

The Scoop

A YVEDDI Head Start Quarterly Publication for Parents, Staff, and Community

**SPRING
2025**



Holiday Schedule (Administrative Offices)

March 18
Good Friday

May 26
Memorial Day

July 4
Independence Day

September 1
Labor Day

YVEDDI Head Start Administrative Office

116 Baptist Church Road
Boonville, NC 27011

Ph. (336) 367-4993
Fax (336) 367-4997

Program Mission

Educating children and
empowering families.

The **Yadkinville I** children are enjoying our buildings unit of study and are having a blast learning about and creating their own structures! Give us a call to find out about enrolling your child for the upcoming school year: 336-367-4993 ext. 239.



The milk carton buildings are part of each child's "town" project.



Collages of buildings made from magazines help build fine motor skills using scissors and glue



A town made from recycled boxes and decorated by the children.



The children made the houses from "The Three Little Pigs" story- we love group projects to help promote those pre-school social skills



Their classroom chart showing the residents in each child's home. We love our Head Start families.



More buildings from milk cartons – art and recycling all in one project!



Head Start would like to thank all Parents, Family members, etc. who came out to assist our classrooms during Spring Beautification Week April 14th-18th!

The Boonville Head Start Classroom had a total of 35 volunteer hours and won a Certificate for \$50 to purchase Education supplies for their classroom!

We appreciate all of you who came out to make this event a success!

WEATHERIZATION

The Department of Environmental Quality has designated funds to assist low-income families and individuals to have inadequate heat in their homes and to reduce their utility costs by means of weatherization. The

Heating Appliance Repair/Replacement Program (HARRP) can repair or replace a heating system that is functioning below the manufacturer's standards. Weatherization includes installing insulation, sealing air leaks, and performing measures that will reduce energy usage. To meet the financial requirements for assistance, the gross household income for the last 12 months cannot exceed 200% of the Federal Poverty Index. To find out more information, call (336) 367-3535.

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VOLUNTEERING FOR SUCCESS

Did you know that when parents are involved in their children's education, schools and communities grow stronger?

Ask your child's teacher how you can help in the classroom.

Your involvement will make a difference!



Newsletter Editor:
Donna Rutledge, Communications
Specialist

Do you have a child with disabilities?



IDEA - the Individuals with Disabilities Education Act (p. L. 102 -119) was passed by Congress and requires that all states and territories provide a public school education to children with disabilities from ages 3 to 21, no matter how severe their disabilities.

This law promises to children with disabilities a "free appropriate public education" at public expense, that their educational placement is based on an evaluation of each child's own special needs and that an Individualized Education Program (IEP) is planned for your child and states the services they will receive.

If you have a child with disabilities be sure they are receiving the special education they deserve. If you need further information, please call the Head Start Office at (336) 367-4993 and we will be glad to help.

Mount Olive Classroom enjoys making a potion with Ms. Nelums!



Boonville Head Start has fun with Dr. Seuss Week!



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!

Perfect Attendance

October 2024

Boonville

Lyanna Lyon
Jesse Rebollar Vega
Zoey Vestal

Danbury

Graycee Clark
Silas Long
Cooper Young

Granite City 2

Brianna Almonte Lloret
Lydia Cabrera
Tallulah Duncan
Zendaya Eller-Crawford
Emiliano Escobedo Rocha
Aaliyah Escudero
Octavia Jackson
Marcelo Jimenez
Alanna Torres- Montalvo

Granite City 3

David Aguilar
Alexandra Cabrera
Pierz Haynes
Waylon Hovatter
Jensen King
Nevaeh McFowler
Vincent Osorno-Bowman
Alana Perales-Beltran
Sophia Urquiza-Loa

Granite City 4

Isabella Hernandez
Kamayah Leach
Gabriela Rivera Lara
Mateo Stallings

Jack Koontz (JK)

Sirena Arroyo
Bayron Llanes Cruz
Isabella Plowman
Nakida Tate

Jonesville

Vanessa Alonzo- Rodriguez
Lesliani Pabon-Nieves
Lilith Sandy

London

Christian Artis
King Hairston
Seylah Hege
Hayden Poe
Isabella Amaya Santana

Mocksville

Mia Cervantes Pena
Adrian Cervantes
Xavier Contreras
Kingston Joyce
Milan Reyes
Mason Stathem
Zoey Tate-Hicks

Mount Olive

Daniel Meter
Franki Meter

Oak Grove

Athziri Avila-Rendon
Sheila Euceda
Milan Harris
Edgar Rangel
Ana Belen Sambrano

Paynetown

Liam Gwynn
Gerardo Palacios Barrios
Storm Westervelt

Sandy Ridge

Leyin Branch
Grantt Cassell
Avery Harrelson
Daniel Rhoten
Charlie Rierson

Yadkinville 3

Leah Alberto Valle
Logan Carrillo Dominguez
Juan Gama
Zander Hethcoat
Aaliyah Stokes

December 2024

Boonville

Malachi Combs-Smith
Dalayla Horton
Tadeo Montero
Kolton Paschall
Sofia Teodoro
Hannah Treannie

Danbury

Colton Beck
Silas Long

Granite City 2

Lydia Cabrera
Tallulah Duncan
Zendaya Eller-Crawford
Emiliano Escobedo Rocha
Aaliyah Escudero

Granite City 3

Alexandra Cabrera
Pierz Haynes
Mia Rentas
Katuri Williams

Jonesville

Temperance Hauser
Chloe Sebastian

Mount Olive

Sonny Lineback

Oak Grove

Athziri Avila-Rendon
Evangeline Cancel Velez
Sheila Euceda
Ana Belen Sambrano

Paynetown

Ethan Colon Reyes

Gerardo Palacios Barrios
Braynielis Reyes Maldonado
Zayden Walker
Bjorn Walker

Sandy Ridge

Grantt Cassell
Charlie Rierson

Yadkinville 1

Miguel Burgos- Trinidad
Liliana Conte
Nolan Griffin
Mateo Gama
Leo Hernandez-Aguilera
Hudson Phillips
Adrian Romero Toleno
Elias Romero Toleno
Zabel Torres

Yadkinville 3

Leah Alberto Valle
Miracle Barksdale
Devin Benitez
Rayna Christman
Angelina George
Skyler Myer
Aaliyah Stokes
Tallulah Williams
Oaklee Williams

January 2025

Granite City 2

Lydia Cabrera
Tallulah Duncan
Zendaya Eller-Crawford
Aaliyah Escudero
Jaime Fajardo
Julia Fajardo
Sophie Spencer
Alanna Torres-Montalvo

Perfect Attendance



Granite City 3

David Aguilar
Alexandra Cabrera
Sunny Collins
Nevaeh McFowler

Granite City 4

Kenan Grill
Isabella Hernandez
Luna Payne
Mateo Stallings

Jack Koontz

Khalil Cathcart
Natalia Santos

Jonesville

Vanessa Alonzo-Rodriguez
Kaiden Combs
Skylar Holland
Skylar Settle
Andrew Willard

London

A'zahria Hairston
Seylah Hege

Mocksville

Elias Boger
Zaniyah Buffington
Cymbree Stathem
Mason Stathem

Mount Olive

Wesley Mchone
Daniel Meter
Franki Meter

Oak Grove

Liliana Cruz-Ruiz
Ana Belen Sambrano

Paynetown

Ethan Colon Reyes
Braynielis Reyes Maldonado
Zayden Walker

Sandy Ridge

Avery Harrelson

Luis Ramirez-Hernandez

Charlie Rierson
Alexander Spencer
Amora Wisdom
Janiyah Yellock

Surry

Rodrigo Ruiz Torres
Lilith Sandy
Christopher Woodle
Scarlet Woodle

Yadkinville 1

Ana Angel Pelagio
Liliana Conte
Hudson Phillips
Adrian Romero Toleno
Elias Romero Toleno

Yadkinville 3

Leah Alberto Valle
Logan Carrillo Dominguez

February 2025

Boonville

Lyanna Lyon
Sofia Teodoro
Jesse Vega Rebollar

Danbury

Colton Beck
Cooper Young

Granite City 2

Sophie Spencer

Granite City 3

Alena Perales-Beltran

Granite City 4

Kenan Grill
Aolani Hernandez-Rivera
Daniel Mandujano
Mateo Stallings

London

Seylah Hege
Jolene Kahn
Hayden Poe

Mount Olive

Alexander Abbott
Sonny Lineback
Daniel Meter
Franki Meter

Oak Grove

Evangeline Cancel Velez
Sheila Euceda
Ana Belen Sambrano

Sandy Ridge

Liam Hayes
Charlie Rierson
Amora Wisdom

Surry

Lilith Sandy

Yadkinville 1

Miguel Burgos-Trinidad
Mateo Gama
Leo Hernandez Aguilera

Yadkinville 3

Leah Alberto Valle
Miracle Barksdale
Juan Gama
Aaliyah Stokes

March 2025

Boonville

Haisley Brown
Luis Ander Gomez
Delillah Marion
Hannah Treannie

Danbury

Colton Beck
Everleigh Bohannon
Oliver Bryan

Granite City 2

Brooklyn Bledsoe
Octavia Jackson
Sophie Spencer
Elijah Williams

Granite City 3

David Aguilar
Sunny Collins
Pierz Haynes
Jensen King
Amelia Starr McMillion

Granite City 4

Ryver Fields
Aolani Hernandez-Rivera
Kamayah Leach

Jack Koontz

Bayron Llanes Cruz
Cynthia Perez
Isabella Plowman
Nakida Tate

Jonesville

Vanessa Alonzo-Rodriguez
Brenex Billings
Lesliani Pabon-Nieves
Andrew Willard

Mocksville

Yameli Castrejon-Mosso
Cymbree Stathem
Mason Stathem

Funded by the U.S. Department of Health and Human Services, and N.C. Pre-Kindergarten

Serving Davie, Stokes, Surry, and Yadkin Counties

Perfect Attendance

Mount Olive

Sonny Lineback
Wesley Mchone

Oak Grove

Oaklynn Castillo
John Vaughan

Paynetown

Ethan Colon Reyes
Ezio Ochoa
Braynielis Reyes Maldonado
Zayden Walker

Sandy Ridge

Grantt Cassell
Avery Harrelson
Luis Ramirez-Hernandez
Charlie Rierson

Surry

Rory Salazar
Scarlet Woodle

Yadkinville 1

Ana Angel Pelagio
Miguel Burgos-Trinidad
Liliana Conte
Mateo Gama
Nolan Griffin
Leo Hernandez Aguilera
Lincoln Massey
Zabel Torres

Yadkinville 3

Judson Bush
Rayna Christman
Leland Forrest
Juan Gama
Zander Hethcoat
Aaliyah Stokes

April 2025

Boonville

Jameson Blevins
Malachi Combs-Smith
Luis Ander Gomez

Granite City 2

Lydia Cabrera
Zendaya Eller-Crawford
Emory Hiatt
Octavia Jackson
Gatlan Motley
Sophie Spencer
Alanna Torres-Montalvo

Granite City 3

David Aguilar
Alexandra Cabrera
Jensen King
Nevaeh McFowler
Vincent Osorno-Bowman
Sophia Urquiza-Loa

Granite City 4

Elijah Catarino DiCandia
Ryver Fields
Aolani Hernandez-Rivera
Isabella Hernandez

Jonesville

Jeffrey Combs
Temperance Hauser
Chloe Sebastian
Geovani Spicer

London

Cole Cagle
Zebulon Church
King Hairston
Jolene Kahn

Mocksville

Zaniyah Buffington
Yameli Castrejon-Mosso
Mia Cervantes Pena
Adrian Cervantes
Kingston Joyce
Sadie Ray
Angel Sanchez-Gonzalez

Mount Olive

Wesley Mchone
Daniel Meter
Franki Meter

Paynetown

Ezio Ochoa
Natalie Ochoa
Zayden Walker

Sandy Ridge

Hayden Poe
Luis Ramirez-Hernandez
Sadie Shumaker

Surry

Isabella Rayo-Bautista
Lilith Sandy

Yadkinville 1

Liliana Conte
Lincoln Massey
Elias Romero Toleno

Yadkinville 3

Rayne Christman
Hudson Phillips
Oaklee Williams
Tallulah Williams



Funded by the U.S. Department of Health and Human Services, and N.C. Pre-Kindergarten

Serving Davie, Stokes, Surry, and Yadkin Counties

Coping with Autism

Autism belongs to a group of developmental disabilities called autism spectrum disorders. The name "spectrum" stems from the fact that these disorders affect each child differently. These disorders involve delays in the development of many basic skills, including the abilities to socialize or form relationships with others and to communicate effectively. Children with autism may also have intellectual disabilities and behavioral challenges.

Tips for parenting children with Autism:

1. Learn All You Can About Autism

Because autism symptoms and behaviors often change over time, treatment strategies are tailored to the child's needs and available family resources.

2. Get a Strong Social Network

Parenting a child with any chronic illness is emotional; it affects every part of your being. But the day-to-day care of children with autism is especially stressful because of the lack of essential social interaction and communication between the child and adult. For many reasons, you need to find strong social support for yourself, as well as for your child.

3. Teach Your Family About Autism

Training family members about autism and how to effectively manage the symptoms has been shown to reduce family stress and improve the functioning of the child with autism.

4. Review the Recommended Autism Treatment Options

Child development experts agree that a child with autism should receive treatment as soon after diagnosis as possible. There is no cure for autism, but early intervention using skills training and behavior modification techniques can yield good results.

5. Learn More About Behavioral Training

Both behavioral training and behavioral management use positive reinforcement to improve behavior. These therapies also use social skills training to improve communication. The specific program should be chosen according to the child's needs.

6. Assess Your Child's Need for Medication

While there is no medication for autism, there are drugs for specific symptoms that kids with autism might display. For example, short attention spans can sometimes be improved with stimulant drugs that are used to treat ADD or ADHD. Children with autism who have anxiety, depression, or OCD behaviors can often be treated with antidepressants.

7. Learn More About Diet Changes

Diet changes are based on the idea that food allergies cause symptoms of autism, and an insufficiency of a specific vitamin or mineral may cause some autistic symptoms. If you decide to try a special diet for a given period of time, be sure you talk to your pediatrician and a registered dietitian. The child's nutritional status must be assessed and carefully measured.

8. Use Caution With Unproven Therapies for Autism

The safety and effectiveness of some therapies used to treat autism are not known. Many unproven treatments circulate through websites, word of mouth, or the media. Most have not been subjected to thorough, sound research and are considered nonstandard and controversial.

9. Plan Time for Breaks

Many parents of children with autism feel exhausted, overwhelmed, and sometimes defeated. They talk about difficulties in their marriage and other relationships. Schedule regular dates with your partner, other children in the family, and close friends.

Carbon Monoxide Safety



Often called the invisible killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel can be sources of carbon monoxide.

- CO alarms should be installed in a central location outside each sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.
- Follow the manufacturer's instructions for placement and mounting height.
- Choose a CO alarm that is listed by a qualified testing laboratory.
- Call your local fire department's non-emergency number to find out what number to call if the CO alarm sounds.
- Test CO alarms at least once a month; replace them according to the manufacturer's instructions.
- If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department.
- If the CO alarm sounds, immediately move to a fresh air location outdoors or by an open window or door. Make sure everyone inside the home is accounted for. Call for help from a fresh air location and stay there until emergency personnel declare that it is safe to re-enter the home.
- If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.
- During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up.
- A generator should be used in a well-ventilated location outdoors away from windows, doors and vent openings.
- Gas or charcoal grills can produce CO — only use outside.

HOME HEATING EQUIPMENT



Have fuel-burning heating equipment and chimneys inspected by a professional every year before cold weather sets in. When using a fireplace, open the flue for adequate ventilation. Never use your oven to heat your home.

FACTS

- ❗ A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.
- ❗ In 2010, U.S. fire departments responded to an estimated 80,100 non-fire CO incidents in which carbon monoxide was found, or an average of nine calls per hour.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards



Granite City 2 reads the book about the Three Little Pigs and then split up into teams to build a straw house, a stick house, and a brick house!



Kindergarten Registration is here! Please refer to the below information regarding your child's transition to Kindergarten.

Yadkin County:

<https://www.yadkin.k12.nc.us/o/yys/page/enrollment-and-registration>

Surry County:

<https://www.surry.k12.nc.us>

Stokes County: <https://www.stokes.k12.nc.us/apps/pages/enroll>

Davie County:

<https://www.godavie.org/departments-testing-accountability/enrollment>

Elkin City:

https://www.elkincityschools.org/apps/pages/index.jsp?uREC_ID=2725887&type=d&pREC_ID=2553028

Mount Airy City:

Pick up packet at BHT, 315 Culbart St. or call (336) 789-9046



NC Works Online is a one-stop online resource for job seekers and employers in North Carolina. Job seekers can search for jobs, create resumes, and find education and training. Visit the website today www.ncworks.gov or stop by one of the office locations listed below.

<p>Surry County NC Works Career Center 541 West Pine Street Suite 300 Mount Airy, NC 27030</p>	<p>Phone: (336) 786-4169 Email: ncworks.6200@nccommerce.com</p> <p>Days/Hours of operation: Monday-Friday 8:30 AM - 5:00 PM</p>
<p>Yadkin County Workforce Center 1001 College Dr. Yadkinville, NC 27055</p>	<p>Phone: (336) 386-3580 Email: ncworks.9000@nccommerce.com</p> <p>Days/Hours of operation: Monday 8:30 AM - 5:00 PM</p>
<p>Davie County Workforce Center DDCC Library 1205 South Salisbury Street Room #115 Mocksville, NC 27028</p>	<p>Phone: (336) 934-3286 Email: ncworks.5800@nccommerce.com</p> <p>Days/Hours of operation: Monday - Friday 8:30 AM - 4:30 PM</p>
<p>Forsyth County-NC Works Career Center 2701 University Parkway Winston Salem, NC 27105</p>	<p>Phone: (336) 464-0520 Email: ncworks.9800@nccommerce.com</p> <p>Days/Hours of operation: Monday - Friday 8:00 AM - 5:00 PM</p>

Paynetown had an egg hunt with parents and siblings for their April Parent Club Meeting!



Drug and Gang Awareness & Prevention

Parents play a vital role in keeping young people out of gangs. There are many things parents can do to help their children stay away from gangs, including monitoring their activities, fostering close relationships with them, and using positive and consistent discipline.

Common Gang Identifiers for Parents

- Interest in gang-influenced music, videos, and movies.
- Use and practice of hand signals to communicate with friends.
- Peculiar drawings or gang symbols on schoolbooks, clothing, notebooks, or graffiti on walls.
- Drastic changes in hair or dress style and/or having a group of friends who have the same hair or dress style.
- Withdrawal from longtime friends and forming bonds with an entirely new group of friends.
- Suspected drug use, such as alcohol, inhalants, and narcotics.
- The presence of firearms, ammunition, or other weapons.
- No accidental physical injuries, such as being beaten or injuries to hands and knuckles from fighting.
- Unexplained cash or goods, such as clothing or jewelry.

What can parents do...?

- Talk to your child about the negative consequences of gang behaviors and ways to avoid them. Let your child know that you disapprove of gangs and do not want to see your child hurt or arrested.
- Get to know your child's friends and the friends' parents. Be aware of their attitudes toward drugs, alcohol, and gangs. When children start to feel pressure to use drugs or join gangs, it usually comes from their friends.
- Plan family time: Make time for your family to play, eat meals together, take trips (even to local parks or activities), keep family traditions, and have family meetings to talk about plans, feelings, and complaints.

For more information please visit the **National Gang Center Website** at www.nationalgangcenter.gov

FAMILY ENGAGEMENT AND SCHOOL READINESS

Research shows that when parents are doing well, their children are happier and more successful in school. To help families achieve success, we team each family with a Family Advocate. Because each family has different strengths and needs, the support your advocate provides will vary to suit your needs. There are countless ways in which Family Advocates can be a resource. Some of them include:

- Connecting you to services and resources you need, such as food, housing, medical assistance, or counseling services
- Providing information and support to help you meet your goals for education, job skills, housing, etc.
- Helping you understand and complete paperwork

Your Family Advocate is working with you to complete a Family Partnership Agreement. This is a plan you develop together that describes the goals set for your child and family, as well as the steps to meet your goals.

Center Arrival/Departure Time

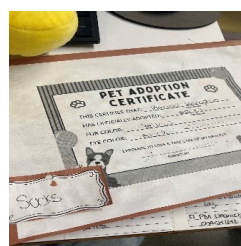
Head Start arrival time is from 8:00 AM – 8:30 A.M. No child will be accepted after 8:30 A.M. for any reason other than a doctor's appointment.

Please bring a doctor's note to ensure proper documentation of absence.

If your child has an appointment, you will need to inform the teacher the day before or by 8:30 the morning of so that lunch can be ordered for your child. If, after the appointment your child cannot arrive by 10:30, you will need to make other arrangements for the day.

Departure time is before 2:30 PM. If you cannot pick up your child by 2:30 PM, you must have someone who can, otherwise authorities will be notified.

Oak Grove has been learning all about pets. They recently held a Pet Adoption Fair. All the children were able to pick a pet, name it and sign the adoption paperwork!



Moving and Learning Through Physical Activity

Physical activity is any bodily movement produced by skeletal muscles that results in energy expenditure.

Why is physical activity important?

- In order for children to develop gross motor skills, they need to engage in multiple forms of physical activity
- North Carolina has the 23rd highest childhood obesity rate in the nation.
- Nearly one out of three (32%) children ages 2-4 who participate in the Supplemental Nutrition Program for Women, Infants and Children (WIC) in North Carolina is overweight or obese.
- 38 % of children under age 10 North Carolina spend at least two hours in front of a screen (watching TV, videos, or DVDs or playing video games, computer games or using the Internet) on a typical day

Reference: Eat Smart Move More NC's Physical Activity, Nutrition and Obesity: Quick Facts. <http://www.eatsmartmovemorenc.com/Data/Texts/Quick%20Facts.pdf>

What types of Physical Activity?

Kid's need both structured (adult-led) and unstructured (free play) physical activity every day

- 1 year-old and 2 year-olds: at least 3 hours (spread throughout the day)
- 3 year-olds: 30 minutes of structured (i.e. adult-led) and 60 minutes of unstructured (i.e. free play)
- 4 and 5 year-olds: 60 minutes of structured (i.e. adult-led) and 60 minutes of unstructured (i.e. free play)

Activities that help kids learn the fundamental motor skills which include:

Locomotor skills or moving their bodies from place to place (i.e. running, hopping, skipping, etc.)

Non-locomotor skills or moving their bodies in place (i.e. twisting, bending, stretching, etc.)

Manipulative - moving or using an object (i.e. throwing, catching, dribbling, etc.)

The benefits of physical activity are:

- Builds strong hearts, muscles and bones
- Develops fundamental motor skills
- Improves thinking skills
- Encourages self-esteem and confidence
- Develops emotional skills
- Decreases risk of cardiovascular disease in adulthood
- Decreases risk of developing type 1 diabetes in childhood and adulthood
- Learn that physical activity can be FUN!
- Increase competency in movement
- Feel good

AND when you play with your child, you move your body, too, so you get your daily physical activity as well, you both benefit!!

Food Shopping on a Budget

Food shopping on a budget takes planning. Follow these steps to get the most for your money.

Step 1: Make a food budget.

Determine how much money you have for food. Include the value of food stamps. You and a helper can work together to make a monthly food budget.

If you shop once a week, divide your monthly food budget by four to find out how much you have for food each week. If you plan to buy nonfood items, such as dish soap, at the grocery store, be sure to budget some money for these items.

Step 2: Plan meals and snacks for your family for a week.

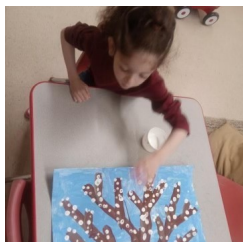
- ✓ Check what foods you have on hand. Plan to use these foods.
- ✓ Check newspaper ads or store flyers for weekly specials.
- ✓ Plan to use leftovers for other meals during the week.
- ✓ Be sure to include foods from all five food groups on the Food Guide Pyramid.
- ✓ Include meatless meals to extend your protein dollars.

Step 3: Make a shopping list of the foods you need to make the meals and snacks on your menu.

You and a friend can work together to determine how much you need of these foods. Check to see if you have coupons for foods on your list.

Step 4: Review your shopping list and budget. Does this look like a shopping list that would fit your food budget? A WIC consultant might have more ideas on ways to cut food costs.

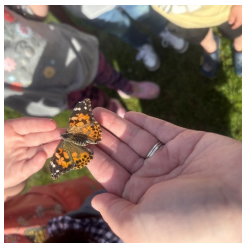
Mount Olive Classroom enjoys TEAMWORK to create a classroom mural!



Sandy Ridge Families enjoy a family activity during April Parent Club Meeting. One of the parents brought a bunny kit for the kids and families to make a bunny!



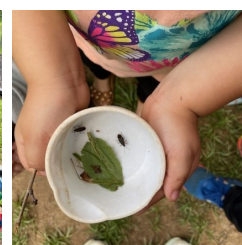
Granite City 3 has been learning about insects and watched caterpillars turn into butterflies!



Boonville Students use recycled soda bottles to make flowerpots for the children's flowers for Mother's Day. What a great activity tying recycling and gardening together!



Paynetown Students continue their fun with insects in the sand-box and on the playground!



Making buildings from milk cartons – who doesn't LOVE finger paint!



Head Start would like to thank all families who completed and returned the Needs Assessment Surveys for this school year! Of the surveys, we had two classrooms who received 100% returned who both received \$100 to purchase education supplies for the classroom... Congratulations to Boonville and Sandy Ridge classrooms!

Also, with the Needs Assessment Surveys returned, every family who returned a survey with their name on it was placed in a random drawing for a new bicycle for the enrolled child... we are excited to share that **Amora Wisdom** at Sandy Ridge was the lucky winner and will receive her new bike soon!

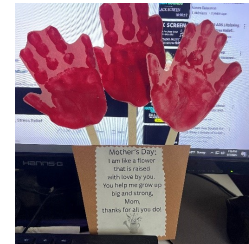
Sandy Ridge families created buildings at home as a family while studying buildings!



Oak Grove made the most adorable handprint flowers for Mother's Day!



Jocelyn at Paynetown creates her own Island!



Head Start Sign-Up Days held during late March and early April, were a success for the FCP Staff with a total of 40 families being assisted with re-enrollment, and/or new applications for the 2025-2026 school year!

We wish everyone a Very Safe and Fun-Filled Summer!

We wish those who will be going off to Kindergarten the best of success as you leave us and we are super proud of all of your accomplishments!

We look forward to seeing our repeater children next school year to continue learning and growing together!



www.NC211.org

Need Help, But Don't Know Where To Turn?
DIAL 2-1-1

Free ▪ Confidential ▪ 24 Hours a Day ▪ Any Language

Your connection to:

- Basic Needs (food, clothing, shelter)
- Child Care Services
- Consumer Help
- Counseling
- Crisis Intervention
- Health Care
- Housing
- Senior Services
- Support Groups
- Volunteer Opportunities



7 TIPS FOR SUN SAFETY

CHECK THE UV INDEX

Try to reduce your time in the sun between 11 a.m. and 3 p.m. – when the sun's rays are strongest – or any time of the day when the UV Index is 3 or more.



USE SUNSCREEN PROPERLY

Apply a broad-spectrum sunscreen with an SPF of 30 or higher. Reapply regularly, especially after sweating heavily or swimming. And don't forget to use a minimum SPF 30 lip balm. Remember, use sunscreen along with shade, clothing and hats, not instead of them.



REMEMBER TO HYDRATE

Drink plenty of cool water before you feel thirsty. If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration (not having enough fluids in your body) is dangerous, and thirst is not a good indicator of dehydration.



SEEK SHADE

If you can see the sky from your shady spot, you still need to cover up with clothing, a hat, sunglasses and sunscreen. UV rays can reach you in the shade by reflecting off the surfaces around you.



WEAR A HAT

The most effective hat: wide-brimmed hat that covers your head, face, ears and neck.



WEAR SUNGLASSES

Look for sunglasses that are close-fitting and have UVA and UVB protection.



COVER UP

Did you know that clothes protect you better than sunscreen? Cover up as much of your skin as you can with clothing.



OTHER HELPFUL TIPS

- The best treatment for a sunburn is **PREVENTION!**
- Avoid using tanning equipment.
- Be cautious of certain medications. Please review risks with your doctor



MARATHON
FAMILY HEALTH TEAM

Children in Yadkinville 1 Classroom learn about how to care for pets, and are Veterinarians for the Day!



Granite City 2 learns about insects and takes a trip outside to document their findings!



Boonville Students enjoy some Easter Fun!



Paynetown Students learn about insects and are able to find and save a caterpillar!



- Boonville children learn about worms and their importance to the garden during the Garden Study!





Do you qualify for food assistance?

If yes, your child qualifies for Head Start!



We Accept
SNAP
Benefits



Today's List

~~10% milk~~
~~butter~~
~~sandwich bread~~

Head Start

YVEDDI Head Start

Do you or someone you know have a child that will be 3 or 4 years old on or before August 31st?

If so, you can complete an application for your child NOW for the 2025-2026 school year.

Scan the QR code below with your camera to contact us!

For more information call: (336) 367-4993 x 246

SERVICES OFFERED

- NO COST Preschool Program
- Qualified Nurturing Teachers
- Fun Educational Activities
- Family Services and goal setting
- Healthy meals and snacks
- Ensure delivery of Health and Dental Services



SCAN ME

NEEDED FROM PARENTS

- Child's Birth Certificate
- Shot Record
- Proof of income for each parent/caregiver
- Insurance/Medicaid Card

Call Today to Enroll!

Save Time – Application available Online!

Visit our website: www.yveddi.com and click Head Start

Davie County Office
(336) 284-2374

Surry County Office
(336) 786-6155
Ext. 506/507/508

Stokes County Offices
Sandy Ridge (336) 871-5022
King (336) 983-2344

Yadkin County Offices
Boonville (336) 469-6371
Yadkinville (336) 367-4993 Ext. 239



*Head Start is following all required state health guidelines regarding COVID-19 to ensure the health of our staff and the families we serve. We may potentially offer remote services, depending on the status of the pandemic.