



NORTHEAST SOUTH DAKOTA

HEADSTART

NEWSLETTER

MARCH-APRIL 2025

NOTE FROM THE DIRECTOR

This school year has been one of reviews. We had our annual site visit from our regional program specialist, she was impressed by all she saw at the locations, especially our home cooked meals! For our CLASS review, teachers were observed for their interactions and instruction in the classrooms, and the results came back with exceptional results. Our food service program was monitored and passed with flying colors. Finally, the program was observed overall for quality and structure. Official results won't be available to us until closer to the end of the school year, but I am sure we continued to impress the reviewers and were able to show how our program shines.

The success of this program is because of the dedication and commitment of the staff. I am continually so proud of the work they do every day to provide the very best for your children and your families. Thank you for trusting us and letting us into your lives. We are happy to be a part of your child's head start to success!

Juli Schultz

UPCOMING EVENTS

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- March 11th Policy Council
- March
- April 8th Policy Council
- April 10th-11th South Dakota Early Childhood Education Conference
- April 21st Holiday No Classes

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 let 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 Valentine cards, baking/decorating Christmas Cookies, and engaging in making activity packs to use with our children at home. Special visitor, Eric, from Game Fish and Parks introduced the children to nature with his collection of furs. The families have also embarked on community adventures, including a trip to the library and the Fire Station. These outings provide valuable learning experiences, fostering curiosity and a sense of community. Our children are being inspired to learn, explore, and grow in a nurturing environment filled with love, creativity, and possibilities!

Five Ways Fathers Support Their Child's Learning Every Day



PLAY

Fathers play with their child to help them learn social skills.



FOLLOW

Fathers follow their child's interests and encourage exploration and discovery.



TALK

Fathers talk with their child about what they are doing and learning.



LISTEN

Fathers listen to their child when they talk about their feelings and ideas.



LOVE

Fathers love their child as a unique and special person.

This document was developed with funds from Grant #90HC0014 for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start, and Office of Child Care, by the National Center on Parent, Family, and Community Engagement. This resource may be duplicated for noncommercial uses without permission.

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Traditional Discipline

VS



Conscious Discipline®

First Warning

Choice to Be Helpful



Second Warning

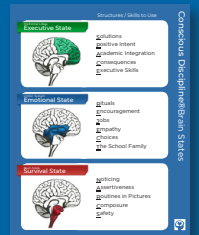
Choice of Safe Place



Loss of Privilege

Behavior Plan

Increase safety, connection and problem-solving



Call to Parents

Logical Consequences



S.T.A.R.



- ① **Smile:** Trying to smile helps your body relax!
- ② **Take a deep breath:** Breathe in deeply through your nose and move your belly outwards.
- ③ **And:** Pause for a moment as you shift from inhaling to exhaling.
- ④ **Relax:** Breath out slowly through your mouth and move your belly inwards.





NORTHEAST SOUTH DAKOTA **HEADSTART** **NEEDS YOU**



Get Involved! Make a Difference! **Join the NESD Head Start Policy Council**

Why Get Involved?

Empower Your Community – Your voice helps NESD Head Start to make decisions that are in the best interest of our children and families . Influence the policies, procedures, and the direction of the future of the NESD Head Start program.

Gain Leadership Experience – Becoming a member of our Policy Council gives you experience and valuable skills in, advocacy, and community involvement.

Make a Lasting Impact – Help strengthen early childhood education and family services in the NESD Head Start community and your local community.

Who Can Join?

Parents, guardians, and community members who care about early childhood education and want to be part of the Head Start and early education communities.

Please contact your Family Services Coordinator or email NESDHS@nesdhs.org to get more informations or share your interest in becoming a Policy Council Member.

**Bringing healthcare
to your community!**



WIC: Women, Infants and Children supplemental nutrition program

- Available to income eligible pregnant, postpartum women for 6 months, breastfeeding women for 1 year, infants, and children under the age of 5
- Height, weight, hemoglobin, nutrition assessment
- Provide breastfeeding support and breast pumps
- Nutrition education and counseling
- Referrals to other community resources

Pregnancy Care

- Available to any pregnant or postpartum South Dakota women and/or infants
- Services are delivered by a nurse with the purpose to improve outcomes that help to support healthy pregnancies and families
- Pregnant women will receive an initial risk assessment to help identify needs/social determinants of health with the goal to identify resources and educational needs
- Monthly visits with a nurse that are supplemental to regular prenatal care with their healthcare provider
- A nurse visit will be offered to postpartum women and/or infants that will be supplemental to a follow-up visit with their healthcare provider
- Nurse visits will include weight check, blood pressure check, health assessment, education, support, referrals to community resources, and communication with their healthcare provider as individual needs arise

Safe Sleep

- Safe sleep education will be provided to all pregnant/postpartum women and caregivers of infants based on the latest guidance by the American Academy of Pediatrics
- A visit will be completed with a nurse to assess for a safe sleep environment and to provide education
- Families without a safe sleep environment may be eligible to receive a pack-n-play

Maternal Depression Screening

- All pregnant and postpartum women are eligible for a depression screening with a nurse
- The visit will consist of completing the screening tool(s), education, support, and referral to provider, if needed

Developmental Screening

- All families with children 2 months – 60 months of age will be offered a parent-led screening tool(s) to complete to help promote early detection and identify normal development
- The two screening tools offered are the *Ages and Stages Questionnaires* (ASQ) helps to capture developmental delays or disorders. *Age and Stages Questionnaires: Social Emotional* (ASQ-SE) helps to capture emotional and social competencies

Immunizations

- Review vaccine records of patients
- Provide age-appropriate vaccines
- Educate families on vaccines
- Schedule follow up vaccinations as necessary

Oral Health

- Children under the age of 6 years old will visit with a nurse to complete an Oral Health Risk Assessment
- The assessment will determine those children eligible to receive fluoride varnish to help reduce dental caries



Scan
to learn
more