Hello Head Start families and friends,

I wanted to take moment and say thank you. We know that navigating this pandemic has come with many challenges. As we all know, pandemic related workforce shortages have changed our day to day experiences. Early childhood is no exception to the rule. Thank you for working so closely with your Head Start team-teachers, family advocates, bus drivers and health staff to assure the health and safety of our community. Thank you for having back up plans for days when school is closed. Thank you for continuing to be active in sharing your suggestions and voicing your concerns.

You are most valued partners.

I also encourage you to check out our social media pages and our website for news you can use, such as supports for rent, utilities, home weatherization and employment opportunities. Again, thank you for continuing to partner with Head Start; we are proud to be at your service!

~Dr.Nolana Nobles
Hello from the Education Manager. For those of you who do not know me, my name is Bethany Griffin. I am the Education Manager/Compliance Specialist for CACS Head Start. I started my career as a teacher, then moved to an Education Supervisor and now I serve as the Education Manager. I am passionate about Early Childhood Education, supporting our education teams, while engaging in play based learning. We expose the children to letters and numbers throughout their play.

We are one month in and it is wonderful to be surrounded with children and watching them learn and grow. We continue to practice the rules and routines of the classroom while engaging in play based learning. Please remember that we go outside everyday unless it is raining or the temperature drops below 20 degrees. Please send your child prepared for the cold weather with a hat, boots, gloves and warm coat. If you need resources to obtain any of these materials, contact your Family Advocate.

Are you interested in being part of your child’s school day? We are looking for parent volunteers in the classroom and bus riders!! Let your child’s teacher know if you are interested.

What is WIC?

◊ WIC is a nutrition program that helps women, infants and children through an important time of growth and development.
◊ WIC provides nutritious foods, nutrition education, breastfeeding support, and referrals to other community programs to improve and support health and well-being.
◊ Women receive support and education to have healthy pregnancies and get breastfeeding off to a good start.
◊ Parents and caregivers learn about feeding and caring for their infants and young children.

Contact your Family Advocate to complete a WIC application or visit michigan.gov/WIC
Limiting Sugar-Sweetened Beverages

Why is it important to avoid sugar-sweetened beverages?
- Drinking **one** sugar-sweetened beverage per day often meets or exceeds the recommended added sugar limit for the **WHOLE** day
  - Kids should have less than 25 grams of added sugar daily. This is the same amount as 6 teaspoons of sugar
- Regularly drinking them can lead to weight gain, type 2 diabetes, heart disease, other chronic diseases, and dental problems

Fun Fact: The electrolytes in sugary sports drinks like Gatorade and Powerade are also found in cucumbers, lemons, green vegetables, watermelon, and coconut water

If water doesn't satisfy you on its own...
- Add ice or frozen fruit to your glass. This keeps it cold and refreshing Add fruits in for flavor
  - Cut up lemon, strawberries, cucumber, or oranges and add it to a water bottle or pitcher
- Use fun straws or a special cup for water
- Keep a cold pitcher or water bottle in the fridge for convenience

It is important to hydrate with water!
- Water is an essential nutrient we all need every day
- It’s perfect for hydration It's not expensive, you can save some money by not buying sugary drinks
**EDUCATION SUPERVISORS**

Bachelors Degree with a major in Early Childhood Education, Child Development, or related field. Two to five years of classroom teaching experience.

**TEACHERS**

Associates or Bachelors Degree in child development, early childhood education or related coursework

**BUS DRIVERS**

CDL and 5 Endorsement required but WE WILL TRAIN YOU!

**TEACHER ASSISTANTS**

CDA credential, or enrolled in a program that will lead to an Associates or Bachelors, or are enrolled in a CDA Program

**CLASSROOM ASSISTANTS**

High School Diploma required. Part time positions (20 or 28 hours). Open positions for both Head Start and Early Head Start.

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**When Should My Child Stay Home or Go to School?**

It is very normal for children to get sick. However, sometimes it is not clear if we can send our children or keep them home. When in doubt, look at the table below.

متى يجب أن بقى طفل في المنزل أو يذهب إلى المدرسة؟

من الطبيعي جدا، أن يمرض الأطفال. ومع ذلك، ليس من الواضح في بعض الأحيان ما إذا كان بإمكاننا أرسل أطفالنا للمدرسة أو إبقاءهم في المنزل. عندما تكون في شك / أو في حيرة، انظر إلى الجدول أدناه:

¿Cuándo debería mi hija/hijo quedarse en casa o ir a la escuela?

Es muy normal que las niñas/niños se enfermen. Sin embargo, a veces no está claro si podemos enviar a nuestros hijos o mantenerlos en casa. En caso de duda, consulte la siguiente tabla:

<table>
<thead>
<tr>
<th>Stay Home</th>
<th>School</th>
<th>Quedarse en Casa</th>
<th>Preescolar</th>
<th>Shuleni</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Fever</td>
<td>- If child is fever free for 24-hours without medicine</td>
<td>- Fiebre</td>
<td>- Si el niño no tiene fiebre durante 24 horas sin medicamento</td>
<td>- Ikiwa mtoto hana homa bure kwa mda wa masaa 24 bila dawa</td>
</tr>
<tr>
<td>- Nausea and vomiting</td>
<td>- If your child has not vomited or had diarrhea in 24-hours</td>
<td>- Náuseas y vómitos</td>
<td>- Si su hijo no ha vomitado ni ha tenido diarrea en 24 horas</td>
<td>- Ikiwa mtoto wako hajatapira au kuhara kwa mda wa masaa 24</td>
</tr>
<tr>
<td>- Diarrhea</td>
<td>- If coughing or cold symptoms are improving</td>
<td>- Diarrea</td>
<td>- Si los síntomas de la tos o el resfriado están mejorando</td>
<td>- Ikiwa kukoha au dalili za mafua zinapungua</td>
</tr>
<tr>
<td>- A rough night and very little sleep</td>
<td>- If child is fever free for 24-hours without medicine</td>
<td>- Una noche difícil y muy poco sueño</td>
<td>- If coughing or cold symptoms are improving</td>
<td>- Baki Nyumbani</td>
</tr>
<tr>
<td>- No appetite</td>
<td>- If your child has not vomited or had diarrhea in 24-hours</td>
<td>- Sin apetito</td>
<td>- Homa</td>
<td>- Homa</td>
</tr>
<tr>
<td>- Pink eye</td>
<td>- If coughing or cold symptoms are improving</td>
<td>- Ojo rosa</td>
<td>- Kichefuchefu na kutapika</td>
<td>- Kichefuchefu na kutapika</td>
</tr>
</tbody>
</table>

**Apply on our website**

[www.cacs-inc.org](http://www.cacs-inc.org)