



NORTHEAST SOUTH DAKOTA **HEADSTART** Newsletter

May 2025



A Note From The Director

It's hard to believe the school year is already wrapping up! We've had such a great time watching your kids grow, learn new things, and build friendships.

Thank you for all the ways you've supported your child and our staff throughout the year—it really makes a difference.

For those heading off to kindergarten, we're so proud of you and know you'll do great! And if you're returning in the fall, we can't wait to see you again.

Have a fun, safe, and relaxing summer!

JULI SCHULTZ

EVENTS

- **May 11th Mother's Day**
- **May 13th Policy Council and Board Meeting**
- **May 15th Last Day of Classes**
- **May 26th Memorial Day**
- **June 10th Policy Council and Board Meeting**

100 BORDEM BUSTERS FOR KIDS

INSIDE ACTIVITIES

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|------------------------------------|----------------------------|---------------------------------|
| 1. Read to siblings | 10. Make a sock puppet | 18. Do a puzzle |
| 2. Make a no-sew fleece blanket | 11. Bake something | 19. Write to your grandparents |
| 3. Stack cups | 12. Play library | 20. Have a photo shoot |
| 4. Play Simon Says | 13. Play a board game | 21. Make a no-sew fleece pillow |
| 5. Make up rules to a current game | 14. Organize your dressers | 22. Make play dough sculptures |
| 6. Camp indoors | 15. Play vet | 23. Play I Spy |
| 7. Rent a movie from the library | 16. Write a poem | 24. Play dress up |
| 8. Read a book | 17. Make animal masks | 25. Learn a new board game |
| 9. Tell a story | | |

OUTSIDE ACTIVITIES

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|-----------------------------|-------------------------------|-----------------------------|
| 26. Play four-square | 35. Paint with flowers | 43. Melt crayons in the sun |
| 27. Build a bird house | 36. Blow bubbles | 44. Paint rocks |
| 28. Go hiking/jogging | 37. Play in the dirt | 45. Have a relay race |
| 29. Walk a neighbor's dog | 38. Have a mini Olympics | 46. Play Twister outdoors |
| 30. Have a scavenger hunt | 39. Camp outdoors | 47. Build a bird feeder |
| 31. Have a squirt gun fight | 40. Paint with shaving cream | 48. Build a teepee |
| 32. Climb trees | 41. Play baseball | 49. Use sidewalk chalk |
| 33. Wash cars | 42. Create fireworks in a jar | 50. DIY an outdoor craft |
| 34. Spray paint | | |

LEARNING ACTIVITIES

- | | | |
|-------------------------------------|---|------------------------------------|
| 51. Study different types of clouds | 60. Create an animal unit study | 68. Study animals habitats |
| 52. Grow flowers | 61. Build a mini volcano | 69. Study a butterfly's life cycle |
| 53. Go bird watching | 62. Volunteer | 70. Study astronomy |
| 54. Try geo-caching | 63. Copycat classic art | 71. Create a sun catcher |
| 55. Build a backyard shelter | 64. Hunt animal tracks | 72. Fry an egg on the cement |
| 56. Identify different trees | 65. Build a rubber band helicopter | 73. Create rain clouds in a jar |
| 57. Try foreign foods | 66. Encourage recycling around the neighborhood | 74. Grow grass in a cup |
| 58. Create a sun dial | 67. Make no-churn ice cream | 75. Create your own game |
| 59. Make a stop motion video | | |

TRAVEL ACTIVITIES

- | | | |
|-------------------------------|---|----------------------------------|
| 76. Visit the park | 85. Visit the library | 92. Visit a live concert |
| 77. Attend an outdoor movie | 86. Visit/dress up for a fancy restaurant | 93. Attend a community event |
| 78. Visit a historical museum | 87. Visit a place you've never been to | 94. Visit a library's event |
| 79. Visit grandma's house | 88. Go on a picnic | 95. Visit the beach |
| 80. Visit a friend's house | 89. Visit a children's museum | 96. Go window shopping |
| 81. Have a one-day road trip | 90. Go hiking | 97. Visit an aquarium or zoo |
| 82. Visit a water park | 91. Visit an art museum | 98. Go downtown |
| 83. Visit the fair | | 99. Tour your local fire station |
| 84. Visit a playground | | 100. Make a summer time capsule |

WATER SAFETY FOR AGES 1-4

DROWNING KILLS MORE CHILDREN THIS AGE THAN ANY OTHER INJURY OR HEALTH CONDITION.



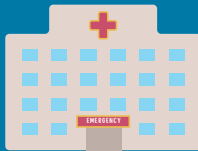
NUMBERS IN THE UNITED STATES

Drowning is the single leading cause of death for children ages 1-4 in the US. On average, more than 400 children ages 1-4 fatally drown each year.

70%

DANGERS AROUND THE HOME

Most toddler drownings occur in pools, spas, or natural water around the home, with 70% of those happening during non-swim times.



NON-FATAL DROWNING

For every child who dies from drowning, another 7 or 8 receive emergency care for non-fatal submersion injuries, many of which require hospitalization.



DANGERS IN THE HOME

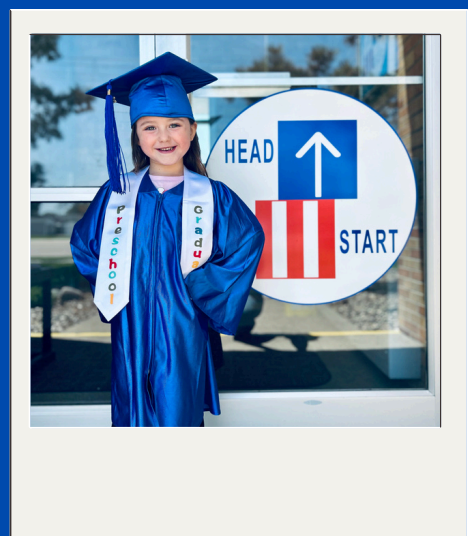
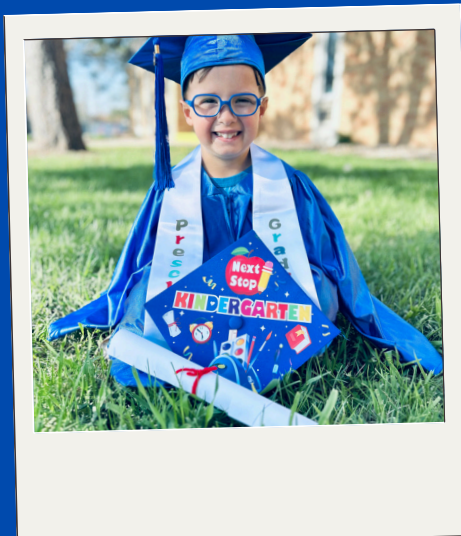
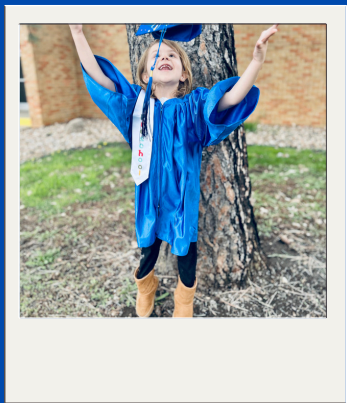
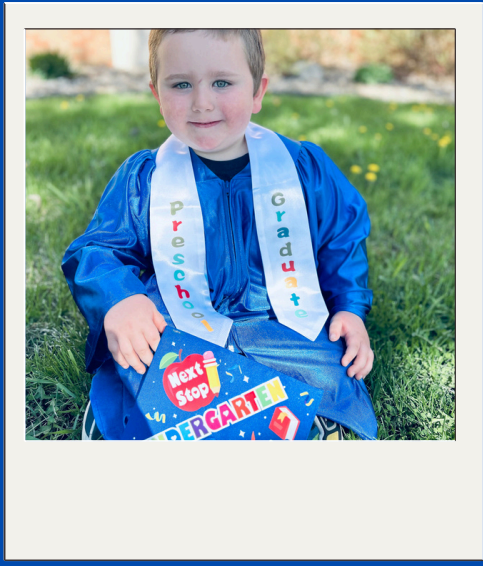
Drowning in standing water remains a significant risk in the home for toddlers, such as in bathtubs, buckets, toilets, & sinks.

THESE NUMBERS DEMONSTRATE HOW CRUCIAL IT IS TO TAKE WATER SAFETY PRECAUTIONS & PRACTICE THE 5 LAYERS OF PROTECTION TO REDUCE THE RISK OF DROWNING.

WATER SAFETY TIPS

- Take classes to learn first aid and CPR with rescue breaths.
- Enroll children in high-quality swimming lessons as early as age 1 to learn life-saving skills like floating.
- Install barriers (4-sided fencing) around the pool/spa area separating pool/spa from house and yard to prevent unsupervised access.
- Consider door alarms or personal alarms for children to alert to access during non-swim times.
- Empty water containers in and around the home: sinks, tubs, and buckets.
- Actively supervise children during swim times.
- Have children wear brightly colored swimsuits.
- Keep young children within an arm's reach when in or around water.
- Use U.S. Coast Guard-approved flotation devices when in and around natural water or while boating.
 - Remove toys or tripping hazards in and around the pool/spa area.
- Remove any climbable objects near the pool gates and fences.







SUMMER





To everyone who helped make our entire school year a success. Thank you to all of the Head Start Parents for turning in In-Kind. Thank you to all of those who attended parent meetings, those who were a part of Policy Council, and members of our Board of Directors. Thank you to all parents and guardians for allowing us to work with your children and allowing Head Start to be a part of your lives!

Thank you to all of the Head Start staff who worked diligently to make sure that the kiddos of Head Start had the best year possible.

Thank you to all of the donors who have had through out the year donated their time, talents, money, clothing, gifts, food, and so much to our program to help us meet the needs of our program and families.