



NHCAC HS/EHS Newsletter

March. April. May.

Hello Spring! Message from the Director

Mildred Mabray

THANK YOU

Hello Spring and hello to all the families here at North Hudson Community Action Corporation Head Start/Early Head Start (NHCAC HS/EHS) who have been here during this school year! The school year is coming to a close and throughout this year here at Head Start/Early Head Start we have maintained North Hudson Community Action Corporation's promise to fulfill our mission of implementing a holistic approach to engage families as the primary educators of their children while ensuring that each child is school ready by the end of the program year.

It has been a blessing and honor to oversee this school year. Although the school year is ending, I am somewhat sad to see some of our students move on to various School Districts on their way to kindergarten. Nevertheless, I am confident our students will continue to strive and excel wherever their education takes them.

I would like to acknowledge Head Start/Early Head Start, and all of our students would not be as successful without the amazing work and dedication of our teachers, staff and parents. Specifically the participation of our parents, who attended Parent Committee meetings, served on the Policy Council, attended field trips, and volunteered in the classrooms. Thank you all for your support.

We have had a wonderful full year filled with fun, but yet educational, enriching events, outings, workshops and field trips for our students and their families. And we will continue to expand our services this coming school year.

In closing I wish you all a safe and prosperous summer and for those families not returning, I wish you nothing but God's very best, and for those families who will be returning, I am looking forward to seeing you all in September 2016. God bless you and keep on learning!

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Parent Workshop

Literacy Strategies for Families and Support for Students with Disabilities

Our families here at Head Start recently attended a workshop that focused on literacy strategies for families and on ways to support students with disabilities. It was a great event, big thanks to Maria Del Carmen Prieto for organizing it!



May is Mental Health Awareness Month

Mental Health Awareness Month has been observed in May in the United States since 1949, reaching millions of people in the United States through the media, local events, and screenings. Mental Health Awareness Month also comes to the United States via the Mental Health America

April is Autism Awareness Month

What is Autism?

Autism spectrum disorder (ASD) is a complex developmental disability; signs typically appear during early childhood and affect a person's ability to communicate, and interact with others. ASD is defined by a certain set of behaviors and is a "spectrum condition" that affects individuals differently and to varying degrees. There is no known single cause of autism, but increased awareness and early diagnosis/intervention and access to appropriate services/supports lead to significantly improved outcomes.



HOW CAN YOU SPREAD AWARENESS?

By learning more about Autism!

To get started check out www.autismspeaks.org



SHARE WITH
[#mentalillnessfeelslike](https://www.instagram.com/mentalillnessfeelslike)

organization. During the month, National Health America runs a number of activities which are based on a different theme each year. This year's theme for Mental Health Month is - Life with a Mental Illness - and will call on individuals to share what life with a mental illness feels

like for them in words, pictures and video by tagging their social media posts with #mentalillnessfeelslike (or submitting to MHA anonymously). Posts will be collected and displayed at www.mentalhealthamerica.net

How to teach kids with Technology

Make technology interactive: Use letter blocks and toys to reinforce what your child is seeing on screen. Pause the game and have them write what they have seen in the game or what they are thinking.

Know your child: Find online learning games that target specific learning areas your child needs improvement on in school.

Use technology with your children: Play online learning games together. Pick what game to play next together!

It is important to Remember

Although technology can be harnessed to engage children in stimulating learning games, it can also result in dependency where a child loses interest in other activities and exhibits signs of anxiety, distress and behavioral problems when the tablet is taken away. That is why it is important to limit your child's exposure to technology.



Reason for Limiting Children's Exposure to Technology

- It may interfere with sleep.
- It may cut into family time and person-to-person interaction
- It may encourage short attention span.
- It may interfere with schoolwork.
- It may lead to less physical activity.
- It may expose kids to too much advertising and inappropriate content.

LIMITING TECHNOLOGY

- Do not put a TV in your child's room.
- Turn it off when the kids are not watching a specific program
- Keep it off during mealtimes and especially when they are studying or doing homework.
- Help your child choose a videogame or a show to know what your kid is watching
- Limit screen time to 30 minutes a day
- Do alternatives activities like family time together : playing board games , going to the park or reading good books

LEARNING WEBSITES

- www.raz-kids.com
- www.sesameworkshop.org
- www.readingrockets.org
- www.ldoline.org
- www.pbskids.org/lions
- www.starfall.com
- www.kidspage.com
- www.learning.blogs.nytimes.com
- www.vocabulary.co.il

The Importance of Storytime



Helps expand Language

Books are a great way for expanding language and improving your child's vocabulary. After reading ask your child questions about the book.



Helps develop Reading Skills

Key early reading skills like

1. Phonetic Awareness

The ability to hear, identify, and play with individual sounds—or phonemes—in spoken words.

2. Phonics

The relationship between the letters of written language and the sounds of spoken language.

3. Vocabulary

The words students must know to communicate effectively.

4. Reading Comprehension

The ability to understand and gain meaning from what has been read.

5. **Fluency** (also referred to as oral reading) The capacity to read text accurately and quickly.

Make Storytime daily

Storytime can be anywhere from 3 minutes or 3 hours long. What matters is that it is every day.

Read what your likes

Every child is unique so customize Storytime to what they are interested in. Pick a book together!

INTERNET LITERACY RESOURCES

www.coloroncolorado.com

www.adlit.org

www.rif.org

www.literacycenter.net

The information in this article was adapted from the Literacy Resource Guide for Families and Educators. For a free copy go to <http://www.spannj.org/START/lit-guide7-71copy.pdf>

Provided by (SPAN)
The Statewide Parent
Advocacy Network

An independent 501(c) 3 organization committed to empowering families as advocates and partners in improving education, health, and mental health outcomes for infants, toddlers, children and youth.

FOR MORE INFORMATION

Visit www.spannj.org or contact

SPAN State Parent Advocacy Network

35 Halsey Street -4th floor

Newark, NJ 070102

973-642-8100 or 1800-654-7726

“A child who can read is a child who can dream about the future... and make that dream come true”

ZIKA



Information

No vaccine exists to prevent Zika virus disease

Prevent Zika by avoiding mosquito bites

Mosquitoes that spread Zika virus bite mostly during the daytime.

Mosquitoes that spread Zika virus also spread dengue and chikungunya viruses

Prevent sexual transmission of Zika by using protection or celibacy

If you are traveling

To prevent mosquito bites:

Wear long-sleeved shirts and long pants.

Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.

Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.

Use Environmental Protection Agency (EPA)-registered insect repellents.

Treated clothing remains protective after multiple washings.

Even if they do not feel sick, travelers returning to the United States from an area with Zika should take steps to prevent mosquito bites for 3 weeks so they do not spread Zika to uninfected mosquitoes.

When traveling with a baby or child

Do not use insect repellent on babies younger than 2 months of age.

Dress your child in clothing that covers arms and legs, or

Cover crib, stroller, and baby carrier with mosquito netting.

Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.

Adults: Spray insect repellent onto your hands and then apply to a child's face

When using Repellents

- Always follow the product label instructions.
- Reapply insect repellent as directed.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen before applying insect repellent.

When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women.

FOR MORE INFORMATION

Call the New Jersey Department of Health
(609) 826-5964

Or visit www.cdc.gov

<http://www.cdc.gov/zika/prevention/index.html>

<http://www.nj.gov/health/cd/zika/index.shtml>

<http://www.nj.gov/health/cd/zika/techinfo.shtml>

<http://localhealth.nj.gov>

<http://www.cdc.gov/zika/>

<http://wwwnc.cdc.gov/travel/notices>

<http://www.cdc.gov/zika/geo/>

<http://emergency.cdc.gov/coca/calls/>

http://www.cdc.gov/mmwr/zika_reports.html

<http://www.paho.org/>

Nutrition



Family Meals

Sitting down with the family for meals is an important time for children. Eating together helps children feel part of a family group and gives them time to share. Family dinners especially help single parents. They create a more normal family time.

Try to eat one meal as a family each day, and select at least one night to be family dinner night. Research shows that family dinners are healthier. They contain more calcium, iron, fiber, fruits, and vegetables, and less salt and fat.



Easy Healthy Recipes

Tuna-Corn Chowder

What You Need:

- 2 medium potatoes, cubed
- 1/3 cup diced onion
- 3 tablespoons butter
- 1 (12-ounce) can white tuna, drained
- 1 (14 3/4-ounce) can creamed corn
- 1 (14-ounce) can chicken broth
- 2 cups 1% milk
- 2 tablespoons fresh parsley
- 1/4 teaspoon oregano
- Juice of 1/2 lemon or lime

How to Fix:

1. Cook potatoes in small amount of water, just until tender. Drain.
2. Sauté onions in butter until tender.
3. Break tuna into small pieces.

Add onion and butter. Cook just until tuna absorbs the butter.

4. Add potatoes and rest of ingredients to tuna mixture, except lemon juice. Cook 5 minutes. Remove from heat.

Stir in lemon juice. Serve warm.

For thicker soup, add 2 to 3 tablespoons cornstarch to milk.

Makes 7 cups. (240 calories and 8 grams fat in 1 cup)



Peach Cobbler

What You Need:

- 2 tablespoons margarine
- 2/3 cup flour
- 1/2 cup sugar
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 2/3 cup skim or 1% milk
- 2 cups fresh peaches (or other fruit such as blueberries)

How to Fix:

1. Melt margarine in 1 1/2-quart baking dish.
2. Combine flour, sugar, baking powder and salt in small mixing bowl.
3. Slowly stir in milk. Pour batter into baking dish. Sprinkle peaches evenly on top. Bake 50 minutes at 350° F.

This cobbler contains 136 calories in 1/2 cup and is only 20 percent fat. Pies can contain more than 400 calories in 1 piece and be more than 50 percent fat.

FOR MORE INFORMATION

Visit www.nutritionmaterials.com

<http://www.nutritionmaterials.com/children.html>

Head Start Updates!

Moving On Ceremony

May 25, 2016

Kearny

(Classes 24 & 25)

North Bergen

(Classes 1,2,3,4,5, & 6)

5800 Kennedy Blvd

(Classes 12,13,14 &15)

June 17, 2016

Union City 4th Street

(Classes 7,8,9,10 & 11)

Union City 43rd Street

(Classes 22 & 23)

West New York 67th

(16,17,18 &19)

West New York 58th

(20 & 21)

Site Closing

June 17, 2016

Union City St. Rocco

Policy Council Meetings

May 23, 2016

June 15, 2016

July 20, 2016

August 17, 2016

September 21, 2016

Parent Committee Meetings

May 5-6, 2016

June 2-3, 2016

NJ Head Start Assoc. Conference (Atlantic City)

May 23-26, 2016

Strategic Planning

July 27-29th, 2016

WIC Program's 9th Annual Health Fair

June 24th, 2016

10:30 am to 1:30 pm

407 39th Street Union City



Gross Motors Jump on it!

Fun Gallery!



Post Office



Chicago Uno Pizza



Newark Museum



West New York Public Library



Demarest Farms



Bowling Bash

Head Start Recruitment and Enrollment

Recruitment is an essential piece to the overall success of the program. NHCAC Head Start/Early Head Start assesses the needs of children and families through a community assessment; we know that all eligible children are not receiving the benefits of early childhood education. Head Start not only offers early childhood education and development services, but also offers comprehensive health, nutrition, parent & life skills, and adult education opportunities. We are asking that you refer a friend or family member who may benefit from Head Start/Early Head Start services.

Please visit your Family Engagement Advocate to inquire about ways you can become involved in recruitment efforts. Recruitment flyers are available at each site; please pick up a few to hand out in the community.

Center locations

WNY 58TH STREET

(201) 617-0901

WNY 67TH STREET

(201) 662-7722 / 662-0629

UNION CITY ST. ROCCO

(201) 864-5181

UNION CITY 4TH STREET

(201) 863-7511

NORTH BERGEN

(201) 453 -1469 / 453-1470

KEARNY

(201) 246-8718 / 246-8786



NHCAC Services and Programs

NHCAC HEALTH CENTERS

EMERGENCY SOLUTIONS

ESL & ADULT CLASSES

HOMELESS PREVENTION

HOUSING COUNSELING/TENANT
ADVOCACY

IMMIGRATION AND NATURALIZATION
SERVICES

IRS/INCOME TAX

JOB PLACEMENT

SOCIAL AND HEALTH ASSISTANCE FOR
THE ELDERLY (S.H.A.P.E)

RAPID RE-HOUSING

RESIDENTIAL MAINTENANCE

SERVICES TO VETERANS

WOMEN INFANTS AND CHILDREN
(WIC)

FOR MORE INFORMATION

Visit www.nhcac.org

<http://nhcac.org/social-services-2-2/>

<http://eclkc.ohs.acf.hhs.gov/hslc>



NORTH HUDSON
COMMUNITY ACTION CORPORATION

