

# The Scoop

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

SPRING  
2026



## Recruitment

YVEDDI Head Start is still accepting applications for the 2025-2026 school year!

If you know of a family who has a child that turned 3 or 4 years old by August 31<sup>st</sup> please refer them to a Family Advocate.

## Holiday Schedule

*(Administrative Offices)*

*April 3-Good Friday*

*May 25-Memorial Day*

*July 3-Independence Day*

*September 7-Labor Day*

## YVEDDI Head Start Administrative Office

116 Baptist Church Road  
Boonville, NC 27011

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

[www.yveddi.com](http://www.yveddi.com)

## Program Mission

Educating children and  
empowering families.

## Congratulations!

### Former Head Start Child Receives Scholarship

We are excited to announce that a former Head Start student has received a scholarship from the North Carolina Head Start Association. Lizbeth Salgado-Jacobo, a graduating senior at Starmount High School, was presented with the award at the annual NCHSA Annual Conference on March 19, 2026. Lizbeth will attend Appalachian State University and major in Special Education. The scholarship is awarded each year to a Head Start graduate who is making a significant contribution to their community and to encourage their continuing education. We are proud to have had Lizbeth representing YVEDDI Head Start at the award ceremony and will present a certificate and a special cord for her to wear during graduation at a special ceremony on May 7.

Congratulations, Lizbeth!



Lizbeth attended the banquet and was presented with a plaque by Christy Jones, Operations Manager for the NC Head Start Association.



## 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.

## 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.

Mt Olive had a guest speaker from the Stokes CO-OP extension talking about nutrition labels and serving sizes. She had the parents/kids measure out the portion size they normally eat at home of each item she brought, then we talked about the nutrition labels and measured out the correct portion serving size.



London had a visitor. Mr. Jones, the principal, came in and spoke with the class about school safety and Kindergarten.

## 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



## November 2025

### Boonville

Nashla Camacho Garcia  
Luis Ander Gomez  
Mia Johnson  
Nora Johnson  
Lyanna Lyon  
Matthew Martin  
Iker Morales Brito  
Skyler Myer  
Damon Ochoa  
Gerardo Palacios Barrios  
Paiytin Willard

### Granite City 2

LeiLani Carico  
Gianna Gonon Cotoc  
Paisley Linville  
Carson Martin  
Ezekiel Reece

### Granite City 3

Marvin Cardenas  
Aailiyah Escudero  
Alora Garcia-Martinez  
Alaia Handy Espinosa  
Gatlan Motley  
Shanvi Patel  
Roberto Vargas Ramirez

### Granite City 4

Marcelo Jimenez  
Carson Reeves  
Isabel Salgado Hernandez

### Jack Koontz (JK)

Salem Cheston  
Naomi Steele

### Jonesville

Athziri Avila-Rendon  
Piper Ferguson

### London

Raelyn Bolyn

### Mocksville

Khalil Gray  
Naomi Solis Deleon

### Mount Olive

Violet Carter  
Bella Monty  
Amber Pillock

### Paynetown

Dylan Bautista Deras  
Liam Gwynn  
Robdiel Sierra Gonzalez  
Roberto Sierra Gonzalez  
Storm Westervelt

### Sandy Ridge

Cameron Cook  
Jose Juan Hernandez  
Ulfric Martin  
Daniel Rhoten  
Cooper Young

### Yadkinville 1

Miguel Burgos-Trinidad  
Yanitzen Cervantes-Vera  
Liliana Conte  
Paisley Conte  
Mateo Gama  
Ailany Romero Toleno  
Elias Romero Toleno

### Yadkinville 3

Leah Alberto Valle  
Journee Freeman  
Alani Horton  
Harlan Lane  
Tallulah Williams

## December 2025

### Boonville

Liam Cooper  
Lyanna Lyon  
Gerardo Palacios Barrios

### Granite City 2

LeiLani Carico  
Jaime Fajardo  
Reet Patel  
Ezekiel Reece  
Ian Ruiz

### Granite City 3

Aailiyah Escudero  
Alora Garcia-Martinez  
Alaia Handy Espinosa  
Salem Tucker  
Roberto Vargas Ramirez

### Granite City 4

Tallulah Duncan  
Zendaya Eller-Crawford  
Julia Fajardo  
Marcello Jimenez  
Isabel Salgado Hernandez  
Mazey Spence  
Elizabeth Willard

### Jack Koontz

Salem Cheston

### Jonesville

Jeffrey Combs  
Piper Ferguson  
Brittney Guillen  
Alessia Hernandez Perez  
Gustavo Hernandez Perez

### London

Waylon Royall  
Miguel Varela

### Mocksville

Kingsten Joyce  
Naomi Solis Deleon  
Mason Stathem

### Paynetown

Dylan Bautista Deras  
Liam Gwynn  
Gabriela Mojica  
Ezio Ochoa  
Storm Westervelt



# Perfect Attendance



## Sandy Ridge

Jose Juan Hernandez  
Amora Wisdom

## Yadkinville 1

Ana Angel Pelagio  
Miguel Burgos-Trinidad  
Liliana Conte  
Paisley Conte

## Yadkinville 3

Leah Alberto Valle  
Dalaya Benitez  
Devin Benitez  
Olaric Robideau  
Dylan Saenz  
Natalia Sanchez  
Tallulah Williams

## January 2026

### Boonville

Nashla Camacho Garcia  
Luis Ander Gomez  
Lyanna Lyon  
Matthew Martin  
Skyler Myer  
Damon Ochoa

### Granite City 2

Leilani Carico  
Theodore Cook  
Jaime Fajardo  
Paisley Linville

### Granite City 3

Anila Fields  
Alora Garcia-Martinez  
Alaia Handy Espinosa  
Salem Tucker  
Roberto Vargas Ramirez

### Granite City 4

Julia Fajardo  
Isabella Hernandez  
Marcelo Jimenez  
Isabel Salgado Hernandez  
Yalitza Salgado-Hernandez

Jack Koontz  
Dylan Melchor Llanes

### Jonesville

Liliana Acosta  
Jeffrey Combs  
Liliana Cruz-Ruiz  
Lizette Cruz-Ruiz  
Brittney Guillen  
Chloe Sebastian

### London

Chelsea Hulka  
Tucker Martin  
Waylon Royall  
Miguel Varela

### Mocksville

Khalil Gray  
Roman Peebles  
Mason Stathem

### Mount Olive

Bella Monty  
Kai Sanchez

### Paynetown

Gabriela Mojica  
Rickiel Ortiz Gonzalez

### Sandy Ridge

Alexander Spencer  
Amora Wisdom

### Yadkinville 1

Ana Angel Pelagio  
Miguel Burgos-Trinidad  
Yanitzen Cervantes-Vera  
Liliana Conte  
Paisley Conte  
Mateo Gama  
Luna Hernandez Aguilera  
Kason Jones  
Asher Rankin  
Ailany Romero Toleno  
Elias Romero Toleno

## Yadkinville 3

Emiliano Bernal Pelagio  
Stoney Gillispie  
Alani Horton  
Hudson Phillips  
Olaric Robideau  
Dylan Saenz  
Natalia Sanchez  
Tallulah Williams

## February 2026

### Granite City 2

LeiLani Carico  
Jaime Fajardo  
Ashten Fonville  
Gianna Gonon Cotoc  
Carson Martin  
Reet Patel  
Ezekiel Reece  
Camila Rentas  
Ian Ruiz  
Kingston Speaks  
Leah Wilkins

### Granite City 3

Alora Garcia-Martinez  
Hassan Gibbs  
Jensen King  
Salem Tucker  
Roberto Vargas Ramirez

### Granite City 4

Daniel Cirilo-Martinez  
Julia Fajardo  
Leonardo Flores Vargas  
Isabella Hernandez  
Marcelo Jimenez  
Isabel Salgado Hernandez  
Yalitza Salgado-Hernandez

### Jack Koontz

Yameli Castrejon-Mosso  
Salem Cheston  
Naomi Steele

### Jonesville

Liliana Acosta  
Jeffrey Combs



# Perfect Attendance



Lilliana Cruz-Ruiz  
Lizette Cruz-Ruiz  
Brittney Guillen  
Gustavo Hernandez Perez



## London

Raelyn Bolyn  
Kayden Page  
Sage Russell  
Miguel Varela

## Mocksville

Kingsten Joyce  
Allison Quinteros Hernandez  
Mason Stathem



## Paynetown

Liam Gwynn  
Gabriela Mojica  
Ezio Ochoa  
Bjorn Walker

## Sandy Ridge

Raelyn Bolyn  
Jose Juan Hernandez  
Ulfric Martin  
Adalyn Tucker

## Yadkinville 1

Ana Angel Pelagio  
Liliana Conte  
Paisley Conte  
Mateo Gama  
Luna Hernandez Aguilera  
Ailany Romero Toleno  
Elias Romero Toleno

## Yadkinville 3

Leah Alberto Valle  
Emiliano Bernal Pelagio  
Angelina George  
Alani Horton  
Olaric Robideau  
Dylan Saenz  
Natalia Sanchez

Jonesville  
Easter Egg Hunt



## 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.

# REVERSING OPIOID OVERDOSES WITH LIFESAVING NALOXONE

## WHAT IS NALOXONE?

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Naloxone is a life-saving medication that can reverse an overdose from opioids, including heroin, fentanyl, and prescription opioid medications.<sup>1</sup> Often given as a nasal spray, naloxone is safe and easy to use.

## HOW DOES NALOXONE WORK AND HOW DO YOU USE IT?

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Naloxone quickly reverses an overdose by blocking the effects of opioids. It can restore normal breathing within 2 to 3 minutes<sup>2</sup> in a person whose breath has slowed, or even stopped, as a result of opioid overdose. More than one dose of naloxone may be required when stronger opioids like fentanyl are involved.<sup>3</sup>

**Naloxone is easy to use and light to carry. There are two forms of naloxone that anyone can use without medical training or authorization:**



**Nasal spray** - Prefilled devices that spray medication into the nose.



**Injectable** - Medication (solution) given by injection into a muscle or under the skin.

If you give someone naloxone, stay with them until emergency help arrives or for at least four hours to make sure their breathing returns to normal.<sup>3</sup> Good Samaritan laws are in place in most states to protect those who are overdosing and anyone assisting them in an emergency from arrest, charges, or a combination of these. **Learn about the laws in your state.**

# WHY CARRY NALOXONE

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Naloxone saves lives.

50,000

Nearly 50,000 people died from an opioid-involved overdose in 2019.<sup>4</sup> One study found that bystanders were present in more than one in three overdoses involving opioids.<sup>4</sup>

With the right tools, bystanders can act to prevent overdose deaths. Anyone can carry naloxone, give it to someone experiencing an overdose, and potentially save a life. Naloxone won't harm someone<sup>3</sup> if they're overdosing on drugs other than opioids, so it's always best to use it if you think someone is overdosing.

## WHO SHOULD CARRY NALOXONE?

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If you or someone you know is at increased risk for opioid overdose, especially those struggling with opioid use disorder (OUD), you should carry naloxone and keep it at home. People who are taking high-dose opioid medications (greater or equal to 50 morphine milligram equivalents per day) prescribed by a doctor, people who use opioids and benzodiazepines together, and people who use illicit opioids like heroin should all carry naloxone. Because you can't use naloxone on yourself, let others know you have it in case you experience an opioid overdose.

Carrying naloxone is no different than carrying an epinephrine auto-injector (commonly known by the brand name EpiPen) for someone with allergies. It simply provides an extra layer of protection for those at a higher risk for overdose.



**80% of overdose deaths occurred inside a home.\***



**In nearly 40% of overdose deaths, someone else was present.<sup>5</sup>**

Having naloxone available allows those bystanders to help a fatal overdose and save lives.

# NALOXONE IS AVAILABLE IN YOUR STATE

Naloxone is available in all 50 states. If you have been prescribed high-dose opioids, talk to your doctor about co-prescribing naloxone. However, in most states, you can get naloxone at your local pharmacy without a prescription.<sup>1</sup> You can also get naloxone from community-based naloxone programs and most syringe services programs.

**People who have overdosed before are more likely to overdose again.**

## SIGNS OF OPIOID OVERDOSE

Recognizing the signs of opioid overdose can save a life. Here are some things to look for:

- Small, constricted “pinpoint pupils”
- Falling asleep or losing consciousness
- Slow, weak, or no breathing
- Choking or gurgling sounds
- Limp body
- Cold and/or clammy skin
- Discolored skin (especially in lips and nails)

## WHAT TO DO IF YOU THINK SOMEONE IS OVERDOSING

It may be hard to tell whether a person is high or experiencing an overdose. If you aren't sure, it's best to treat the situation like an overdose—you could save a life.

1

Call 911 immediately.\*\*

2

Administer naloxone, if available.

3

Try to keep the person awake and breathing.

4

Lay the person on their side to prevent choking.

5

Stay with them until emergency workers arrive.

1. Life-Saving Naloxone from Pharmacies. (2019). Centers for Disease Control and Prevention. <https://www.cdc.gov/vitalsigns/naloxone/index.html>

2. Harm Reduction TO – Naloxone: Overdose Reversal <https://harmreductionto.ca/naloxone>

3. Opioid Overdose Prevention Toolkit. (2018). Substance Abuse and Mental Health Services. <https://store.samhsa.gov/sites/default/files/d7/priv/sma18-4742.pdf>

4. National Institutes on Health: National Institute on Drug Abuse: Overdose Death Rates <https://www.drugabuse.gov/drug-topics/trends-statistics/overdose-death-rates>

5. O'Donnell J, Gladden RM, Mattson CL, Hunter CT, Davis NL. Vital Signs: Characteristics of Drug Overdose Deaths Involving Opioids and Stimulants – 24 States and the District of Columbia, January–June 2019. *MMWR Morb Mortal Wkly Rep* 2020;69:1189–1197. DOI: <http://dx.doi.org/10.15585/mmwr.mm6935a1>

\*Based on CDC Vital Signs report.

\*\*Most states have laws that protect a person who is overdosing or the person who called for help from legal trouble.





**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](http://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: <a href="mailto:ncworks.6200@nccommerce.com">ncworks.6200@nccommerce.com</a></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: <a href="mailto:ncworks.9000@nccommerce.com">ncworks.9000@nccommerce.com</a></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: <a href="mailto:ncworks.5800@nccommerce.com">ncworks.5800@nccommerce.com</a></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: <a href="mailto:ncworks.9800@nccommerce.com">ncworks.9800@nccommerce.com</a></p> <p>Days/Hours of operation: Monday - Friday 8:00 AM - 5:00 PM</p>

Yadkinville study this month is Exercise, so to keep our bodies busy we played a little soccer this morning.



Spirit Week Mocksville  
Crazy Sock Day.  
The girls look like they are having so much fun!

Good old-fashioned egg hunt at Mt Olive-organized by the parents



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/yycs/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](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



## 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](http://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.

London is on a roll today! The children have been sifting soil and drawing in the dirt. Ms. Adams also shared pictures of the seeds they planted last week, and they have already started to bloom.



### 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.

# 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.

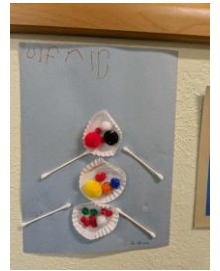
### Step 3: Make a shopping list of the foods you need to make the meals and snacks on your menu.

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.

London had parents come in to do a fun activity with the children for St. Patrick's Day. One parent read a story to the class and gave each child a golden coin.

Look at Sandy Ridge doing their thing with the Reuse & Recycle Study! The children have really been engaged in this study. As I have subbed in the classroom during this study, I have loved seeing how the parents bring in materials daily for the children to use in the classroom.



WOW, it looks like the children in Boonville had a great time learning about recycling! What a fun group project—it's clear they really enjoyed building the robot. There's so much meaningful learning happening!



The staff at Paynetown celebrated the music study with some special guests. Beth invited members of the North Surry Band to come to the center and share their musical instruments and talents with the children. The children loved the visit, and it was a wonderful way to complete the study while using community resources.



Granite City 2 has been working hard on letter recognition and recently went on a fun letter hunt around the classroom!



London students participate in the school tornado drill!



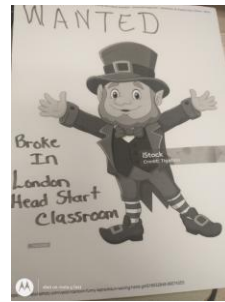
Granite City 3 is soaking up the sunshine! Lots of smiles and giggles.



Granite City 3 is currently studying insects. Emma reached out to a local beekeeper who came to share with the students. It looks like they really enjoyed the visit and learned a lot!



Someone paid a visit to the London classroom—just look at the mess they made! The children walked in to quite the surprise and couldn't believe it. They even called the resource officer to come check it out! Oh, what fun they had!



Boonville Center just completed the exercise study, and it looks like fun was had by all!



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London

We had a special visitor. Ms. Shannon, the Cafeteria Manager, came in and talked with the class about how food is grown through gardening and raised on farms. She also discussed how food is transported to the school and the new food pyramid, and the importance of choosing healthy foods.



Sandy Ridge Parent Meeting.

Ms. Elizabeth Martin did an amazing job — she is so creative and really has a gift for art!



London

A wonderful lesson with the students involving the celery experiment. It was great to see how you engaged them by asking if they liked celery and then guiding them through a hands-on activity to demonstrate how plants absorb water.

The students appeared to really enjoy the experiment while learning an important scientific concept in a fun and interactive way.



Boonville Head Start had an amazing parent participation at their Easter Egg Hunt.



Fun Friday at Yadkinville 1!

It looks like the children had a wonderful time—just look at all those eggs! Way to go,



London

More pictures of parents participating in classroom activities—way to go!



London

Parent Volunteers and 12 Days of Christmas Crafts



The London children are planting flower seeds as part of their gardening study.



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