

hello Spring



One Duval Virtual Newsletter



March 30, 2020



Hello from Duval Head Start / Early Head Start CCP
Director, LaTanya Wynn-Hall

Parents,

I Pray that you and your family are safe and healthy during this Corona Virus / COVID-19 Pandemic Crisis. I hope you are taking the precautions necessary to stay and keep safe. We Have to Stop the Spread!

We are excited to able to continue to serve your family through our Virtual Learning Program Design. Our center based services are closed but our services to you will still be ongoing, with educational instruction and family engagement, through the Ready Rosie platform. Please share pictures of your children engaged in virtual learning and share your comments. We will post a few in our weekly newsletter.

I encourage you to let your FACE Specialist know of any needs. We are staying abreast of community resources to share with you. Please follow us on our Facebook Page, [LSF Duval Head Start on Facebook](#) to get daily program updates.

A BIG THANK YOU to our ONE Duval staff for their implementation of our Virtual Learning Program. We are leaders in Preschool Virtual Learning and are proud to report we engaged over 1100 families our first week. Their daily engagement with your family is continuing our mission to [Get Children Ready for Kindergarten](#).

Keep Safe and Stop the Spread!

Ms. LaTanya



Welcome Parents to the Wellness Corner!

Health

Health is a key area while your children are in the centers and at home. They can tell you that our daily routine includes brushing teeth, movement, and learning. Please remember to keep your children on a regular schedule for these important health practices.

Also, remember to check when your child's physical and immunization record expire. Many pediatricians are extending immunization records, so please contact your child's doctor if immunization records expire in March or April. Our FACE & Health Teams will start reminding you next week.

If you need help concerning your Public Assistance benefits (Medicaid, Food Assistance, or Cash Assistance), please contact the Players Center at one of the numbers below.

(904) 202-4052 or (904) 202-9355.

Nutrition

During this pandemic, some stores are low or out of main protein sources (chicken, beef, turkey). Try these instead to continue to add protein to your daily diet:

- Canned tuna (try making tuna salad)
- Eggs (scrambled or hard boiled)
- Greek Yogurt (have plain or with fruit)
- Black Beans
- Cottage Cheese (have plain or with fruit)
- Milk (2% if over the age of 2. Whole milk if under the age of 2)

Education

Hi Team Duval Families!

Please check Ready Rosie to see daily lesson plans being sent out by Education.

In conjunction with our Frogstreet Curriculum, please check out ABC Mouse on Adventure Academy.

Just click the link: [ABC Mouse](#) School Code - SCHOOL1686 Create an account using your personal email address and a password of your choice.

If you haven't accepted the invite to Ready Rosie, please accept to gain access to some wonderful activities for your child(ren) at home. Also, please check LSF Duval Head Start Facebook page for resources and activities.

We will be providing Virtual Field Trips each week in our Newsletter, for your first one just click the link below:

[Beluga Webcam/Georgia Aquarium](#)

Continue to have fun learning!

Mindfulness

Wellness means being healthy in the mind and body.

Head Start wants to provide weekly activities as a way for families to participate in wellness breaks together!

This week is the Jungle Walk:

The Jungle Walk Exercise is one method for introducing your family to mindfulness. Through this activity, you can turn a regular afternoon walk through your neighborhood or park into an exciting trip through a jungle!

Explain to your children that you will be going through a jungle: the goal is to notice as many birds, bugs, lizards, and any other animals as they can. All the things that walk, crawls, swims, or flies will be interesting, and they'll need to focus all their senses on it. Take this time to discuss what the (5) senses are and how the animals use them in nature.

(positivepsychology.com, n.d.)



Head Start and the Census 2020: COUNT ALL KIDS FLORIDA!

The Census 2020 is critical to the Head Start and Early Head Start Community because it establishes funding and access to necessary resources for the families and children that we serve for the next 10 years! Ensuring that our children and families participate will:

- Provide more funding for key programs such as Medicaid, CHIP, and foster care.
- Ensure more equitable distribution of funding such as Title 1, Special Education, Head Start Expansion, and CCDBG

Let's prepare our families and communities to participate!



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