



August/September NEWSLETTER

Ms. Kim *Hums Head Start: Room 112* Ms. Kenya

Monthly News and Updates

Greeting parents,

Welcome, to Head Start 2020-2021 school year. Due to the rising numbers from the Pandemic, Head Start will began virtual learning on August 25. If your child is a virtual learner, please be prepared to log in at your assigned time.

**Virtual Learning –
mycoradvantage.com/home**

Head Start will also use the COR Advantage home website as a communication tool for teachers and their families. Ms. Kenya along with myself, will send assignments home through the COR website 3 times a week.

Note: Change of Status – due to the Indiana Depart. Of Transportation, Head Start may honor one COS for the SCHOOL YEAR, to reduce spreading the COVID-19 Virus.

~Children will also be required to wear a mask at all times in the classroom.

~ANY CHILD ARRIVING 15 MINUTES LATE FOR SCHOOL WILL NOT BE ALLOWED ENTRANCE TO THE CLASSROOM.

Parent Engagement

1. When is sick too sick for school?
2. Corn and Green Chili Salad Facts/Recipe
3. Riley Hospital: First Aid for Children

Social/Emotional Tips

1. Self-Regulation – Breathing techniques: Count 1,2,3,4..., take your child for a walk, draw a picture
2. Conscious Discipline: How do you feel chart and Greeting each other without touching.
3. Read stories about children and their emotions.
4. Teach your child to express themselves with language and not hitting.

Nursery Rhyme/Song

Wheels on the bus

Five Little Monkeys

Five Little Ducks

The Muffin Man

Monthly Nutritional Activities

August 31st – Exercise Party

September 7th – Keep Germs Away

September 14th – Apples

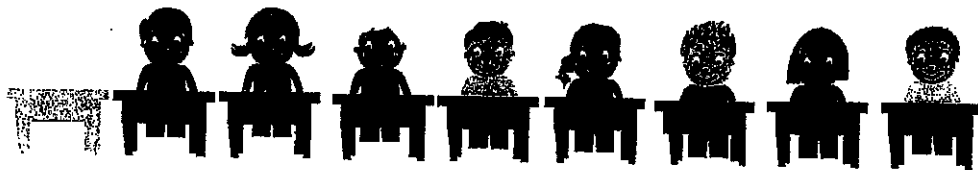
September 21st – Move like an Animal

September 28th – Cover your Sneeze, please

Book List

Friends at School by Rochelle Bunnit

Don't push the button by Herve Tullett



**Help Your Child Succeed in Preschool:
Build the Habit of Good Attendance**
Early School Success goes hand in hand with good attendance!

DID YOU KNOW?

Showing up on time every day is important to your child's success and learning from preschool forward.

Missing 10 percent of preschool (one or two days every few weeks) can

- Make it harder to develop early reading skills.
- Make it harder to get ready for kindergarten and first grade.
- Develop a poor attendance pattern that's hard to break.

High quality preschool programs have many benefits for your child. The routines your child develops in preschool will continue throughout school. You can make the most of preschool by encouraging your child to attend every day!

WHAT YOU CAN DO

Work with your child and his/her teacher to help your child develop strong attendance. Your enthusiasm is a big boost to success.

Talk about it – sing about it – make it an adventure!

- Set a regular bed time and morning routine
- Lay out clothes and pack backpacks the night before
- Share ideas with other parents for getting out the door on time

Before the school year starts:

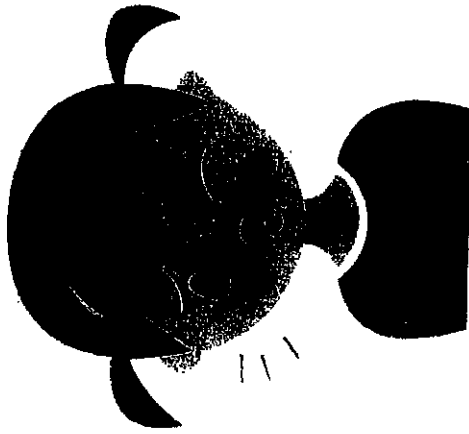
- Find out what day preschool starts and start the exciting count down!
- Make sure your child has the required shots.
- Attend orientation with your child to meet the teachers and classmates.

Ready – Set GO!

- Develop back-up plans for getting to preschool if something comes up
- Ask family members, neighbors or other parents to lend a hand if you need help dropping off or picking up your child
- Schedule medical appointments and extended trips when preschool is not in session
- If your child seems anxious about going to preschool, talk to the program director, teacher, your doctor or other parents for advice. If the problem persists, make sure the program is a good fit for your child.



WHEN IS SICK TOO SICK FOR SCHOOL?

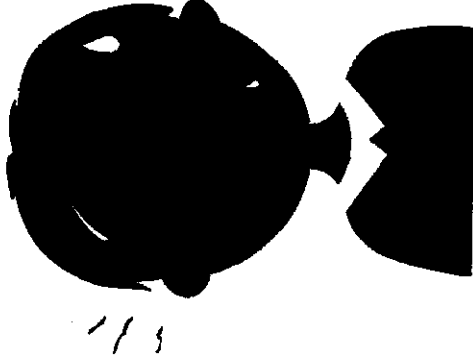


Send me to school if...

I have a runny nose or just a little cough, but no other symptoms.

I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time.

I haven't thrown up or had any diarrhea for 24 hours.



Keep me at home if...

I have a temperature higher than 100 degrees even after taking medicine.

I'm throwing up or have diarrhea.

My eyes are pink and crusty.

Call the doctor if...

I have a temperature higher than 100 degrees for more than two days.

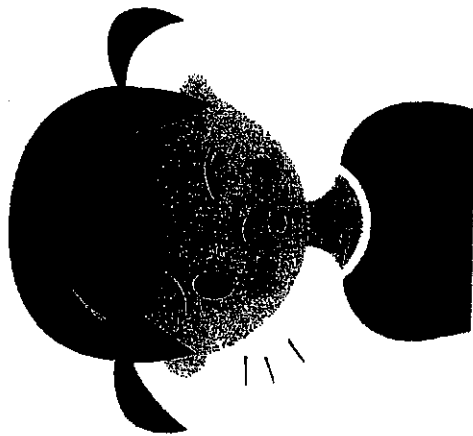
I've been throwing up or have diarrhea for more than two days.

I've had the sniffles for more than a week, and they aren't getting better.

I still have asthma symptoms after using my asthma medicine (and call 911 if I'm having trouble breathing after using an inhaler).

Attendance

MANDO A MI HIJO SI NO SE SIENTE BIEN?

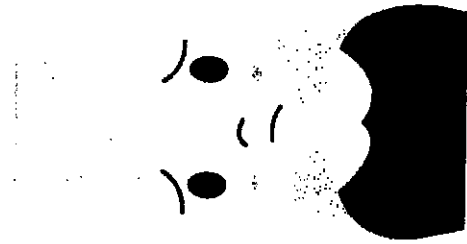


Mandelo a la escuela si...

Tiene la nariz mucosa y un poquito de tos pero ningún otro sintoma.

Si no ha tomado medicina para la fiebre por 24 horas y no ha tenido fiebre durante este tiempo.

No ha vomitado o tenido diarrea por 24 horas.

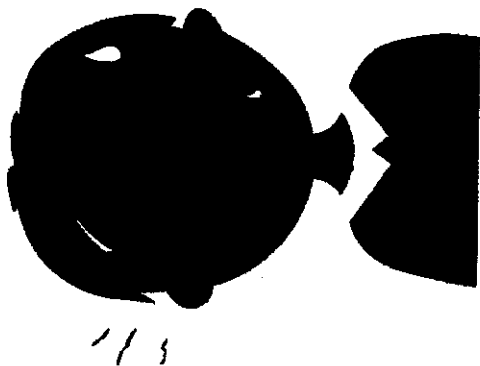


Dejelo en la casa si...

Tiene temperatura más alta de los 100 grados aun después de tomar medicina.

Ha estado o está vomitando o tiene diarrea.

Tiene un ojo rojo/rosado y con pus.



Llevelo al doctor si...

Tiene temperatura más alta de los 100 grados por más de dos días.

Si ha estado vomitando o con diarrea por más de dos días.

Si ha tenido la nariz mucosa por más de una semana y no ha mejorado.

Si todavía tiene síntomas de asma después de tomar la medicina (llame al 911 si todavía tiene problemas de respiración después de usar el inhalador).

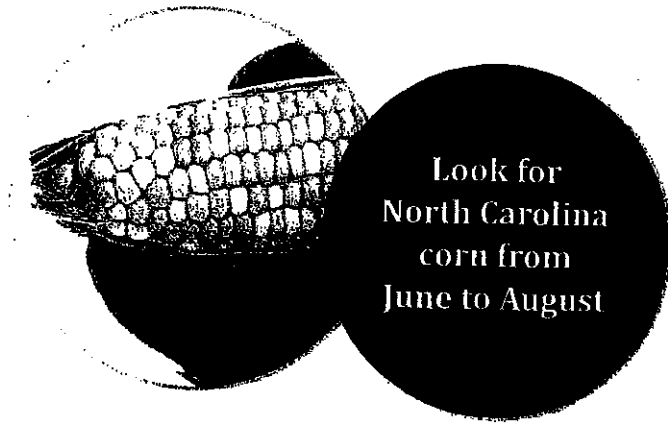


Attendance

DATE



Corn



Corn is a good source of fiber and vitamin C. Enjoy corn in vegetable soups, with rice or tossed salads.

Buying fresh corn...

- Select husks that are green and fresh looking with straight rows of kernels. Silk-ends should not have decay or worm damage.

Storing fresh corn...

- Store corn in the crisper drawer of the refrigerator.
- Keep it in the husk until ready to cook.
- Use corn within one to three days for best flavor.

Enjoying fresh corn...

- Remove the husk before cooking.
- Cook corn on the cob in enough water to completely cover the corn. The water should be at a rolling boil before adding the corn.
- Do not add salt to the water.
- Cook for 3 to 5 minutes and serve.

Maíz



El maíz, también conocido como elote, es buena fuente de fibra y de vitamina C. Disfrute del maíz en sopas de verduras, con el arroz o mezclado en ensaladas.

Para comprar maíz fresco...

- Seleccione hojas que luzcan verdes y frescas, con hileras rectas de granos. Las barbas del maíz no deben estar deterioradas ni presentar daños de gusano.

Para almacenar el maíz fresco...

- Almacene el maíz en los cajones más fríos del refrigerador.
- No le quite las hojas al maíz, sino hasta que lo vaya a cocinar.
- Para disfrutar su buen sabor, consuma el maíz en un lapso de uno a tres días.

Para disfrutar del maíz fresco...

- Antes de cocinar el maíz, quítele las hojas.
- Cocine las mazorcas de maíz completamente sumergidas en agua. Deje hervir el agua completamente, antes de añadir el maíz.
- No agregue sal al agua.
- Cocine de 3 a 5 minutos y sirva.

Corn and Green Chili Salad

www.cachampionsforchange.net/en/index.php

Ingredients...

- 2 cups corn
- 1 (10-ounce) can diced tomatoes with green chilies, drained
- ½ tablespoon vegetable oil
- 1 tablespoon lime juice
- 1/3 cup green onions, sliced
- 2 tablespoons fresh cilantro, chopped



Directions...

1. Combine all the ingredients in a medium bowl; mix well, chill and serve.

Nutrition information... Calories 90, Fat 2g., Carbohydrate 16g., Protein 3g., Fiber 3g., Sodium 270mg., Cholesterol 0mg.

Riley Hospital for Children

Children First Aid for Children

First Aid for Children First Aid for Children

Blisters

- Clean the area and cover with a bandage.
- *Do not puncture or drain the blister.*
- Seek medical attention if the area becomes infected.

Stings and bites

- Remove stinger by scraping your fingernail over the area.
- Apply cold water and wet cloths to relieve pain and itching.
- If the child has a reaction to the bite or sting such as vomiting, extreme swelling, shortness of breath, wheezing, rash, or hives, seek emergency medical help immediately.
- *For animal bites:* Flood the area with soap and water for 15 minutes. Get medical help immediately. Try to identify the animal so it may be tested for rabies if necessary.

Sprains

- Rest the joint by using it as little as possible. Raise the injured limb to reduce swelling.
- Apply ice or cold compresses to the injury.
- Use an elastic bandage applied firmly but not tightly to provide support.
- If swelling and pain persist, call your doctor or go to the hospital emergency room.

Sunburn

- Apply cold compresses to the burned area.
- Moisturize the skin with petroleum jelly or baby oil.
- Commercial products to ease sunburn pain are useful.
- Seek medical attention for persistent pain, excessive blistering, or drainage from blisters.
- *Do not break blisters or peel skin. That only promotes the danger of infection.*
- The best protection is prevention. Use a sunscreen.

Teeth

- Broken tooth**
- Gently clean the injured area with warm water to remove dirt and debris.
 - Place cold compresses on the face in the area of the injured tooth to prevent or reduce swelling.
 - See your dentist immediately.

Knocked-Out Tooth:

- If the tooth is dirty, clean it under running water. Do not scrub the tooth.
- Gently insert the tooth in its socket. If this is not possible, put the tooth in a container of cool water or milk and go to the dentist immediately (within 30 minutes if possible). Don't forget to bring the tooth.

Broken bones

- Immobilize affected area.
- Use ice packs to ease pain and lessen swelling.
- Call your doctor or go to the nearest hospital emergency room.

Cuts and scrapes

- Clean the wound with water.
- Press clean cloth directly on the wound.
- If possible, raise the wounded area above the level of the heart to lessen the blood flow.
- Once the bleeding is controlled, bandage firmly but not tightly.
- Seek medical attention if bleeding cannot be controlled, the wound is large, or blood spurts from the wound.
- If your child suffers from a scrape, clean area with soap and water.
- Apply antibiotic ointment to the area and cover with a clean, dry bandage.

Exposure

- If a child is outdoors shivering, bring him inside immediately to warm up. Shivering is an indication of the loss of body heat.
- Take the following steps:
 1. Bring the child inside and remove any damp clothing.
 2. Warm the child through skin-to-skin contact with your own body heat.
 3. Warm the affected area by immersing in warm, not hot, water.
 4. Gently pat dry and cover with towel or blanket.
- *Do not rub the affected area; it could cause tissue damage.*
- If you suspect frostbite, call your doctor.

Burns

- 1st degree:* Red and discolored skin.
- 2nd degree:* Blisters and red or discolored skin.
- 3rd degree:* White or charred skin.

1st and 2nd degree burns:

- Flood the area with cool water or cover with cloth dipped in cold water.
- Blot dry with clean gauze or cloth.
- Cover loosely with dry bandage.
- Contact your doctor or emergency room.

3rd degree burns:

- Call for medical help.
- Cover area with a clean cloth.
- Keep the child still and warm until help arrives.
- *Do not break blisters or remove pieces of skin.*
- *Do not use ointments, butter or home antiseptics.*
- *Do not use cotton balls or squares on the burned area.*
- *Do not apply pressure to the burn.*
- *Do not try to remove clothing or anything that adheres to the skin.*

Poisons

- Try to find out what and how much the child has taken, as well as the time of the ingestion.
- Read the label of the substance ingested and follow the directions.
- Call your local Poison Control Center at 317-929-2323 (Indianapolis) or 800-382-9097 (statewide) and be prepared to read the label of the poison to the operator and describe how the child is reacting.
- Keep syrup of ipecac in your home to induce vomiting. Do not give syrup of ipecac without being directed to do so by a physician or Poison Control Center.
- *To induce vomiting:* Give syrup of ipecac to the child as directed by physician or Poison Control Center. Continue to give water to the child until he vomits. Jostling the child may help induce vomiting. If vomiting does not occur within 15 minutes, repeat the treatment.
- *Always keep poisonous substances and medicines out of the reach of children.*

Choking

- *For an infant under 1 year old,* support the head and jaw with one hand. Put head lower than body and with your other hand hit the child with 5 blows between the shoulder blades.
- After delivering the back blows, turn the infant face up, while carefully supporting the head and neck. The head should remain lower than the trunk.
- Then give 5 downward chest compressions, using two fingers placed on the lower half of the sternum (breast bone). These steps may need to be repeated.
- Do not try to blindly dislodge a foreign body in the throat with fingers.
- *For children over 1 year, use the Heimlich Maneuver:*
 1. Stand behind the child and wrap your arms around his waist with one hand clutched in a fist.
 2. With thumb of the fist resting against the child's abdomen halfway between the breastbone and navel, grasp the fist with your other hand and press into the child's abdomen with quick upward thrusts.

Eye injuries

- To remove any foreign object, have the child blink rapidly to cause tears to flood the eye naturally.
- If the object still is stuck in the eye, flood the eye with clear water. Pull the upper eyelid out using the thumb and forefinger. Have the child look down to expose the surface of the eyeball. Have the water drain down and away from the eye.
- If treatment is not successful, seek medical help.

POISON CONTROL

1888-222-1222

A gift from Riley Hospital's generous supporters! Please display for easy, at-home reference.

Children First Aid for Children