

School Family Newsletter

November 2023

Community Action Scioto County
Head Start/ Early Head Start



Columbus Children's Hospital Pediatric Dentistry

We are grateful for our partnership with Columbus Children's Hospital Pediatric Dentistry team and The Ohio State University College of Dentistry students that provided quality care to our children. They provided dental exams and fluoride varnish to 204 children! This is the third year helping us meet our dental requirement. If you have any questions about dental follow up, please contact Brenda at 740-354-3333 Extension 233.



Policy Council Elections

If you are interested in joining Policy Council. Join us on November 6, 2023 5:30pm at Highland. We will be having an Election Meeting. For our 2023-2024 Policy Council.

Upcoming Dates

Policy Council Elections– Monday, Nov. 6th 5:30pm

No School– Monday, November 20th, 2023 Staff In-Service

No School– Tuesday, Nov. 21st-Friday Nov.24th Thanksgiving Break

Policy Council Meeting– Date to be Determined

Individual School Pictures– Tuesday, November 14th-November 15th
(See next page for more information)



Check out our Facebook page: *Community Action Scioto County Head Start/ Early Head Start*
WWW.caosciotocounty.org



Individual School Pictures



We will be having Individual School Pictures November 14th and November 15th. On November 14th we will be taking Northwest, Scioto Northwest, West, EHS Classroom, Sciotoville, Miller Manor, Kendall Heights, and Highland Pictures. November 15th will be Carousel, Farley Square, Head Start Homebase and Early Head Start Homebase.

Flu Shots

Please remember flu shots are recommended for everyone 6 months of age and older. Please schedule your child's flu shot now and send a copy of the shot record to Head Start/Early Head Start.



Home Base

Many children and parents receive Early Head Start and Head Start services right in their own home! Home visitors come once a week and work with parents and their children. Together, the home visitor and parents watch and think about the child. They plan ways to help the child learn using parent-child interactions, daily routines, and household materials. A small group of children, parents, and their home visitors also get together on a monthly basis for group socializations. If this program option interest you, please reach out to our Enrollment Department at (740)-354-3333

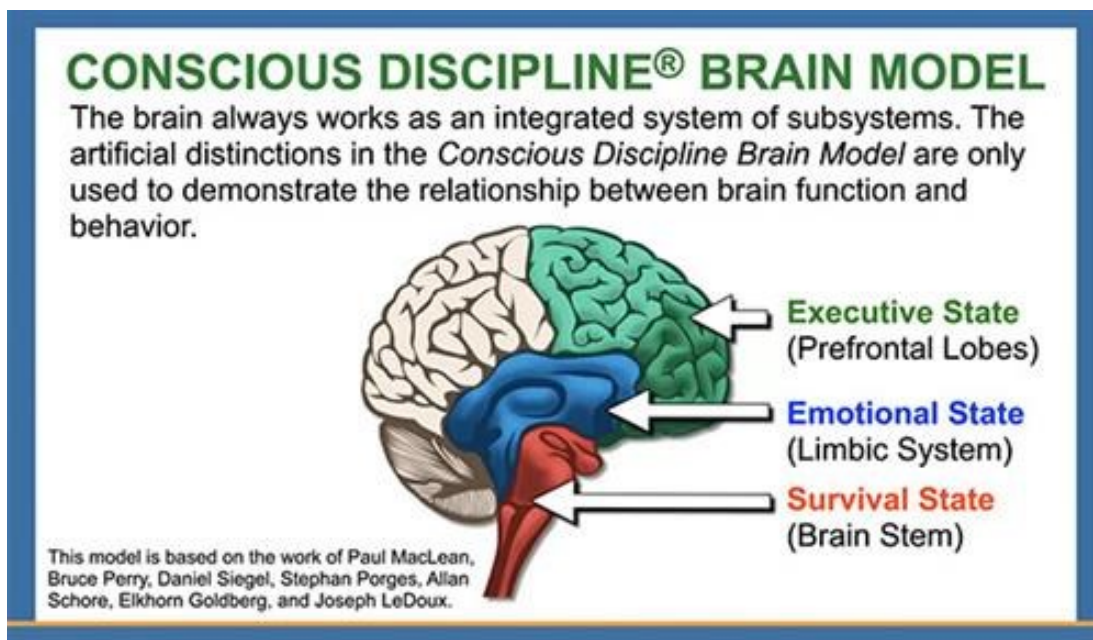


Check out our Facebook page: [Community Action Scioto County Head Start/ Early Head Start](https://www.facebook.com/CommunityActionSciotoCountyHeadStart/)
[WWW. caosciotocounty.org](http://WWW.caosciotocounty.org)



Introduction to Conscious Discipline

Conscious Discipline is an approach that promotes self-regulation and social-emotional learning in children and adults. It emphasizes the importance of building positive relationships, teaching effective communication skills, and fostering a sense of belonging and safety within a community. Through Conscious Discipline, individuals learn to develop empathy, problem solving abilities, and resilience. This approach also provided practical techniques and strategies for implementing Conscious Discipline in various settings, such as education. The ultimate goal is to create a nurturing environment that supports the social, emotional, and cognitive development of all individuals involved. We use Conscious Discipline at Head Start/ Early Head Start. We hope to teach you more in the up coming months to use in your home.



Check out our Facebook page: [Community Action Scioto County Head Start/ Early Head Start](#)
WWW.caosciotocounty.org



What are fine motor skills?

Fine motor skills involve the small muscles of the body. The coordination of these small muscles are required for small movements like cutting, writing, opening water bottles, tying shoes, etc. Young children benefit from daily practice to help develop fine motor skills in their hands and fingers.

Strengthening these skills are important because they directly impact how well a child can write as well as increases their stamina for writing.

Home Activities to Strengthen Fine Motor Skills

- Use a plant sprayer to spray water on plants or play "Monster melt"draw monster pictures with a marker and then spray them with water.
- Provide child safe tweezers or tongs and encourage children to pick up small marshmallows or pom-poms and place in empty ice cube trays or egg cartons for counting games.
- Provide spring loaded clothespins and encourage children to clip clothes or pictures on a line.
- Provide small child-sizes paper punches that make different shapes
- Provide Cheerios, Fruit Loops, or Macaroni and encourage children to lace them on string or yarn.
- Provide small tops to spin.
- Spread cards, coins, or buttons on the floor and encourage children to turn them over.
- Make shadow puppets on the wall.
- Mix food coloring and water and use eyedropper to decorate flattened coffee filters.
- Play with finger puppets