatrics recommends whole milk for babies 12 to 24 months unless your infant is gaining too much weight. Ask your doctor if you're not sure.

It's also important to limit added and refined sugars, refined grains, sodium, trans-fats, saturated fats, and foods that are low in nutrients.

Tips for child nutrition

- ✓ **Learn to read nutrition labels:** Nutrients are important, but portion size matters too. Half of your child's plate should be fruits and vegetables.
- ✓ **Choose fresh foods over highly processed foods:** How you cook and prepare foods can affect nutritional value. For example, try grilling, steaming, baking, or broiling vegetables instead of frying or boiling them.
- ✓ **Drink water or low-fat milk instead of sugary, sweetened drinks.**
- ✓ **Different foods provide different nutrients, so make sure your child gets a good variety of fruits and vegetables.**
- ✓ **Find nutritious foods that children enjoy. Try fruit for dessert.**

And be sure to **speak to your child's pediatrician** for any questions or concerns regarding your child's diet.



Here at JCCDC, Head Start/Early Head Start parent volunteers play an important role in successful school readiness. They are not only great assets for teachers but are also a solid support for the school community. JCCDC Head Start/Early Head Start parent volunteers also demonstrate to their children and others that school is important and worth the time and effort.

The Head Start and Early Head Start students of JCCDC benefit greatly from parent involvement in the classroom, and this is demonstrated by increased student participation in class activities and higher assessment scores, improved attendance, a positive attitude toward education, and an in-creased likelihood of advancing their education.

The upsides for JCCDC Head Start and Early Head Start parents/guardians include an increased confidence in the school, stronger parent-teacher communication, and earning the respect of their child's teachers. In fact, some parents are even inspired to go back to school and advance their own education.

JCCDC would like to welcome each Head Start and Early Head Start parent/guardian to the classroom for an exciting time of learning and fun!

See You At The Blackboard!

The Importance of Family Engagement

Submitted by Phillip Merriweather, FE Manager

Research has shown that meaningful family engagement positively impacts youth outcomes across various domains. Parental involvement in education has been extensively studied for decades with less attention paid to the degree of involvement in other systems. More recently, studies have focused on the purpose and roles of family engagement across key child and youth serving sectors. Advancements in brain science, the use of precise research methods, and the inclusivity of diverse populations are influencing family engagement strategies in education, child welfare, juvenile justice, health, mental health, and behavioral health systems.



Studies have shed light on the vital roles and functions that families of all backgrounds can perform to support their children's and youth's development and success. Ongoing research is essential in advancing the implementation, continuous improvement and adoption of family engagement practices. These practices can make a difference in the lives of children and youth across various service systems, and for diverse populations and communities. Studies show that strong family engagement is a necessary component in improving outcomes for children and youth.

- Family engagement in schools contributes to positive student outcomes, including improved child and student achievement, decreased disciplinary issues, improved parent-teacher and teacher-student relationships, and improved school environment.
- Family engagement with health care professionals improves care coordination and health outcomes at the individual, youth, and family level.
- Working collaboratively increases the likelihood of identifying a family's unique needs and developing relevant and culturally appropriate service plans that address needs, build on family strengths, draw from community supports, and use resources more effectively.

Supporting Your Child's Literacy Development at Home

Submitted by Nakendra Massey, ECD & Health Service Manager

Take part in **literacy** experiences at home. Taking part can develop your child's reading ability, comprehension, and language skills. It could also improve your child's interest in reading, attitude towards reading, and focus.

Engage in activities at home. This is important for your child's early literacy development. Engage in:



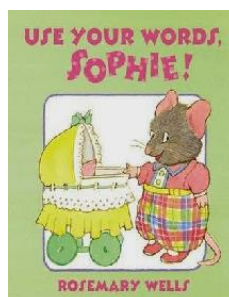
- ✓ joint reading
- ✓ drawing
- ✓ singing
- ✓ storytelling
- ✓ reciting,
- ✓ game playing
- ✓ rhyming.

When joint reading, you and your child take turns reading parts of a book. When reading, ask them to connect to the story. Have them tell you more about what they are thinking. You can use their interests to choose books. Give positive feedback and ask open-ended questions during joint reading to boost their interest and critical thinking skills.

For young children, nursery rhymes are especially helpful for language and early literacy development. Play audiobooks or read aloud at home to increase the amount of language your child hears. Hang different kinds of print around your house. Label objects in your home. This can show the importance of language, reading, and writing. Help your child build background knowledge on a topic. Talk about everyday experiences, show your child pictures, and tell her stories.

If you use a different language at home, speak and read to your child in that language. This can help grow his **vocabulary** and make connections at school. It can also increase their curiosity and readiness to learn at school. Learning opportunities in a home language will help literacy learning in English.

Recommended book for 2-4 year olds:



Use Your Words, Sophie
by Rosemary Wells

Nobody can understand Sophie when she speaks jellyfish language, and Mama and Daddy can't get the new baby to stop crying. Rosemary Wells's simple story and charming illustrations are comforting and popular with young readers.