

NORTHEAST SOUTH DAKOTA **HEADSTART** NEWSLETTER

March–April 2026

Letter From The Director

Spring is an exciting time in Head Start as children continue to grow, learn, and prepare for the end of the program year. Our classrooms are busy with hands-on activities, outdoor play, and building skills that support kindergarten readiness. As the weather changes, please help us by sending children dressed in layers and appropriate shoes for active play. The coming months will also include end-of-year events and transitions—watch for information from your child’s classroom and Family Services Coordinator. Thank you for your continued partnership and support as we finish the year strong together.

Your Director,
Juli Schultz

Upcoming Events

- March 8th Daylight Savings
- March 10th Policy Council and Board Meetings
- April 6th No School
- April 9th–10th South Dakota Early Childhood Education Conference
- April 14th Policy Council and Board Meetings



Update From The Yellow Home Base

Written By: Lisa Hofer

Being a mother at the Yellow Home Base Head Start has been a journey of discovery. Head Start is an exciting time for the children of the Yellow home base as they embark on their journey towards entering school. They learn to explore, grow, and discover the world around them. This period is filled with wonder and joy, guided by our creative and enthusiastic home visitor, Lauren. She creates a playful environment where colors become super cool! These vibrant hues make everything around us more fun, beautiful, and interesting. The children learn that colors can transform the world, turning ordinary objects into fascinating things.

Numbers are introduced as little magical things that help us make sense of our world. They teach us that all family members in our house have ten toes, and even snacks need to be counted to ensure that no sibling gets left out. As each child celebrates another year of life, numbers reveal the magic of growing older and becoming a "bigger" child.

The alphabet opens a whole new world of possibilities. The joy on a child's face when they recognize a letter is pure amazement. Their eyes dart around searching for more of these small, wonderful symbols. The excitement extends to the books that Lauren brings, turning reading time into a thrilling adventure. Cozy up with a favorite reading buddy, children let the magic of stories whisk them away to distant lands and exciting escapades.

Art is a powerful expression, allowing imagination and creativity to flow freely. The artwork often defies the boundaries of paper, with splashes of paint creating colorful masterpieces. To an outsider, these creations might appear as a jumble of colors and shapes. However, through the eyes of the young artist, each piece is nothing short of a masterpiece. They feel like Picasso when their artwork is proudly displayed at home for all to admire.

The teachers in our groups encourage parents to support their children's learning and exploration. Lauren, Pam, and Brandy guide the children for classroom time as Alvina and Krista offer a plethora of fun projects for families to enjoy together, such as baking/decorating Christmas Cookies and making activity packs to use with our children at home. The families have also embarked on community adventures, including a trip to the Hosmer and Ipswich Fire Stations that let us see who protects us, and Pete's Train Display in Leola, SD, fostering curiosity and a sense of community. Head Start lets our children be inspired to learn, explore, and grow in a nurturing environment filled with love, creativity, and possibilities!

RECOMMENDED HOURS OF SLEEP BY AGE GROUP

Newborn 0-3 months

14-17 hours



Infant 4-12 Months

12-16 hours per 24 hours (including naps)



Toddler 1-2 Years

11-14 hours per 24 hours (including naps)



Preschool 3-5 Years

10-13 hours per 24 hours (including naps)



School Age 6-12 Years

9-12 hours per 24 hours



Teenager 13-18 years

8-10 hours per 24 hours



Adult 18-60 Years

7 hours or more per night



Elderly 61+ Years

7-9 hours



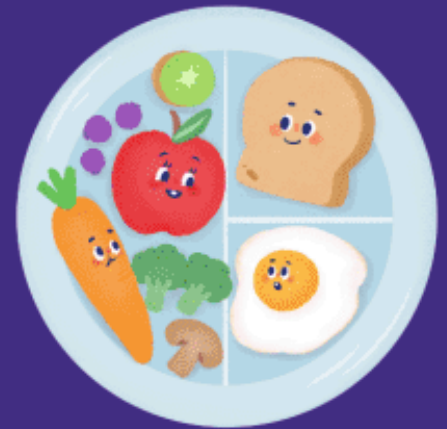
Nutrition Tips for Children



Good nutrition provides children with the energy & nutrients they need to grow & develop properly, maintain a healthy weight, and support their immune system!



1 Fill half a plate with colourful fruits and veggies, and split the other half between whole grains & healthy proteins.¹



When it comes to fruits and vegetables- the more variety, the better!



Choose whole grains such as whole wheat bread, pasta, brown rice, and quinoa.



Offer healthy proteins like beans, nuts, fish and poultry over processed or red meats.



Include healthy oils from plants as well as unsaturated fats in foods like avocado, peanuts, and salmon.



Make water the drink of choice for every meal.¹

2

Probiotics

In addition to ensuring an adequate intake of healthy micronutrients and macronutrients, probiotics can play an important role in building and maintaining a healthy gut.



3

Make Mealtime the Focus²

Help instill good nutritional values in your child by eating together, encouraging conversation & turning off distractions.



4

Ask an Expert

Make an appointment with a Registered Dietitian – they are trained experts who can provide you and your child with custom meal plans and other nutritional advice.





Huron's Carnival



10 Reasons Why Reading to Children is Important

@TheDaycareTeacher



Builds Bonding Time



Encourages a Love for Books



Boosts Imagination



Improves Vocabulary



Creates Happy Memories



Teaches Life Lessons



Calms Their Mind



Fuels Curiosity



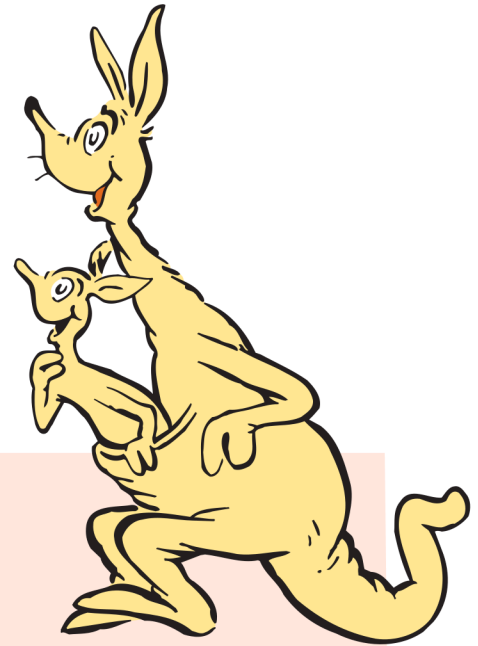
Builds Confidence



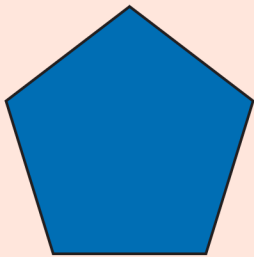
Develops Listening Skills

Polygons

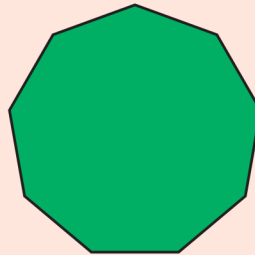
We've seen shapes with two sides and shapes with three and four. Let's learn the names of shapes that have even more!



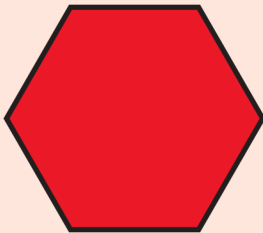
Write the number of sides each shape has.



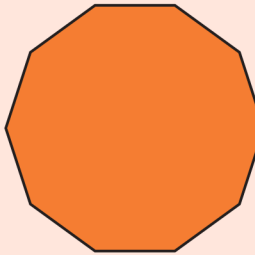
Pentagon _____



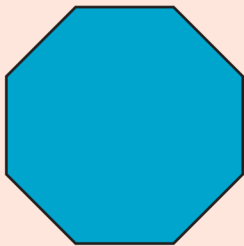
Nonagon _____



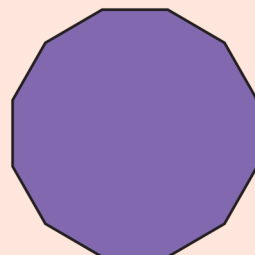
Hexagon _____



Decagon _____



Octagon _____



Dodecagon _____

Color every diamond purple. Color every oval green.
Color every pentagon yellow. Color every hexagon red.

