

NORTHEAST SOUTH DAKOTA
HEADSTART
NEWSLETTER



A NOTE FROM THE DIRECTOR:

THIS YEAR, WE ARE UNDERGOING OUR STANDARD REVIEWS TO MONITOR OUR PROGRAM STRUCTURE, FOOD PROGRAM, AND CLASSROOM INTERACTIONS. THERE ARE NEW PERFORMANCE STANDARDS THAT WE HAVE TO IMPLEMENT ACROSS THE NEXT FEW YEARS THAT WILL HELP US TO PROVIDE THE HIGHEST QUALITY PROGRAM, BEST EDUCATION FOR YOUR CHILDREN, STRONGEST PARTNERSHIPS WITH OUR FAMILIES, STRONGEST COMMUNITY PARTNERSHIPS AND MAINTAIN THE SAFEST ENVIRONMENT POSSIBLE FOR YOUR CHILDREN. WE APPRECIATE YOUR SUPPORT AND PARTNERSHIP AS WE WORK TO CREATE THE BEST ENVIRONMENT FOR OUR STUDENTS. THANK YOU FOR BEING A VITAL PART OF OUR COMMUNITY AND BEING YOUR CHILD'S BEST TEACHER!

Your Director,
Juli Schultz

UP COMING EVENTS

- POLICY COUNCIL
JANURARY 15TH
- FEBRUARY 17TH
HOLIDAY NO
CLASSES
- MARCH 11TH
POLICY COUNCIL
- APRIL 8TH
POLICY COUNCIL

ABERDEEN CENTER UPDATE

HAIRCUTS BY KALA

KALA FROM HAIR & CO. PROVIDED 15 PRESCHOOLERS A FREE HAIRCUT. KALA HAS BEEN VOLUNTEERING HER TIME AT THE CENTER FOR THE PAST 5 YEARS.

DELTA DENTAL

JEAN GROSS AND 10 NSU STUDENTS APPLIED 65 FREE FLOURIDE VARNISHES ON OUR PRESCHOOLERS. JEAN GROSS AND COLLEGE STUDENTS PROVIDE THIS SERVICE TWICE A YEAR.

STORY HOUR

SABRINA FROM THE ABERDEEN K.O.LEE PUBLIC LIBRARY DOES STORY HOUR WITH ALL SIX CLASSROOMS, MONTHLY. SABRINA HAS BEEN DOING STORY HOUR FOR THE PAST 3 YEARS!

CHRISTMAS TREE LANE

HEAD START STAFF MEMEBERS DECORATED A HEAD START THEMED CHRISTMAS TREE FOR THE CHRISTMAS TREE LANE EVENT AT THE DAKOTA PRARIE MUSEUM. THIS HAS BEEN A HEAD START TRADITON FOR THE LAST 3 YEARS.

IN-KIND

THANK YOU PARENTS AND GUARDIANS FOR COMPLETEING THE IN-KIND LOGS SENT HOME MONTHLY. THE ABERDEEN CENTER HAS TRIPLED THE AMOUNT OF IN-KIND RECEIVED MONTHLY, SINCE CHANGING OUR FORMAT. WE APPERCAITE YOUR DEDICATION TO YOUR CHILD'S EDUCATION AND FOR YOUR SUPPORT TO OUR PROGRAM!

PARENT-CHILD ACTIVITES

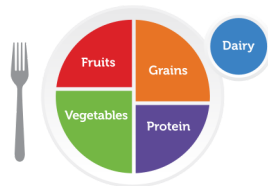
IN NOVEMBER THE PARENT-CHILD ACTIVITY WAS HELD AT THE K.O.LEE PUBLIC LIBRARY. WE HAD A BLUEY PARTY! WE ENJOYED OUR TIME TOGETHER, WITH BLUEY STORIES, SONGS, FINGER PLAYS, GAMES AND CRAFTS.

IN DECEMBER THE PARENT-CHILD ACTIVITY WAS HELD AT THE CENTER AND WE HAD A HOLIDAY PARTY. SANTA AND MRS. CLAUS VISITED AND HOLIDAY CRAFTS WERE COMPLETED. EACH HEAD START CHILD RECEIVED A GIFT FROM THE FOLLOWING DONORS:

DELTA DENTAL
TOYS FOR TOTS
QUILTERING GROUP FROM GOOD SHEPHRAD LUTHERAN CHURCH
SEWING GROUP FROM SANDERS SEW



Start simple with MyPlate



Dine Out/Take Out

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Decode the menu

Look for choices that are baked, broiled, grilled, poached, steamed, boiled, or roasted to limit extra saturated fat and salt. If you aren't sure, ask how menu items are prepared and/or if they can be prepared a different way.



Start your meal with veggies

If you start your meal with a salad or eat your vegetables first, you will feel full sooner and ensure that you get valuable vegetable nutrients.



Split your dish

When ordering food, portions can be very large. Consider sharing a meal with someone else or making two meals out of it by saving half for the next day.



Look for fruits and veggies

Pick dishes that highlight vegetables like stir-fries, veggie wraps, or kabobs. Select fruit as a side dish or for dessert.



Plan ahead and compare choices

Before you order takeout or head to a restaurant, see if menu information is available on a website. Look for choices that are lower in calories, sodium, and saturated fat.



Choose your sauce

Pick sauces made from vegetables like marinara, rather than cream or butter sauces to limit calories from saturated fat. You can ask for them on the side or for the dish to be prepared with less or no sauce.

Dressing Your Child For Outside Play In The Winter

Please make sure you send to send your child with a winter jacket, snow pants, gloves, a hat, and winter boots. Please reach out to your Family Service Coordinator if cannot sent these items with your child.

Winter Layering for Kids



Base Layer



Middle Layer

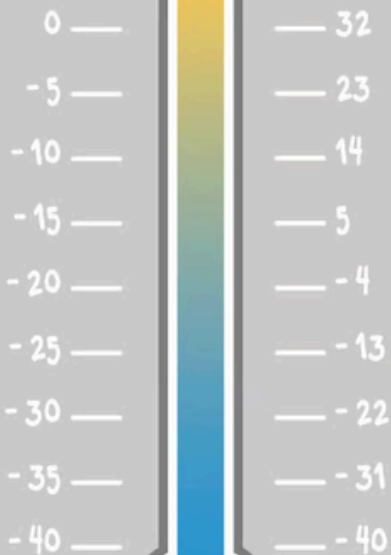


Outer Layer

C

F

Layering by Temperature



-1 to -3°C / 35 to 25°F

Base Layer + Outer Layer

-3 to -23°C / 25 to -10°F

Base Layer + Middle Layer + Outer Layer

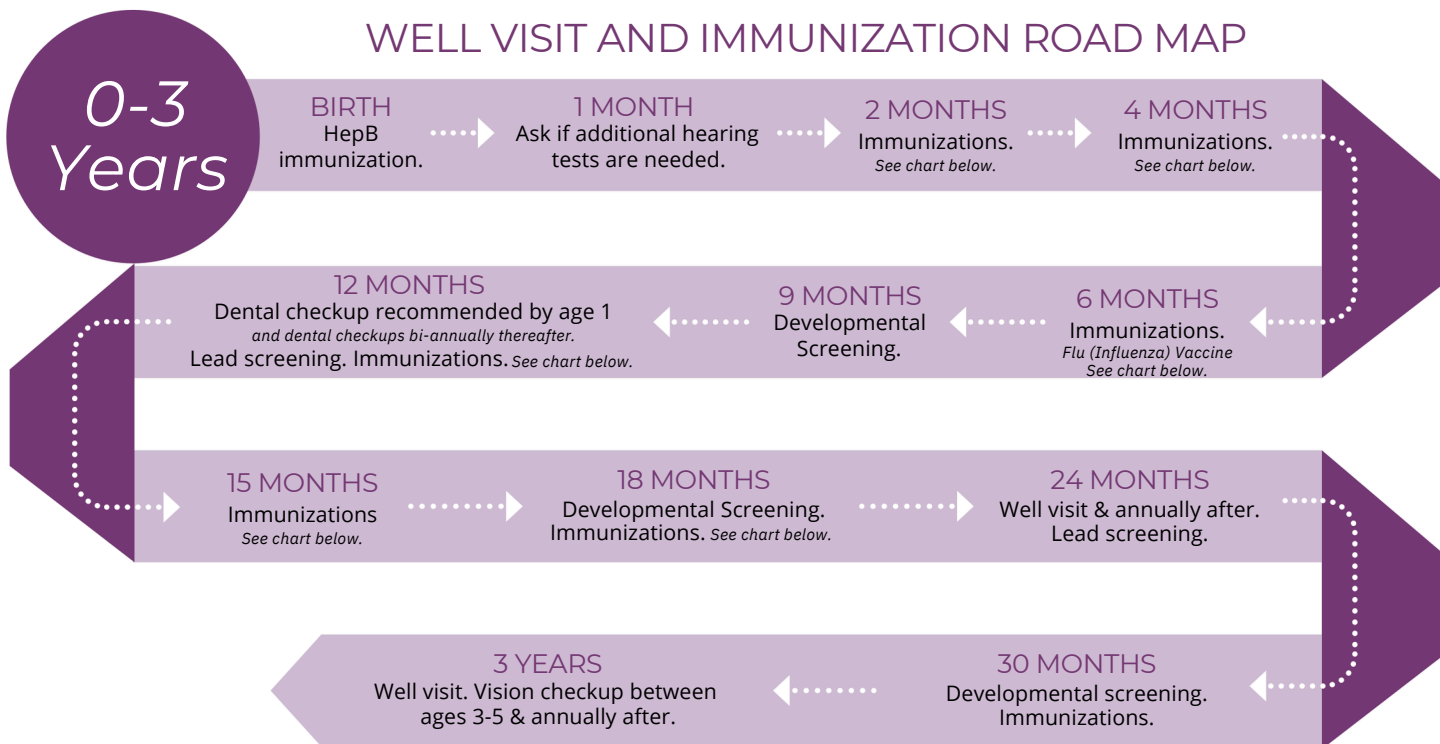
-23 to -31°C / -10 to -25°F

Base Layer + Middle Layer + Additional Layer + Outer Layer

-31 to -37°C / -25 to -35°F

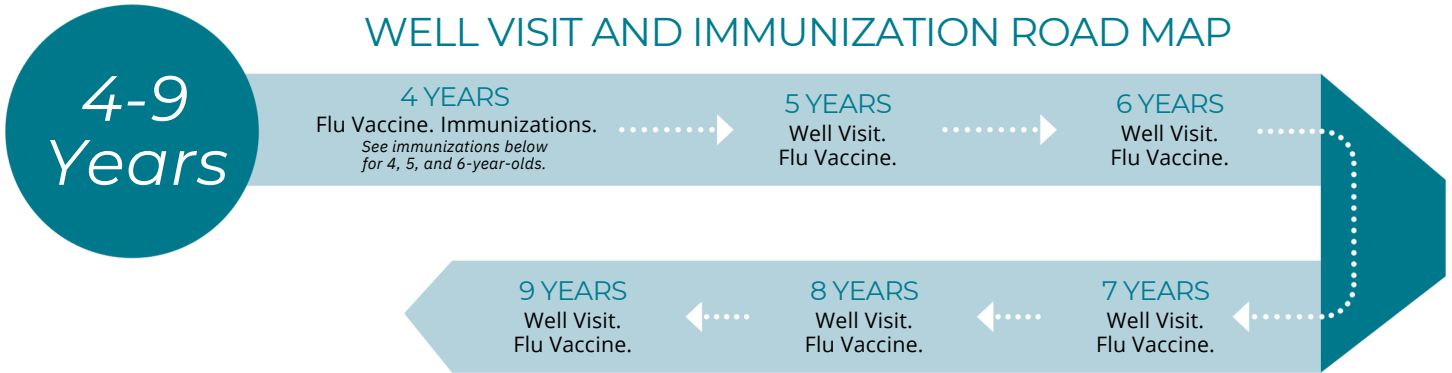
Base Layer + Middle Layer + Additional Layer + Outer Layer
+ Cold Weather Rated Sleeping Bag (Limit Time Outside)

0 to 3-year-old ANNUAL WELL-CHILD CHECKUPS



Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years
HepB (Hepatitis B)	1 dose	1 dose			1 dose					
RV (Rotavirus)			1 dose	1 dose	1 dose					
DTap (Tetanus, diphtheria, pertussis)			1 dose	1 dose	1 dose		1 dose			
Hib (Haemophilus influenzae type b)			1 dose	1 dose	1 dose	1 dose				
PCV (Pneumococcal)			1 dose	1 dose	1 dose	1 dose				
IPV (Polio)			1 dose	1 dose	1 dose					
Flu (Influenza)					2 doses in first year, then 1 dose annually					
MMR (Measles, Mumps, Rubella)						1 dose				
Varicella (Chickenpox)						1 dose				
HepA (Hepatitis A)						2 doses				

4 to 9-year-old ANNUAL WELL-CHILD CHECKUPS



RECOMMENDED IMMUNIZATIONS



- ┆ DTap* (Diphtheria, Tetanus, Pertussis)
- ┆ MMR* (Measles, Mumps, Rubella)
- ┆ Flu (Influenza) - Annually
- || IPV* (Inactivated polio)
- Varicella* (Chicken Pox)

**Can be given between 4 and 6 years old.*



DENTAL EXAM

Keep smiles healthy with an annual dental exam and two cleanings per year.

<https://www.insurekidsnow.gov/find-a-dentist/index.html>



EYE EXAM

A vision check-up is recommended by age 5 and annually after.

WHY IT'S IMPORTANT TO MAKE TIME FOR WELL-CHILD VISITS

These appointments provide an opportunity to raise general questions and concerns regarding your child's development, behavior and well-being. A primary care provider can answer questions related to safety, healthy eating, physical activity, computer and television screen time.



A photograph of a man with a goatee and short dark hair, wearing a grey t-shirt, carrying a young child on his shoulders. The child is wearing a blue and white striped long-sleeved shirt and light-colored pants. They are outdoors with a blurred green background. The text 'JUST THE FACTS' is overlaid in the top right corner. The text 'Dads who build their parenting skills are more involved with their children.' is overlaid in the middle right. The text 'National Fatherhood Initiative' and 'www.fatherhood.org' is overlaid in the bottom left. A small citation is in the bottom right.

JUST THE FACTS

Dads who build
their parenting skills
are more involved
with their children.

National
Fatherhood
Initiative®

www.fatherhood.org

©201902, Shroyer, S., Ang, L., Ooh, E. O., & Gandhi, M. (2018). Factors influencing paternal involvement during infancy: a prospective longitudinal study. *Journal of Advanced Nursing*, 75(2), 357-367.

If you would like more information on ways that you can improve your parenting skills please reach out to your Family Services Coordinator.

- Ashley Woehl
- Alvina Fischer
- Rebecca Tesch
- Bernie Kurkowski
- Bonnie Cole-

Aberdeen- 605-226-3611
Mobridge, Yellow Group- 605-281-0273
Huron- 605-352-1845
Sisseton, Webster- 605-216-1679
Redfield, Green Group- 605-350-7688

What to Bring to a Tax Appointment (Tax Checklist)

Here's a list of documents you need to help ensure you file taxes accurately. **You can file for free at a VITA site (Closest site to our area is Watertown, SD at Lake Area Technical College or online at GetYourRefund or MyFreeTaxes, or Direct File (available in South Dakota as long as you do not have income from other states)).** You can also file your taxes with a paid preparer.

Personal documents

Bring all documents below.

- Photo ID
- Social Security Cards, Social Security Number verification letters, or Individual Taxpayer Identification Number assignment letters for you, your spouse, and any dependents
- Birth dates for you, your spouse, and dependents on the tax return
- Bank account and routing number for up to three accounts or a voided check for direct deposit of your refund
- 2022 and 2023 tax return, if you have them
- Identity Protection PIN (IP PIN), if you have one

Income

Bring all documents that apply.

- Employment Income
- W-2 form(s) for all jobs last year (your employer(s) will have sent you this by January 31st by mail and/or email).
- Self-Employment Income
- 1099-NEC and/or 1099-K
- Records of income not reported on 1099 forms
- Records of expenses including receipts, credit statements, etc.
- Record of estimated tax payments
- Retirement or Disability Benefits
- SSA-1099 form for Social Security benefits
- 1099-R for pension/IRA/annuity income

Unemployment Income

- 1099-G for unemployment benefits

Other sources of income

- 1099-G for refund of state/local income taxes
- 1098-T for scholarships/fellowships
- Income or loss from the sale of stocks, bonds, or real estate
- Income or loss from rental property
- Alimony received
- Statements for prizes or lottery/gambling winnings
- 1099-INT/1099-DIV for Interest and dividend statements from banks
- Records for any other income

Expenses

You may be able to claim tax deductions for some of the expenses you have. These deductions reduce the income you are taxed on. Bring documentation for all of the following expenses you have.

- Retirement contributions, including a 401(k) or IRA
- State and local taxes you've paid
- Mortgage statements and property tax bills if you are a homeowner
- College tuition (Form 1098-T) and student loan statements (Form 1098-E)
- Childcare expenses, including payment records or receipts and provider's name, address, and federal tax ID number (either their Social Security Number or Employment Identification Number)
- Receipts for charitable donations
- Medical and dental bills
- Records for supplies used as an educator

Other Tax Documents or Notices

- Form 1095-A if you had coverage through the Health Insurance Marketplace
- Documents from the IRS, Health Insurance Marketplace, your state tax agency, or anything that says "IMPORTANT TAX DOCUMENT"
- Bring the following if you have them and are filing a 2021 tax return to claim the third stimulus check or the 2021 expanded Child Tax Credit:
- IRS Notice 1444-C for your Economic Impact Payments (also known as stimulus checks)
- IRS Letter 6419 for your Child Tax Credit advance payments
- IRS Letter 6475 for your 3rd Economic Impact Payment (stimulus check)