



Love, Peace, and Soul is In the Air

This Month

Love, learning and growing is in the air!! It is the month of showing your fellow peers some kindness. Our head starters will be learning all about Sharing, caring, and loving one another for just who they are. Through activities and play. All children are unique, and every person has a rich history that sculpts who they are. We love engaging their tiny minds in knowledge and making it fun! A developing brain is a healthy brain! And that is what this newsletter is all about. As always, we would like to thank all our families for your continued support. We are looking forward to another happy and healthy month here at SHORE UP! Inc. We will continue to be extra diligent in preventing the spread of germs and illnesses. Our main priority is the health and safety of all students, staff, and families. We ask that you continue to monitor children for symptoms of illness prior to drop off each day. If your child is sick or is experiencing symptoms of illness, they must stay home and be completely symptom free for a full 48 hours before they can return. If we need to update this sick policy at any time, we will notify families. **COLD & INCLEMENT WEATHER POLICY:** Winter is here!! Children should come to school prepared for outside play. We do go outside every day, weather permitting, even if it is only for a few minutes. Please keep in mind our policies regarding cold/inclement weather and sick policies please monitor your children backpack and take-home bags, the front office email, or a phone call to check to see if you have received an updated status regarding inclement weather or if your child needs to be picked up from school due to an illness. **NOTE:** If we close early due to inclement weather, please plan accordingly. Have a plan B in place and make alternate arrangements to have your child/ren picked up within one hour of closure. Please discuss your plan with your child and all contacts on your Emergency Contact form.

Information & Important Dates

- ❖ Friday, February 17th- Professional Development
- ❖ Monday, February 20th -Centers closed for Presidents Day

A Quick Message from our Health Supervisor

- ❖ *Head Start and Early Head Start would like to advise all parents of the importance of children's well check appointments.*
 - *As it aids in making sure their vaccines are up to date*
 - *Cuts down on illnesses*
 - *Allows for quicker entry into childcare/public school*
- ❖ *Once you have received the documents (Health Inventory), please submit them to your Family Service Worker/ Site Coordinator or email directly to us with your child First, last name and center*
healthservices@shoreup.org



Stay Safe and Healthy This Winter



Happy February! We hope you all are doing well and are staying as healthy and safe as you possibly can. Happy Black History Month! What is it and why is it important? Below are a few resources and facts to share and help our community strengthen our understanding of Black History Month and ways we might celebrate it this year.

Did you Know?

- Black History Month's first iteration was actually, Negro History Week, created in February 1926 by Carter G. Woodson, known as the "father of Black history." This historian helped establish the field of African American studies and his organization, the Association for the Study of Negro Life and History, aimed to encourage "people of all ethnic and social backgrounds to discuss the Black experience."
- This week-long event officially became Black History Month in 1976 when U.S. president Gerald Ford extended the
- recognition to "honor the too-often neglected accomplishments of Black Americans in every area of endeavor



Important Dates for Parents And Kids

- **Black History Month**- all of February is the month to celebrate all African/African American cultural history.
- **February 2** is **Groundhog Day**—the day we find out whether winter will last six more weeks or call it quits early.
- **February 12** is **Abraham Lincoln's Birthday**. The 16th president of the United States was born in a one-room, 16x18-foot, log cabin with a dirt floor.
- **February 14** is always **Valentine's Day**. Heads up, lovebirds! Today, the holiday is celebrated with love, flowers, and chocolate,
- **February 15** is also **National Flag of Canada Day!**
- **February 20** brings **Presidents' Day**, a federal holiday also known as Washington's Birthday
- **February 21** is **Mardi Gras**, (aka "Fat Tuesday" or Shrove Tuesday), which is the final feasting day before the Christian tradition of Lent begins on the following day.
- **February 22** is **Ash Wednesday**, which marks the start of Lent.
- **February 27** is **Clean Monday**. Also called Pure Monday, this day marks the beginning of Great Lent for followers of the Eastern Orthodox Christian Church. This day is like Ash Wednesday of the Western Church.



throughout our history." Black History Month has been celebrated in the United States every February since.

- Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

Ranging from picture books to young adult books, these nonfiction reads center on African American people who embodied excellence in their respective fields and inspired those around them. Dive into their stories to celebrate their extraordinary accomplishments, lives, and legacies with your young readers during Black History Month and throughout the year





Mental Health Awareness

Even though a count of its days says differently, February feels like the longest month of the year every year. And if I don't do anything about it, I'm expecting the same this year.

I've already endured months of sub-freezing temperatures, snow, and a general greyness that won't go away. Everyone is sneezing and coughing, and I've been wearing the same winter coat as my uniform for months. The holidays are over, spring is supposed to be coming, but it's still dark outside when I leave the office at 5 p.m. These things combined leave me lacking motivation and drive. If I let them sink in, I'm left feeling disconnected and despondent. But just as I've learned to not let the "Sunday Scaries" ruin the weekend, I've decided not to let the "February Funk" get me down this year. Here are five ways experts say you can fight it.

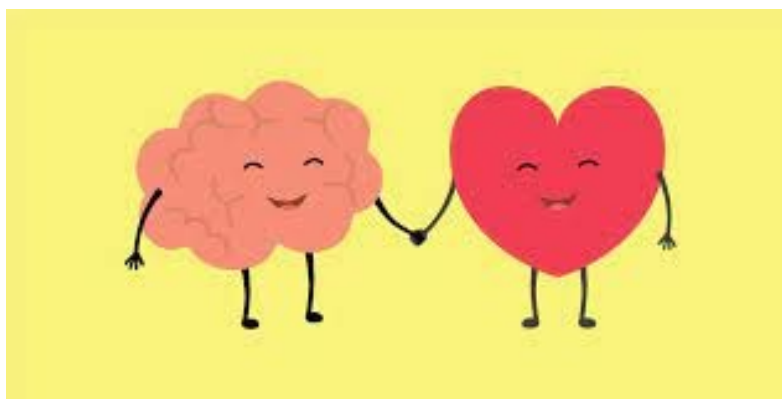
1. **Exercise regularly**- We know exercise helps prevent and improve a number of health problems — high blood pressure, diabetes and arthritis, for example. But research on the link between depression, anxiety, and exercise shows that the psychological and physical benefits of exercise can also help improve mood and reduce anxiety. The key is making it a habit. Once exercise becomes a part of your life, you notice that you have a lot more energy than you used to and are by far less easily fatigued.

2. **Try new things Day-to-day**, - routines are good. They give us a sense of discipline, which allows us to commit to lengthy projects and finish them by deadline. They also give us a sense of calm and order. But routines can also make us feel stuck. That's why breaking up your schedule with something new can have a great impact on your happiness. When you try new things, you put your brain into new situations that force it to think in unique ways. This stimulates creativity, which eventually rubs off in other areas of your life.

3. **Set small goals**- Setting goals when you're down can feel nearly impossible — a far cry from feeling ambitious. But setting small, attainable goals is critical to making sure you don't lose motivation. And make sure those goals have a timeline. Making a list of things you want to achieve is great, but if you don't put a timeframe around them then they'll be put off until tomorrow and will never get started. Think about using the SMART Goals framework to break up tasks into manageable parts.

4. **Express gratitude**- Researcher Robert Emmons has conducted a number of studies on the link between gratitude and wellbeing. His research has found that gratitude reduces toxic emotions such as envy, frustration and regret, and increases positive emotions such as happiness and contentment.

5. **Listen to music**- You likely have a few tunes that you know lighten your spirits. Now's the time to crank them up. On their music and mental health page, the American Music Therapy Association lists over a dozen studies supporting the benefits of music therapy for persons with depression and anxiety. There's a science behind formal music therapy, but putting your headphones in and pressing play on your favorite Spotify playlist can help, too. The mix of melody, harmony, and rhythm stimulate the senses and promote calmness by slowing down breath, heart, rate and other bodily functions.



Nutrition Corner



- 2 slices reduced-fat provolone cheese.
- 2 slices reduced-fat cheddar cheese.
- 1 large apple peeled and chopped.
- 1 tablespoon butter
- 2 tablespoons peach preserves
- 1/4 teaspoon ground cinnamon
- 20 reduced-fat Triscuits

1. Cut cheese slices with assorted 1-in. cookie cutters; set aside.
2. In a small skillet, sauté apple in butter. Add preserves and cinnamon, heat through. Serve with cheese and Triscuits.

1 cracker with cheese and topping: 42 calories, 2g fat (1g saturated fat), 4mg cholesterol, 54mg sodium, 6g carbohydrate (2g sugars, 1g fiber), 2g protein. Diabetic exchanges: 1/2 starch.

Children's Dental Health Month



National Children's Dental Health Month is celebrated every February.

Brought to the public by the ADA, the month-long national health observance brings together thousands of dedicated professionals, health care providers and educators to promote the benefits of good oral health to children, their caregivers, teachers, and many others.

Free posters — with English on the front, Spanish on the back — about National Children's Dental Health Month are available to order on the National Children's Dental Health Month website, ADA.org/ncdhm.

Flyers can also be downloaded and printed.

In addition, for the first time, postcards can be purchased and are available in English and Spanish.

Additional materials, including a coloring page, word search, crossword puzzle, and toothbrushing calendar are available for download on the website.



Illness Prevention

There are steps you can take to help prevent the spread of Viruses and illness. Specifically, if you have cold-like symptoms you should.

Though people often—and incorrectly—use the word “flu” as a synonym for a bad cold, **the flu** is a serious virus. Influenza can make people quite ill and can lead to dangerous complications, so it’s important for parents to take smart steps to help prevent their kids from catching it.

Thankfully, there’s plenty you can do to help keep your child from being one of many who get the flu each year, starting with these six tips:

1. Everyone 6 months and older should get a flu vaccine every year.

Your child, and everyone who cares for him, **should get a flu shot**. A flu shot helps everyone build up immunity to flu viruses, protecting them from becoming sick.

2. It’s never too late to get a flu shot.

Getting a flu shot at any point during the flu season will decrease everyone’s chance of getting sick from the flu.

3. Make hand hygiene a priority.

Keeping everyone’s hands clean with soap and water or an alcohol-based hand sanitizer is one of the simplest and most effective ways to stop the spread of germs.

4. Beef up your child’s immune system.

A strong immune system is a great defense against any type of illness, including the flu. To give your child’s immunity a boost, make sure he gets enough sleep at night (usually between eight and 10 hours), eats a well-rounded diet full of fruits and vegetables, and gets an hour of physical activity each day.