

MCAEOC

Mississippi County, Arkansas
Economic Commission



**Head
Start**

HERE IS
the
NEWS!

SEPTEMBER 2026



Mississippi County, Arkansas, Economic Opportunity Commission, INC
Head Start and Early Head Start Education Department

Website: mcaeoc.org

Parent Newsletter

September 2026

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Condado de Mississippi, Arkansas, Comisión de Oportunidades Económicas, INC
Departamento de Educación de Head Start y Early Head Start

Sitio web: mcaeoc.org

Boletín para padres

Septiembre 2025

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MISSISSIPPI COUNTY, ARKANSAS, E.O.C.
EARLY CHILDHOOD EDUCATION DEPARTMENT
*Head Start • Early Head Start • Arkansas Better Chance • Operation Parenting Edge •
School of the 21st Century of Yale University • HIPPY USA • MIECHV HIPPY •
1400 N. Division Street – P.O. Box 1289 – Blytheville, AR 72316-1289
Telephone: (870) 776-1054 Fax: (870) 776-1875*

*Priscilla Johnson
Executive Director*

*Shirley Pulliam
Program Director*

MEMORANDUM

TO: MCAEOC Staff and Parents
FROM: Shirley Pulliam, Program Director
DATE: August 31, 2026
SUBJECT: School Closing for Labor Day

All MCAEOC Head Start, ABC, and Early Head Start Centers will be closed on Monday, September 7, 2026, in observance of Labor Day. Classes will resume on Tuesday, September 8, 2026, at the regular scheduled time. We apologize for any inconvenience this may cause.

As always, thank you for your continued support.



*We are an Equal Opportunity Employer and Provider.
MCAEOC is committed to empowering children, families, and
communities through supportive services and strategic partnerships.*

Please scan our QR code to pre-register your child
in the MCAEOC Head Start and
Early Head Start Program



MCAEOC HEAD START

&

Early Head Start

Taking Applications

**For ages eight weeks to 5 years
old.**

MCAEOC HEADSTART

PLEASE PRE-APPLY NOW

**APPLICATIONS ARE ONLINE- BY
PHONE OR IN-PERSON**

(870)763-0882 or (870)563-5912

ITEMS YOU WILL NEED:

**Birth Certificate – Shot Record – Child
Social Security Card**

**Proof of Income (SNAP verification, W-
2, 1040, 4 check stubs)**

verification/class schedule, or Notarized

Self-declaration of no income, and or

**statement from employer or
person helping with bills), Medical
insurance**

Documents can be emailed or texted to

jacquelinebaker@mcaeoc.com or

rosamunoz@mcaeoc.com

Service areas:

**Blytheville Luxora Manila Osceola
Joiner Leachville Jonesboro**

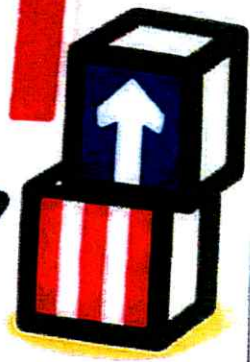




MCAEOC



HEADSTART



HOURS OF OPERATION



NEW

**NEW HOURS OF OPERATION
FOR CHILDREN'S**



ARRIVAL 8:00AM

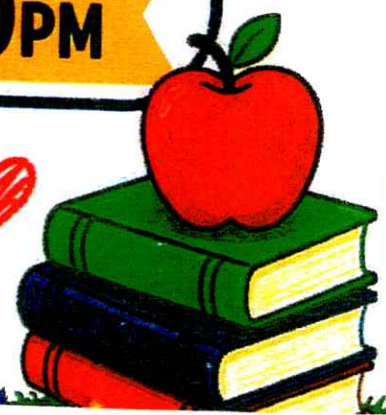


DEPARTURE 3:00PM

8:00AM UNTIL 3:00PM



**HOPE YOU HAVE
A GREAT YEAR!**





REGULAR ATTENDANCE LEADS TO SUCCESS!!

Your Child's Success in School Depends on You!

Head Start
MCAEOC HEAD START

**Just like $1 + 1 = 2$,
There is a simple formula for school success:**

1. Bedtime routines are important to help your child wind down and get ready to sleep. Brush teeth, help your child set out the clothes they will wear to school the next day and cozy up to read a bedtime story together.
2. Preschoolers need 10-12 hours of sleep. If well rested your child will be more cooperative and enjoy his/her day more. Set the alarm clock for the next morning.
3. Parents set the example for their child by getting up when the alarm goes off. Wake your child and make this time special and fun for the two of you!
4. Help your child dress and get ready for school each morning.
5. Your child's success in school begins with consistent attendance.

Attending Head Start Each Day Matters!

- Your child will be more ready to learn when in Kindergarten.
- Your child will learn how to make friends. Children who do attend school tend to get along better with other children than those who don't go to school.
- Your child will learn that school is a safe place and will become more comfortable being away from home.
- Your child will learn how to solve problems and increase thinking and reasoning skills.
- Your child will receive nutritious meals each day they are in school.
- Your child will learn a great deal of how the world works and have fun learning!
- Your child will experience activities and play equipment that many families don't have time or money to provide.
- Consistent attendance in school will create the habit of good attendance in later years.

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*Priscilla Johnson
Executive Director*

*Shirley Pulliam
Program Director*

Parent Agreement

Purpose: This agreement is designed to help us work together to support your child's learning, safety, and success throughout the school year. Your child's participation in the full 7-hour school day (**8:00 a.m. – 3:00 p.m.**) allows the Head Start program to meet federal requirements and helps ensure continued funding. Regular school attendance is essential for your child's academic growth and overall development. A child who is absent two (2) or more days per month is considered chronically absent. Additionally, children who are absent for 30 calendar days without approved documentation or prior communication with the program may be withdrawn from enrollment to ensure compliance with federal regulations and funding requirements.

Family Attendance Promise

I agree to:

- Ensure my child attends school every day
- Have my child in school on time and ready to learn
- Notify the school as soon as possible if my child will be absent or if an emergency arises
- Work with the school to address any attendance concerns
- Bring my child to school by 8:30 a.m. to allow payment for breakfast to meet USDA guidelines
- Pick my child up in the afternoon no earlier than 2:30 p.m. to be in compliance with the payment of snack by the USDA

Parent Commitments

I commit to:

- Ensuring my child attends school on time each day
- Notifying the school if my child will be absent
- Becoming familiar with the program's health and safety policies
- Providing all required health documentation
- Informing the school of any medical needs or changes related to my child
- Participating in home visits, parent conferences, and parent meetings whenever possible
- Reviewing and adhering to the Parent Handbook

Parent Acknowledgment: I have reviewed the Parent Agreement and understand my responsibilities regarding my child's attendance and participation in the Head Start program.

Signatures:

Parent (Signature)

Date

Child (NAME)

Staff (Signature)





Ready Rosie

A Family Partnership

A FREE Learning Website for Families

ReadyRosie is a powerful learning platform that helps families support their child's learning at home.

What You Get:

- ✦ Powerful learning games
 - 📺 Expert instructional videos
 - 💡 Meaningful everyday learning activities
 - ⌚ Quick 2-minute videos designed for busy families
-

Best of All:

100% It's completely **FREE** for families!

How to Register

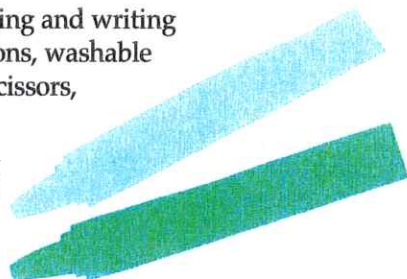
- 📱 **Step 1:** Provide your mobile phone number and/or email address
- 📩 **Step 2:** Accept the invitation you receive
- 🎉 **Step 3:** Start receiving learning content right away!

Encourage your child to create, explore, and pretend.

WEEK 1

Gather items to explore art, writing, dramatic play, music, and more!

- ☛ Help your child select a storage container for drawing and writing materials. Add some of these tools to the box: crayons, washable markers, pencils, chalk, colored pencils, blunt-tip scissors, a paper punch, and a variety of paper.
- ☛ Decide on some simple rules for using the drawing and writing materials. For example, "Markers may be used at the kitchen table or outdoors," or "Scissors are for cutting paper."
- ☛ Make boxes for dramatic play and music. Find household items to build themes such as food, and seasonal clothing. For the music box, make or use musical instruments.



WEEK 2

Encourage your child to explore with drawing materials.

- ☛ Suggest that your child draw pictures
 - in the kitchen while you prepare dinner
 - in the park while you enjoy the bright fall days after reading
 - a favorite story or singing a favorite song
 - in the doctor's office while waiting for your appointment

Additional Ideas

Allow your child to draw and write with chalk on the sidewalk. Draw in dirt or sand with a stick. Use small brushes to draw with water on the sidewalk.

Make large playdough pancakes. Encourage your child to write or draw on the pancakes with pencils or craft stick.

Focus on Kindergarten Readiness Indicators

Uses a 3-point finger grip on a pencil, crayon, or paint brush

Makes a variety of lines and shapes such as ○ – □ + △

Uses scissors correctly to cut simple shapes and pictures

Expresses himself by singing and moving to the beat and speed of the music

Creates art independently by using a variety of art materials with purpose and planning

Uses pretend play to process experiences, feelings, and roles represented in fantasy or real-life scenarios, such as reenacting a visit to the doctor, pretending to rock a baby, or being a cashier

Writes some letters correctly, especially those in their name

- With your child, draw pictures about family events and experiences
 - Our trip to the grocery store
 - Grandma's house
- Talk with your child about the pictures and decide on a place to display your favorites. Choose a picture to attach to the "Memories" page.

WEEK 3

Support your child in practicing using scissors.

- Designate appropriate places for your child to use scissors and discuss safety rules.
- Ensure your child knows how to hold the scissors, open and close the blades, and hold the paper.
- Encourage your child to snip playdough snakes and soda straws into little pieces.
- Provide strips of construction paper and cards from junk mail for your child to snip.
- As your child's skill improves, offer old magazines for cutting.

WEEK 4

Help your child see that written words are a part of daily life.

- Make a grocery shopping list together or write a note to a relative or friend.
- Make labels with your child's name for items that go to school.
- Spell your child's name with magnetic letters on the refrigerator.
- If your child is interested in writing, encourage the use of materials in the drawing and writing box.

SPECIAL ACTIVITY

Make the world's longest picture.

Use a roll of freezer paper or shelf paper (or tape together many sheets of paper).

Suggest that your child begin drawing at one end, adding new drawings each day.

Measure the picture with a ruler or yardstick.

Encourage your child to continue to add to the "world's longest picture" for several days or weeks as long as interested.



Suggested Books to Read with Your Child

The Art Box by Gail Gibbons

Click, Clack, Moo: Cows That Type by Doreen Cronin

Harold and the Purple Crayon by Crockett Johnson

My Hands by Alike

I'm NOT Just a Scribble by Diane Alber

The Color Monster by Anna Lienas





Septiembre



Anime a su hijo a crear, explorar y fingir.

SEMANA 1

Reúna artículos para explorar el arte, la escritura, ¡Juego dramático, música y más!

a Ayude a su hijo a seleccionar un recipiente para guardar materiales de dibujo y escritura. Agregue algunas de estas herramientas a la caja: crayones, marcadores lavables, lápices, tizas, lápices de colores, tijeras de punta roma, una perforadora de papel y una variedad de papeles.

a Decidir algunas reglas simples para usar el dibujo y materiales de escritura. Por ejemplo, "Los marcadores pueden usarse en la mesa de la cocina o al aire libre", o "Las tijeras son para cortar papel".

a Haga cajas para juegos dramáticos y música. encontrar hogar artículos para crear temas como comida y ropa de temporada. Para la caja de música, haz o usa instrumentos musicales.

SEMANA 2

Anime a su hijo a explorar con materiales de dibujo.

a Sugiera que su hijo haga dibujos

- en la cocina mientras preparas la cena
- en el parque mientras disfrutas de la luz caer días después de leer
- una historia favorita o cantar una canción favorita
- en el consultorio del médico mientras espera su cita



Additional Ideas

Permita que su hijo dibuje y escriba con tiza en la acera. Dibuja tierra o arena con un palo. Utilice pinceles pequeños para dibujar con agua en la acera.

Haz panqueques grandes con plastilina. Anime a su hijo a escribir o dibujar en los panqueques con lápices o palito de manualidades.

Focus on Kindergarten Readiness Indicators



Utiliza un agarre de 3 puntos con los dedos sobre un lápiz, crayón o pincel.

Hace una variedad de líneas y formas como ○—□+△

Utiliza tijeras correctamente para cortar formas e imágenes simples.

Se expresa cantando y moviéndose al ritmo y velocidad de la música.

Crea arte de forma independiente utilizando una variedad de materiales artísticos con propósito y planificación.

Utiliza juegos de simulación para procesar experiencias, sentimientos y roles representados en escenarios de fantasía o de la vida real, como recrear una visita al médico, pretender mecer a un bebé o ser cajero.

Escribe correctamente algunas letras, especialmente las de su nombre.

a Con su hijo, haga dibujos sobre la familia.
eventos y experiencias •

Nuestro viaje al supermercado • La
casa de la abuela

a Hable con su hijo sobre las imágenes y decida un lugar para exhibir sus favoritas.
Elija una imagen para adjuntarla a la página "Recuerdos".

SEMANA 3

Ayude a su hijo a practicar el uso de tijeras. a Diseñe lugares apropiados
para que su hijo use tijeras y analice las reglas de seguridad.

a Asegúrese de que su hijo sepa cómo sostener las tijeras, abrir y cerrar
las hojas y sostener el papel. a Anime a su hijo a

cortar en pedacitos serpientes de plastilina y pajitas de refresco.
a Proporcione tiras de cartulina y tarjetas

del correo basura para que su hijo las recorte. a A medida que
la habilidad de su hijo mejore, ofrézcale revistas
viejas para que las corte.

SEMANA 4

Ayude a su hijo a ver que las palabras escritas
son parte de la vida diaria. a Hagan juntos
una lista de compras o escriban una nota a un familiar o amigo. a Haga etiquetas con el nombre de
su hijo para los artículos que van a la escuela. a Deletree el nombre de su hijo con
letras magnéticas en el refrigerador. a Si su hijo está interesado en escribir, fomente
el uso de materiales en el
caja de dibujo y escritura.

SPECIAL ACTIVITY

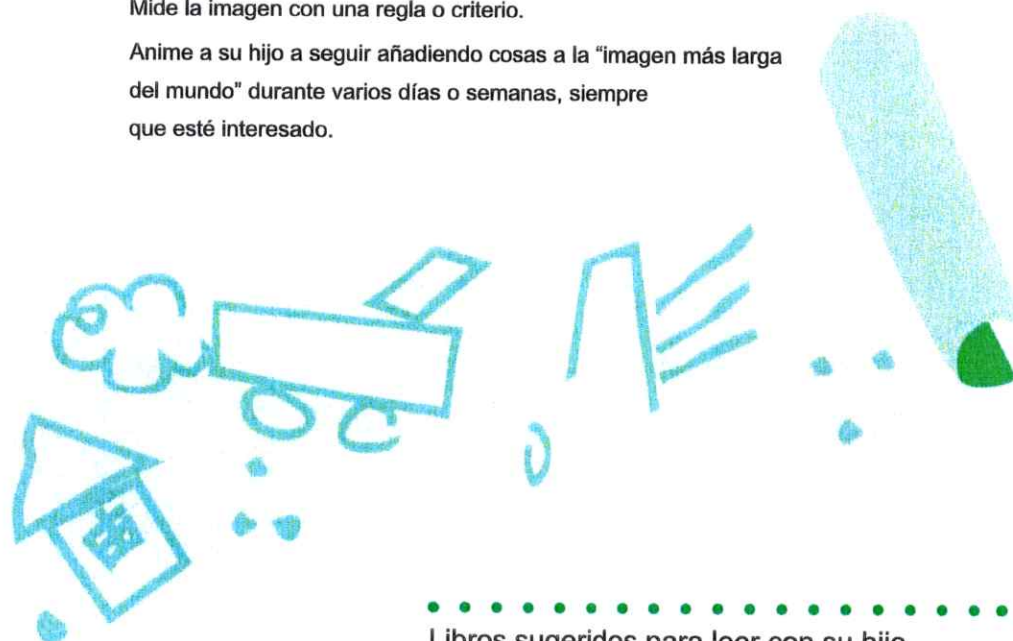
Haz la imagen más larga del mundo.

Utilice un rollo de papel para congelar o papel para estantes (o
pegue con cinta adhesiva muchas hojas de papel).

Sugiera a su hijo que comience a dibujar en un extremo y que agregue
nuevos dibujos cada día.

Mide la imagen con una regla o criterio.

Anime a su hijo a seguir añadiendo cosas a la "imagen más larga
del mundo" durante varios días o semanas, siempre
que esté interesado.



.....

Libros sugeridos para leer con su hijo

La caja de arte de Gail Gibbons

Click, Clack, Moo: Vacas que escriben por Doreen Cronin

Harold y el crayón morado de Crockett Johnson

Mis manos de Alike

NO soy solo un garabato de Diane Alber

El monstruo de colores de Anna Llenas

Septiembre

Early Years

WORKING TOGETHER FOR A GREAT START

Mississippi County, Arkansas E.O.C.
Early Childhood Education Department



KID BITS

"Can I play?"

Encourage your child to make friends by showing her how to approach classmates. You could pretend to be another student, and your youngster might say, "Can I play vet with you?" Then switch roles so she can practice responding when others want to play with her.

Sizing things up

Take a walk around your neighborhood with your little one, and use objects you see to help her compare sizes. Ask questions like "Is that mailbox taller or shorter than you?" or "Is the white rock bigger or smaller than the gray one?"

Quick change

Playground and potty accidents happen. If your child keeps a change of clothes at school or in his bag, be sure to switch them out as the seasons change and as he outgrows them. Also, remember to send in a replacement outfit if he wears the extra clothing home.

Worth quoting

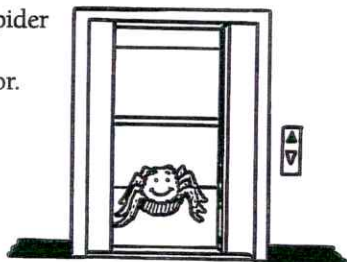
"Think left and think right and think low and think high. Oh, the things you can think up if only you try!"

Dr. Seuss

Just for fun

Q: What has eight legs and goes up and down?

A: A spider in an elevator.



Ready to learn

For young students, success in school starts with being able to take turns, cooperate, and follow directions. Here are ways to build these skills so that your child can start the year off right.

Taking turns

At school, your youngster will need to wait his turn, whether he wants to answer a question or use the water fountain. Together, do fun activities that require turn-taking. Board games and card games are great for this. Or play school, and switch off being the teacher and the student. Also, look for examples of people taking turns. While waiting in line at the bank, you might say, "It's that man's turn now. We get to go next."

Cooperating

Provide plenty of opportunities for your child to use teamwork so he'll learn to cooperate with other students. If he's making a tent, for instance, you can each hold one end of a blanket and drape it over chairs. When you bake



cupcakes, it could be his job to put the paper liners in the pan before you pour in the batter.

Following directions

Give your youngster pairs of silly movements to act out. You might say, "Wiggle like a worm, then hop like a bunny," or "Flap like a bird, then gallop like a pony." He will practice following two-step directions—just like his teacher will be giving in school. ("It's time to sit down. Now take out your crayons.") When he has mastered two steps, move on to three.♥

Make good attendance a habit

Regular attendance is important for school success as early as preschool—and it creates a habit your youngster can use all her life. Try these ideas:

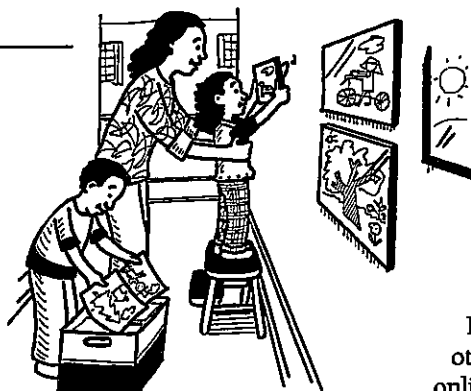
- Make school the priority. Whenever possible, schedule doctor appointments and family trips for times when school is out.
- Stick to regular bedtimes on school nights. A well-rested child will find it easier to wake up on time.
- Mention school as part of the daily routine so that she naturally expects to go each day. For example, you might say, "On Tuesday after school, we'll stop at Grandma's for a visit."♥



Organized and involved

Where is that permission slip? What is the teacher's email address again? As the new school year gets under way, consider these tips for staying on top of things.

Create a place for papers. Many parents wonder what to do with all the finished work their youngsters bring home. Here's a thought: Hole-punch pages you and your child want to keep, and put them in a binder. You could organize them by subject or by month.



Tip: Hang your youngster's favorite art projects in a hallway gallery, and store others in a box labeled for this year.

Keep track of events. Staying involved at your child's school is easier when you plan ahead. Mark a calendar with PTO meetings, parent breakfasts, and other functions to attend. Or start an online calendar just for school. Google has a free one that can send you email reminders.

Tip: Add phone numbers and email addresses for the teacher, school, and attendance hotline to your address book or cell phone for handy reference.♥

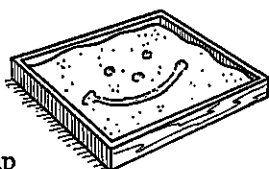
PARENT TO PARENT

The "happy plan"

My son Ian was excited about starting preschool this year, but he wasn't happy about being away from me. He cried when I dropped him off, and I left feeling miserable.

When this continued into his second week, the teacher came up with a "happy plan"—a strategy for starting the day on a good note. She suggested that every morning I remind Ian of things he enjoys at school, like going down the slide or playing at the sand table. She said I might give him a "secret mission" to tell me about later, such as what kind of snack he ate or what book his teacher read aloud.

I tried the teacher's idea the next day. It took a few days, but soon Ian began looking forward to being dropped off. He even started coming up with his own secret missions, like reporting what colors he made by mixing paints. Now we're both a lot happier at drop-off time.♥

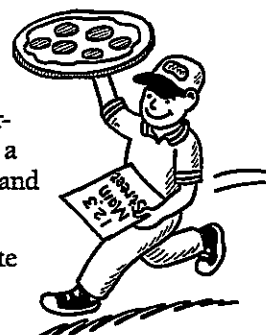


ACTIVITY CORNER

Pizza delivery!

Open a pretend pizza delivery service to teach your child his address and phone number. Use a toy pizza, or have him make one out of construction paper, and enjoy this activity.

1. Let your youngster draw a picture of your house and write his address on it. Next, ask him to draw a phone and print your phone number on it. Together, practice saying the address and phone number.
2. Have him use a toy phone to place a pretend pizza order. He could dial the number and say, "Please deliver a large cheese pizza to 123 Main Street. My phone number is 555-0100." (He may need to look at his drawings the first few times.)
3. Deliver the pretend pizza, and check the address with him. "Is this 123 Main Street? I have one cheese pizza for you."
4. Trade roles, and order a pizza for him to deliver. Play for a few days until he has memorized his address and phone number. You might even let him order a real pizza!♥



Q & A

Cut, paste, and play

Q: My daughter is learning to use scissors in school. Are there ways she can practice at home?

A: Sure! Not only will your child need to use scissors for projects and other schoolwork, they're also a good way to build the strength and coordination she needs for handwriting.

Making paper dolls is a fun way to practice. Give her a pair of safety scissors, a stack of old magazines, glue, and plain paper. Then, help her cut out a variety of faces, shirts,

and pants to mix and match. (Make sure she holds the scissors correctly—ask her teacher if you're not sure.)

She can glue each "person" on paper and cut out around the edges to create a paper doll. Later, she might decide to change the dolls' outfits by gluing new ones on top.

Note: Remind her of safety rules, including staying seated when she uses scissors and holding them closed and pointed down while walking.♥



OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5567

Early Years

WORKING TOGETHER FOR A GREAT START

Mississippi County, Arkansas, E.O.C.
Early Childhood Education Department



NIÑO PUNTOS

"¿Puedo jugar?"

Anime a su hijo a hacer amigos mostrándole cómo acercarse a sus compañeros de clase. Podría pretender ser otro estudiante y su hijo podría decir: "¿Puedo jugar al veterinario contigo?" Luego intercambie los roles para que pueda practicar cómo responder cuando otros quieran jugar con ella.

Mide las cosas Da un paseo por tu vecindario con tu pequeño y usa objetos que veas para ayudarlo a comparar tamaños. Haz preguntas como "¿Ese buzón es más alto o más bajo que tú?" o "¿La roca blanca es más grande o más pequeña que la gris?"

Cambio rápido

Los accidentes en el patio de recreo y el orinal ocurren. Si su hijo guarda una muda de ropa en la escuela o en su bolso, asegúrese de cambiarla a medida que cambien las estaciones y cuando se le quede pequeña. Además, recuerde enviar un atuendo de reemplazo si usa la ropa adicional a casa.

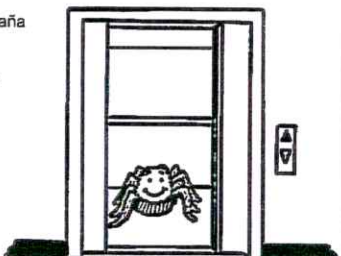
Vale la pena citar

"Piensa a la izquierda y piensa a la derecha y piensa bajo y piensa alto. ¡Oh, los pensamientos que puedes pensar si solo lo intentas! doctor seuss

Solo por diversión

P: ¿Qué tiene ocho patas y sube y baja?

A: Una araña en un ascensor.



Listo para aprender

Para los estudiantes jóvenes, el éxito en la escuela comienza con poder esperar turnos, cooperar y seguir instrucciones. Aquí hay formas de desarrollar estas habilidades para que su hijo pueda comenzar bien el año.

Escogiendo turnos

En la escuela, su hijo tendrá que esperar su turno, ya sea que quiera responder una pregunta o usar la fuente de agua. Juntos, realicen actividades divertidas que requieran turnos. Los juegos de mesa y los juegos de cartas son excelentes para esto. O jugar a la escuela y dejar de ser el maestro y el alumno. Además, busque ejemplos de personas que toman turnos. Mientras esperas en la fila del banco, podrías decir: "Ahora es el turno de ese hombre. Tenemos que ir a continuación.

Cooperando

Proporcione muchas oportunidades para su hijo a usar el trabajo en equipo para que aprenda a cooperar con otros estudiantes. Si está haciendo una tienda de campaña, por ejemplo, cada uno puede sostener un extremo de una manta y colocarla sobre las sillas. cuando horneas



cupcakes, podría ser su trabajo poner las bolsas de papel en el molde antes de verter la masa.

Siguiendo instrucciones

Dele a su hijo pares de movimientos tontos para actuar. Podrías decir: "Muévete como un gusano, luego salta como un conejo" o "Aletea como un pájaro, luego galopa como un pony". Practicará siguiendo instrucciones de dos pasos, al igual que su maestro le dará en la escuela. ("Es hora de sentarse. Ahora saca tus crayones"). Cuando haya dominado dos pasos, pasa a tres.♥

Haga de la buena asistencia un hábito

La asistencia regular es importante para el éxito escolar desde el preescolar y crea un hábito que su hija puede usar toda su vida. Pruebe estas ideas:

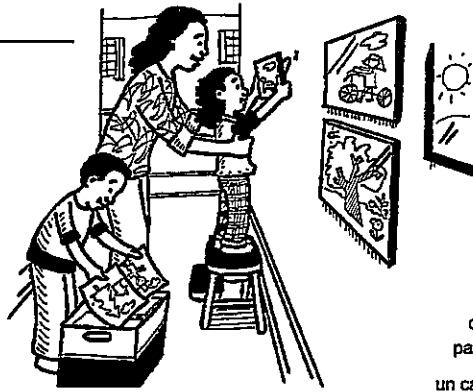
- Hacer de la escuela la prioridad. Siempre que sea posible, programe las citas con el médico y los viajes familiares para cuando no haya clases.
- Atégase a la hora habitual de acostarse durante las noches de escuela. A un niño bien descansado le resultará más fácil despertarse a tiempo.
- Mencione la escuela como parte de la rutina diaria para que naturalmente espere ir todos los días. Por ejemplo, podrías decir: "El martes después de la escuela, pasaremos a visitar a la abuela".♥



Organizado e involucrado

¿Dónde está esa hoja de permiso? ¿Cuál es la dirección de correo electrónico del maestro de nuevo? A medida que comienza el nuevo año escolar, considere estos consejos para estar al tanto de todo.

Crea un lugar para los papeles. Muchos padres se preguntan qué hacer con todo el trabajo terminado que sus hijos traen a casa. Una idea: perfora las páginas que usted y su hijo desean conservar y guárdelas en una carpeta. Puedes organizarlos por tema o por mes.



Consejo: Cuelgue los proyectos de arte favoritos de su hijo en una galería de pasillo y guarde otros en una caja etiquetada para este año.

Mantenga un registro de los eventos. Mantenerse involucrado en la escuela de su hijo es más fácil cuando planifica con anticipación. Marque un calendario con reuniones de PTO, desayunos para padres y otras funciones para asistir. O inicie un calendario en línea solo para la escuela. Google tiene uno gratuito que puede enviarle recordatorios por correo electrónico.

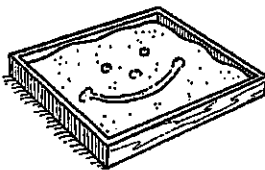
Consejo: agregue los números de teléfono y las direcciones de correo electrónico del maestro, la escuela y la línea directa de asistencia a su libreta de direcciones o teléfono celular para tener una referencia práctica.♥

PADRE A PADRE

El "plan feliz"

Mi hijo Ian estaba emocionado por comenzar el preescolar este año, pero no estaba contento por estar lejos de mí. Lloró cuando lo dejé y me fui sintiéndome miserable.

Cuando esto continuó en su segunda semana, el maestro ideó un "plan feliz", una estrategia para comenzar el día con una buena nota. Sugirió que todas las mañanas le recordara a Ian las cosas que disfrutaba en la escuela, como tirarse por el tobogán o jugar en la mesa de arena. Ella dijo que podría darle una "misión secreta" para que me la contara más tarde, como qué tipo de refrigerio comió o qué libro leyó su maestro en voz alta.



Probé la idea del maestro al día siguiente. Tomó algunos días, pero pronto Ian comenzó a desear que lo dejaran. Incluso comenzó a idear sus propias misiones secretas, como informar qué colores hizo mezclando pinturas. Ahora los dos estamos mucho más contentos a la hora de la entrega.♥

NUESTRO PROPÓSITO

Proporcionar a los padres ocupados formas prácticas de promover la preparación escolar, la participación de los padres y una crianza más eficaz.

Recursos para educadores,
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128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfcustomer@wolterskluwer.com
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ACTIVIDAD ESQUINA

¡Delivery de pizza!

Abra un servicio ficticio de entrega de pizza para enseñarle a su hijo su dirección y número de teléfono. Use una pizza de juguete o pídale que haga una con papel de construcción y disfrute de esta actividad.

1. Deje que su hijo haga un dibujo de su casa y escriba su dirección en él. Luego, pídale que dibuje un teléfono y escriba su número de teléfono en él. Juntos, practiquen decir la dirección y el número de teléfono.

2. Pídale que use un teléfono de juguete para hacer un pedido de pizza imaginario. Podría marcar el número y decir: "Por favor, entregue una pizza grande de queso en 123 Main Street. Mi número de teléfono es 555-0100". (Es posible que necesite mirar sus dibujos las primeras veces).

3. Entregue la pizza ficticia y verifique la dirección con él. "¿Es esto 123 Main Street? Tengo una pizza de queso para ti."

4. Intercambie roles y pida una pizza para que él la entregue. Juega durante unos días hasta que haya memorizado su dirección y número de teléfono. ¡Incluso podrías dejar que pida una pizza de verdad!♥



q & A

Corta, pega y juega

P: Mi hija está aprendiendo a usar tijeras en la escuela. ¿Hay formas en que pueda practicar en casa?

R: ¡Claro! Su hijo no solo necesitará usar tijeras para proyectos y otras tareas escolares, sino que también son una buena manera de desarrollar la fuerza y la coordinación que necesita para escribir a mano.

Hacer muñecos de papel es una forma divertida de practicar. Dele un par de tijeras de seguridad, una pila de revistas viejas, pegamento y papel normal. Luego, ayúdela a recortar una variedad de caras, camisas,

y pantalones para mezclar y combinar. (Asegúrese de que sostenga las tijeras correctamente; pregúntela a su maestro si no está seguro).

Puede pegar cada "persona" en papel y recortar los bordes para crear una muñeca de papel. Más tarde, podría decidir cambiar los atuendos de las muñecas pegando otros nuevos encima.

Nota: Recuérdele las reglas

de seguridad, como permanecer sentada cuando usa tijeras y mantenerlas cerradas y apuntando hacia abajo mientras camina.♥



**Mississippi County Arkansas, E.O.C.
Head Start & Child Development Program
Menu for September 2026**

MENU IS SUBJECT TO CHANGE DUE TO FOOD AVAILABILITY

USDA REQUIREMENTS	BREAKFAST	LUNCH	SNACK	LATE SNACK
	Milk, fluid Juice or fruit or vegetable Bread, bread alternate**** and/or cereal enriched or whole grain Bread or Cereal: Cold dry or Hot cooked USDA/Component Requirements	Milk, fluid Meat or meat alternate (lean meat or poultry or fish) Cheese Egg Cooked dry beans or peas Peanut butter Yogurt (plain or flavored) (Or an equivalent quantity of any combination of the above meat/meat alternates) Vegetable and/or fruit (Total of two or more) Bread or bread alternate**** enriched or whole grain USDA/ Component Requirements	(Select 2 of these 4 components) Milk, fluid Meat or meat alternate Juice or fruit or vegetable Bread, bread alternate**** and/or cereal enriched or whole grain Bread or Cereal: Cold dry or Hot cooked USDA/ Component Requirements	N/A
TUES 1	TODDLERS (1-2 YEARS)			
	WG Chicken Sausage Sandwich (1) Canned Tropical Fruit ¼ c Syrup 1 pk Whole Milk ½ pt	Cheeseburger w/Bun 1 ½ oz Bake Tater Tots ¼ c Canned Diced Peaches ¼ c Mayo/Ketchup 1 pk Whole Milk ½ pt	Yogurt 4 oz Strawberry Granola Bites 1 pk Water	
	PRESCHOOL (3-5 YEARS)			
	WG Chicken Sausage Sandwich (1) Canned Tropical Fruit ½ c Syrup 1 pk 1% Milk ½ pt	Cheeseburger w/Bun 2 oz Bake Tater Tots ¼ c Canned Diced Peaches ¼ c Mayo/Ketchup 1 pk 1% Milk ½ pt	Yogurt 4 oz Strawberry Granola Bites 1 pk Water	

MON 7	TODDLERS (1-2 YEARS)			
		Happy Labor Day		
	PRESCHOOL (3-5 YEARS)			
		Happy Labor Day		
TUES 8	TODDLERS (1-2 YEARS)			
	WG Bagel (1) Canned Diced Pears 1/4 c Strawberry Cream Cheese (1) Whole Milk ½ pt	CN Label WG Ravioli (8 pieces) 2 oz Canned Sweet Peas 1/4 c Canned Mandarin Oranges 1/4 c WG Garlic Bread Stick (1) Whole Milk ½ pt	Belvita Biscuit 1 pk Whole Milk ½ pt	
	PRESCHOOL (3-5 YEARS)			
	WG Bagel (1) Canned Diced Pears 1/4 c Strawberry Cream Cheese (1) 1% Milk ½ pt	CN Label WG Ravioli (8 pieces) 2 oz Canned Sweet Peas 1/4 c Canned Mandarin Oranges 1/4 c WG Garlic Bread Stick (1) 1% Milk ½ pt	Belvita Biscuit 1 pk 1% Milk ½ pt	
WED 9	TODDLERS (1-2 YEARS)			
	WG Cereal 1 bowl 100% Assorted Fruit Juice 4 oz Whole Milk ½ pt	Chicken Pot Pie 1 ½ oz meat Papaya Fruit Cup ¼ c Baked Broccoli Bites ¼ c WG Roll (1) Whole Milk ½ pt	Sliced Peaches ½ c Cottage Cheese ¼ c Water	
	PRESCHOOL (3-5 YEARS)			
	WG Cereal 1 bowl 100% Assorted Fruit Juice 4 oz 1% Milk ½ pt	Chicken Pot Pie 2 oz meat Papaya Fruit Cup ¼ c Baked Broccoli Bites ¼ c WG Roll (1) 1% Milk ½ pt	Sliced Peaches ½ c Cottage Cheese ¼ c Water	

TUES 15	TODDLERS (1-2 YEARS)			
	WG Cereal 1 bowl Assorted 100% Fruit Juice 4 oz Whole Milk ½ pt	CN Label WG Pizza (1sl) Steamed Corn 1/4 c Canned Mandarin Oranges 1/4 c Whole Milk ½ pt	WG Muffin (1) Whole Milk ½ pt	
	PRESCHOOL (3-5 YEARS)			
	WG Cereal 1 bowl Assorted 100% Fruit Juice 4 oz 1% Milk ½ pt	CN Label WG Pizza (1sl) Steamed Corn 1/4 c Canned Mandarin Oranges 1/4 c 1% Milk ½ pt	WG Muffin (1) 1% Milk ½ pt	
WED 16	TODDLERS (1-2 YEARS)			
	WG Pancake (1) Canned Tropical Fruit ¼ c Syrup 1 pk Whole Milk ½ pt	Pulled Bar-b-que Chicken Meat 1 ½ oz Canned Baked Beans ¼ c Canned Applesauce ¼ c WG Roll (1) Whole Milk ½ pt	Multigrain Salsa Sun Chips 1 pk Whole Milk ½ pt	
	PRESCHOOL (3-5 YEARS)			
	WG Pancake (1) Canned Tropical Fruit ½ c Syrup 1 pk 1 % Milk ½ pt	Pulled Bar-b-que Chicken Meat 1 ½ oz Baked Beans ¼ c Canned Applesauce ¼ c WG Roll (1) 1 % Milk ½ pt	Multigrain Salsa Sun Chips 1 pk 1% Milk ½ pt	
THURS 17	TODDLERS (1-2 YEARS)			
	WG Cereal 1 bowl Assorted 100% Fruit Juice 4 oz Whole Milk ½ pt	Baked Boneless Chicken 1 ½ oz Fresh Turnip Greens ¼ c Canned Sweet Potatoes ¼ c Corn Bread Square (1) Whole Milk ½ pt	WG P & J Sandwich (1) Whole Milk ½ pt	
	PRESCHOOL (3-5 YEARS)			
	WG Cereal 1 bowl Assorted 100% Fruit Juice 4 oz 1 % Milk ½ pt	Baked Boneless Chicken 2 oz Fresh Turnip Greens ¼ c Canned Sweet Potatoes ¼ c Corn Bread Square (1) 1 % Milk ½ pt	WG P & J Sandwich (1) 1% Milk ½ pt	

WED 23	TODDLERS (1-2 YEARS)			
	WG Cheese Toast 1 sl Canned Diced Peaches 1/4 c Whole Milk ½ pt	Cn Label WG Quesadilla (1) Canned Mixed Vegetables 1/4 c Fresh Fruit Salad 1/4 c Whole Milk ½ pt	Sliced Pepperonis Mozorella Cheses Water	
	PRESCHOOL (3-5 YEARS)			
	WG Cheese Toast 1 sl Canned Diced Peaches 1/4 c 1 % Milk ½ pt	Cn Label WG Quesadilla (1) Canned Mixed Vegetables 1/4 c Fresh Fruit Salad ¼ c 1% Milk ½ pt	Ritz Bitz Cheese 1 pk Fresh Pineapples ½ c Water	
THURS 24	TODDLERS (1-2 YEARS)			
	CN Label Egg Patti (1) Canned Diced Pears 1/4 c Whole Milk ½ pt	WG CN Label Egg Roll (2) Steamed Vegetable Rice ¼ c Canned Apricots ¼ c Sweet Sour Sauce 1 pk 1 % Milk ½ pt	WG Muffin (1) Whole Milk ½ pt	
	PRESCHOOL (3-5 YEARS)			
	CN Label Egg Patti (1) Canned Diced Pears ½ c 1% Milk ½ pt	WG CN Label Egg Roll (2) Steamed Vegetable Rice ¼ c Canned Apricots ¼ c Sweet Sour Sauce 1 pk 1% Milk ½ pt	WG Muffin (1) 1% Milk ½ pt	
FRI 25	TODDLERS (1-2 YEARS)			
	WG Cereal 1 bowl 100% Juice 4 oz Whole Milk ½ pt	Chicken Salad 1 ½ oz Canned Pears ¼ c Baked Potato Wedges ¼ c Ketchup 1 pk Club Crackers (4) Whole Milk ½ pt	WG Chex 1 pk Banana (1/2) Water	
	PRESCHOOL (3-5 YEARS)			
	WG Cereal 1 bowl 100% Juice 4 oz 1% Milk ½ pt	Chicken Salad 2 oz Fresh Pears ¼ c Baked Potato Wedges ¼ c Ketchup 1 pk Club Crackers (8) 1% Milk ½ pt	WG Chex 1 pk Banana (1) Water	

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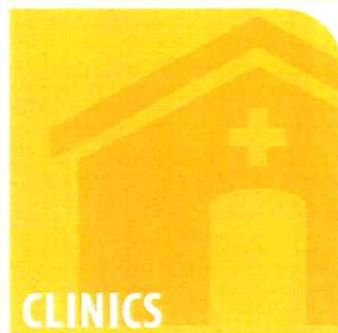
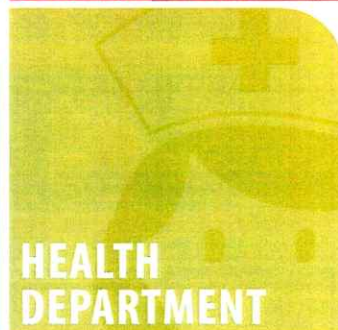
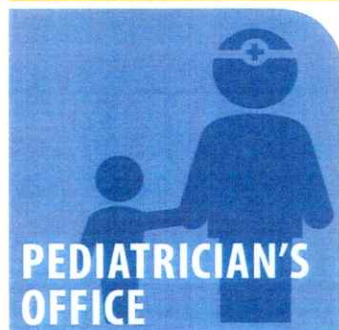
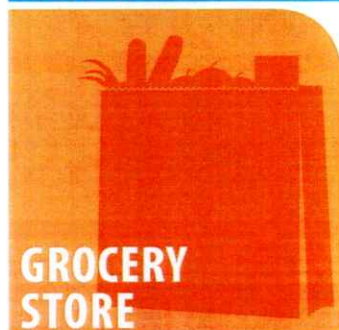
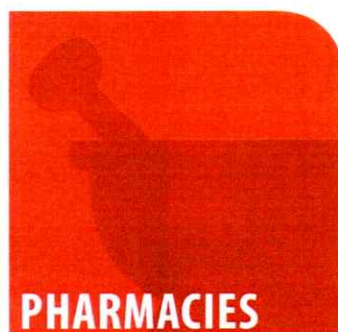
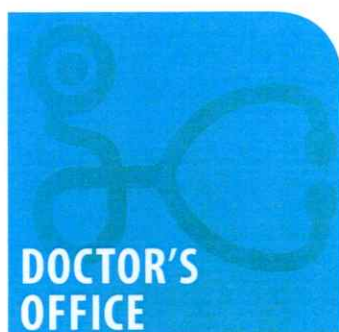
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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov

NO MORE EXCUSES

THERE ARE MANY PLACES TO GET YOUR FLU VACCINE.

Anyone can get the flu, and it can be serious. Every year, protect yourself and those around you by getting a flu vaccine.

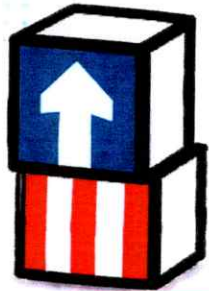


For more information, visit
<http://www.cdc.gov/flu>

FOR OFFICE USE



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



MCAEOC *Health Matters!*



INFLUENZA SEASON

is upon us.



Mississippi County
Health Department Nurses
will come to our centers
to give flu vaccines during
October and **November**.



Vaccines are
available for
children (with parental
consent), staff and parents.



Schedules dates will be
posted in **September**



ASTHMA INHALERS



HEALTH TIP!

Please view the short video on
the use of asthma medication inhalers.



<https://youtu.be/BHyZyyR0gKY>



Healthy Families.
Strong Communities.



Thank you for helping
keep our MCAEOC family
healthy and strong!





Parenting Mental Health Tips

1 **Talk Openly:** Encourage your child to express their feelings and listen without judgment.

2 **Create Routine:** Maintain a consistent schedule to provide stability and security.

3 **Promote Positivity:** Praise efforts, encourage strengths, and focus on the positive.

4 **Teach Coping Skills:** Help your child learn ways to manage stress and emotions.

5 **Be Supportive:** Show love, patience, and let them know you're always there for them.



Take Care of Each Other



Ways to Volunteer

Every parent has something valuable to share!

Classroom Support

- ☐ Greet children as they arrive each morning.
- ☐ Read to a child or a small group of children.
- ☐ Listen to a child "read" or tell a story.
- ☐ Share books, pictures, or educational materials.
- ☐ Assist teachers with learning centers and daily classroom routines.
- ☐ Help reduce children's waiting time by assisting with transitions and activities.
- ☐ Teach songs, finger plays, or simple games.
- ☐ Help children learn to use classroom tools safely.

Classroom Preparation

- ☐ Prepare classroom materials and learning activities.
- ☐ Organize classroom supplies.
- ☐ Set up art projects and activity centers.
- ☐ Help prepare classrooms for daily activities and special events.

Mealtime & Daily Routines

- ☐ Help children prepare tables for meals.
- ☐ Encourage conversation and learning during mealtimes.

Outdoor Learning & Field Trips

- ☐ Assist teachers on the playground.
- ☐ Help with outdoor learning activities and gardening projects.
- ☐ Assist teachers and staff during field trips.
- ☐ Help promote playground safety.

Health & Safety

- ☐ Assist with health, vision, hearing, or developmental screenings (as appropriate).
- ☐ Help maintain a safe environment for children.

Special Events & Family Engagement

- ☐ Help plan and prepare for family engagement activities and special events.
- ☐ Assist during Fatherhood Engagement activities.
- ☐ Help capture approved photos during events and activities.
- ☐ Welcome and assist families during special events.

Parent Leadership & Community Involvement

- ☐ Serve on the Policy Council or Parent Committee.
- ☐ Attend and support parent meetings.
- ☐ Encourage other parents and family members to become involved in Head Start.
- ☐ Help recruit father figures and male role models to participate.
- ☐ Help educate the community about the Head Start program.
- ☐ Connect families with community resources and services.

MISSISSIPPI COUNTY, ARKANSAS
EOC-EARLY CHILDHOOD EDUCATION DEPARTMENT



HEAD START POLICY COUNCIL

WHY JOIN?



- ◆ DEVELOP LEADERSHIP SKILLS
- ◆ LEARN HOW TO BE AN ADVOCATE
- ◆ TO NETWORK WITH PARENTS AND STAFF
- ◆ BE THE VOICE OF THE CHILDREN AND PARENTS AT YOUR CENTER

★★ YOU ARE THE MOST
IMPORTANT TEACHER
IN YOUR CHILD'S LIFE ★★



MONTHLY MEETING

Parents are elected to represent the Policy Council by parents of children currently enrolled in the program at each Head Start and Early Head Start Center. To ensure the Representatives understand the information they are receiving, each representative will receive training according to the Head Start Performance Standard 1301.5 Training.

★ Meetings are held once a month.



WHAT IS DISCUSSED?

- ◆ MONTHLY REPORTS
- ◆ UPDATES ON THE HEAD START AND EARLY HEAD START PROGRAMS



YOUR RIGHTS

- ◆ TO MAKE SUGGESTIONS
- ◆ DECISION MAKING
- ◆ BRING NEW IDEAS
- ◆ TO MAKE RECOMMENDATIONS



CONTACT YOUR
CENTER COORDINATOR
AT YOUR CHILD'S SITE.

HEAD
START



TOGETHER
WE CAN MAKE A
DIFFERENCE!



MCAEOC does not discriminate, based on race, creed, color, sex, national origin, age, marital status, and political affiliation or physical and mental disability. The agency does not discriminate based on a disability in violation of Section 504 of the Rehabilitation Act, public law 101-336. The MCAEOC Head Start and Child Development Program's Disability Specialist is the designated person responsible for assurance of compliance with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act, Public Law 101-336.



MCAEOC

MISSISSIPPI COUNTY,
ARKANSAS
ECONOMIC COMMISSION

MALES WANTED!

FATHER FIGURES OR ROLE MODELS

WE ARE LOOKING FOR

MEN >>>

WHO ARE WILLING TO INVEST
TIME, POSITIVITY, AND LEADERSHIP
IN THE LIVES OF CHILDREN.

**MAKE A DIFFERENCE.
CHANGE A LIFE.**

WHY GET INVOLVED?



BE A POSITIVE INFLUENCE
Help shape bright futures.



BUILD STRONGER COMMUNITIES
Your impact reaches far
beyond one child.



BE A ROLE MODEL
Show what it means to lead,
respect, and care.



MAKE LASTING MEMORIES
The time you give could be
the turning point in a child's life.



**BE
PRESENT.**



**BE A
LEADER.**



**BE THE
DIFFERENCE.**

OUR CHILDREN NEED US. ★ OUR COMMUNITY NEEDS US.

★ **WILL YOU ANSWER THE CALL?** ★

October 3 @ 8:30

Walk or Timed Race Free Health Screenings

CAR SHOW • FOOD VENDORS



**Historic Greyhound Bus Station,
Blytheville AR, 72315**

For more information contact
Jackie Burton, Juanita Medlin,
or Latonya Sanders at 870-776-1054



Register Here