

**Welcome
MARCH!!!**

Gainesville Head Start March Newsletter

**Learning
Is Fun!!!**



On Time!

Mornings can be rough on some families. Please have your child here by **7:45 am** and picked up before **3:00 pm** each day.

Drop off starts at 7:30 am and pick up starts and 2:45pm each day.

Highlights

- Applications
- Bring a change of clothes for your child.
- Dr. Seuss day
- Cowboy week
- Field trip
- Spring Break

SPRING FEVER IS HERE!!!

It is almost spring time. Which hopefully means warmer weather and going out to play.

With it being almost Spring and knowing your child has been growing please see that your child has a change of clothes with their teacher. Some have shorts and some have sweat pants. It's a great time to check.

DATES to REMEMBER

*Dr. Seuss day March 2nd.

*Texas Week March 6th, through March 10th.

*We will be taking a **field trip on Friday, March 10th** to Cavenders (place right next door.) To see a real country cowboy store.



SPRING BREAK

We have a full week off from school for **SPRING BREAK**, March 13th through 17th. Please have fun and be safe. If you do something interesting or have a picnic take a few photos for us to post on our friends and family board please. We love new pictures! You can send them to your child's teacher and we can print them here at school.

Saint Patrick's Day is March the 17th you want to wear green. Be silly and have the whole family wear green take a picture and send it to us please.

It's TIME for APPLICATIONS!

Do you know of someone who needs or would like their child to get into a great program?

Then send them to Gainesville Head Start, 912 Martin Luther King Jr. Ave., Gainesville, TX.

Contact April Waggoner and set up an online application time. Come Join our school family and give a child a Head Start on school readiness and learn to have fun learning.

Teacher Emails:

sevins@gainesvilleisd.org

lkitchens@gainesvilleisd.org

kbartlerr@gainesvilleisd.org

tgodi@gainesvilleisd.org

Counselors Corner!

Supporting Children's Mental Health: Tips for Parents and Educators

Create a sense of belonging. Feeling connected and welcomed is essential to children's positive adjustment, self-identification, and sense of trust in others and themselves. Building strong, positive relationships among students, school staff, and parents is important to promoting mental wellness.

Promote resilience. Adversity is a natural part of life and being resilient is important to overcoming challenges and good mental health. Connectedness, competency, helping others, and successfully facing difficult situations can foster resilience.

Develop competencies. Children need to know that they can overcome challenges and accomplish goals through their actions. Achieving academic success and developing individual talents and interests helps children feel competent and more able to deal with stress positively. Social competency is also important. Having friends and staying connected to friends and loved ones can enhance mental wellness.

Teach and reinforce positive behaviors and decision making. Provide consistent expectations and support. Teaching children social skills, problem solving, and conflict resolution supports good mental health. "Catch" them being successful. Positive feedback validates and reinforces behaviors or accomplishments that are valued by others.

Encourage helping others. Children need to know that they can make a difference.

Pro-social behaviors build self-esteem, foster connectedness, reinforce personal responsibility, and present opportunities for positive recognition. Helping others and getting involved in reinforces being part of the community.

Encourage good physical health. Good physical health supports good mental health. Healthy eating habits, regular exercise and adequate sleep protect kids against the stress of tough situations. Regular exercise also decreases negative emotions such as anxiety, anger, and depression.

Ensure access to school-based mental health supports. School psychologists, counselors, and social workers can provide a continuum of mental health services for students ranging from universal mental wellness promotion and behavior supports to staff and parent training, identification and assessment, early interventions, individual and group counseling, crisis intervention, and referral for community services.

<https://www.nasponline.org/resources-and-publications/resources/mental-health/prevention-and-wellness-promotion/supporting-childrens-mental-health-tips-for-parents-and-educators>

Nurse News!



As the year goes on, we sometimes need reminders of the requirements for school exclusions. Nausea, vomiting, diarrhea or fever above 100 is an automatic "send the student home". As well as head lice, live or nits (the eggs).

Students can also be sent home for undetermined rash, undiagnosed scaly patches on body/scalp, or intense itching with signs/symptoms of secondary infection. Red, draining eyes; open, draining wounds; jaundice or other causes deemed necessary by the nurse can also be cause to send your student home. Our job at Head Start is to keep each child safe and healthy and yours is to help us. This is why children with vomiting, diarrhea or fever must be kept home until symptom free **WITHOUT THE USE OF MEDICATION FOR AT LEAST 24 HOURS**. When we send your child home with any of these issues they cannot return to school the following day. For questions feel free to ask Twyla - 668-3638.