



New Beginnings for Head/ Early Head Start Healthy Resolutions!

Whew New Year is finally here!! My goodness time does fly by when you're having fun. And our early/head starters have indeed had some wonderful fun. In our January newsletter below, you will find that the month of January at SHORE UP! Inc. Head Start is packed with fun activities and important lessons. We would like to thank all our families for your continued support. We are looking forward to a very happy and healthy 2023!! Thank you to everyone for the generous gifts, cards and wishes during the holiday season! 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's 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 all contacts on your Emergency Contact form.

Information & Important Dates

- ❖ **Monday, Jan. 2nd - Centers closed New Years**
- ❖ **Monday, Jan. 16th - Centers closed for Martin Luther King Day**
- ❖ **Monday, Jan. 30th - Half day (Staff PD)**

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

We Are Preparing to Walk in a Winter Wonderland



Stay Safe and Healthy This Winter

Although winter comes as no surprise, many of us may not be ready for its arrival. If you are prepared for the hazards of winter, you are more likely to stay safe and healthy when temperatures start to fall.

Prepare Your Home- Staying inside is no guarantee of safety. to keep your home safe and warm during the winter months.

- Winterize your home.
 - Install weather stripping, insulation, and storm windows.
 - Insulate water lines that run along exterior walls.
 - Clean out gutters and repair roof leaks.
- Check your heating systems.
 - Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
 - Inspect and clean fireplaces and chimneys.
 - Have a safe alternate heating source and alternate fuels available.
- If you do not have a working smoke detector, install one. Test batteries monthly and replace them twice a year. You could even call your local fire department to ask them to inspect them.
- Prevent carbon monoxide (CO) poisoning emergencies.
 - Install a CO detector low to the ground to alert you of the presence of the deadly, odorless, colorless gas.



Important Dates for Parents And Kids

- **January 1st** - [Commitment Day](#). While originally for making a commitment to those closest to your heart, use this day to make commitments to your clients, customers, and community.
- **January 8th** - [National Joy Germ Day](#). The one thing you want to catch and spread around.
- **January 9th** - [National Clean Your Desk Day](#) and [National Word Nerd Day](#).
- **January 12th** - [Feast of Fabulous Wild Men Day](#). No one really knows what this is, but it sounds fun, right?
- **January 13th** - [Korean American Day](#).
- **January 15th-21st** - [Hunt for Happiness Week](#).
- **January 18th** - [Museum Selfie Day](#) and [National Thesaurus Day](#).
- **January 20th** - [Take a Walk Outdoors Day](#).
- **January 22nd** - [Celebration of Life Day](#) and [Chinese New Year](#).
- **January 25th** - [Library Shelfie Day](#) and [Opposite Day](#). Maybe the library shelves should take a picture with you.
- **January 30th-Feb. 6th** - [National Storytelling Week](#).
- **January 31st** - [National Hot Chocolate Day](#).



- Check or change the battery when you change your clocks in the fall and spring.
- Learn the symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

Prepare Your Vehicle- Get your vehicle ready for cold weather use before winter arrives.

- Service the radiator and maintain antifreeze level.
- Check your tires' tread or, if necessary, replace tires with all-weather or snow tires.
- Keep the gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include:
 - Cell phone, portable charger, and extra batteries.
 - Items to stay warm, such as extra hats, coats, mittens, blankets, or sleeping bags.
 - Food and water.
 - Booster cables, flares, tire pump, and a bag of sand or cat litter (for traction).
 - Compass and maps.
 - Flashlight, battery-powered radio, and extra batteries.
 - First-aid kit; and
 - Plastic bags (for sanitation).

Prepare for Emergencies- Be prepared for weather-related emergencies, including power outages.

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit including:
 - Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps.
 - Extra batteries.
 - First-aid kit and extra medicine.
 - Baby items; and
 - Cat litter or sand for icy walkways.
- Protect your family from carbon monoxide (CO).
 - Keep grills, camp stoves, and generators out of the house, basement, and garage.
 - Locate generators at least 20 feet from the house.
 - Leave your home immediately if the CO detector sounds and call 911.

Take Precautions Outdoors- Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors.
 - Work slowly when doing outside chores.

- Take a friend and an emergency kit when you are participating in outdoor recreation.
- Carry a cell phone.





January's Mental Wellness Month highlights the importance of integrating both emotional and physical health.

"Mental wellness involves being able to cope effectively with the difficulties of life, having an awareness of your own abilities and opportunities, and having healthy relationships with yourself and others," said Sheri Dawson, director of the Division of Behavioral Health at DHHS. "The key to mental wellness is being proactive and taking care of our mental well-being before issues arise. By focusing on improving mental wellness and building resiliency, you can overcome the hurdles of life and thrive. It is always a good time to work on mental wellness. Identify one small step you can take to improve and stick with it. People with healthy emotional wellness are confident, have control over their feelings and behavior, and have good coping mechanisms for dealing with difficult situations."

Mental health is affected by many things, such as work, school, relationships, financial problems, and excessive stress. Physical factors like illness can make you susceptible to mental wellness issues. You may be new to working on mental wellness. There are eight areas to consider that impact your overall wellness. Select one area and take a step toward improvement every day.



- **Follow the after-work checklist:** Review (acknowledge a challenge you faced, take a deep breath, and let it go); Reflect (however small, consider and appreciate positives in your day); Regroup (offer support to your colleagues and ask for help when you need it) and re-energize (turn your attention to home and focus on relaxing and resting.)
- **Create a mental health wellness plan:** Create a guide of coping skills, people to talk to in stressful situations, and enjoyable activities to ensure that you maintain the balance between your thoughts, emotions, and behaviors.
- **Practice self-acceptance:** Use the new year as an opportunity to practice self-acceptance and self-esteem.
- **Put yourself first:** Self-care isn't selfish. It's important to take time every day for yourself and your mental health. Engage in something that is meaningful and brings you joy. Do what helps you relax and recharge and seek out experiences that have a calming effect.
- **Learn a new skill:** Creative hobbies can provide a sense of pride and achievement.
- **Exercise:** Exercising for at least 30 minutes every day can help alleviate symptoms of depression and anxiety. Go for a walk, ride a bike, take a fitness class, or play a sport with friends and family.
- **Be grateful:** Practicing gratitude every day can invoke feelings of thankfulness and optimism that make managing challenges easier. Don't beat yourself up when you make a mistake - everyone makes them.
- **Eat well:** A balanced diet contributes to both physical and mental health.
- **Get enough sleep:** Most health authorities recommend that adults get between 7 and 9 hours of sleep each day. Avoid caffeine after lunchtime.
- **Slow down:** Notice with intention the things you are doing. Draw your awareness to the moment especially those that are positive.
- **Ask for help when you need it:** It's a sign of strength to reach out to resources and supports when your mental wellness is suffering.

Nutrition Corner



Ingredients

- Tortillas
- White Sugar
- Cinnamon
- Melted Butter

Instructions

1. Preheat oven to 350
2. Place your tortilla in the microwave for about 10 seconds to soften
3. Fold a tortilla in half, then in half again, and cut it as if you were making a paper snowflake.
4. Place each tortilla on a baking sheet, and brush with your melted butter.
5. Now sprinkle your snowflake generously with cinnamon and sugar
6. Bake your snowflake for 5-10 minutes depending on desired crispiness
7. Let them cool for a few minutes then enjoy!!!



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](#) actually 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.

5. Avoid other sick people as much as possible.

Kids spread germs easily in places like day cares, classrooms and playgrounds. If your child does get sick, **keep him home** until he's fever-free for at least 24 hours. Also, babies and the elderly are especially susceptible to the flu virus, so avoid any close contact with those populations too if your child gets sick.

6. Follow respiratory etiquette and watch your distance.

Teach your child to cough and sneeze into his elbow instead of his hands and to clean his hands after tossing out used tissues. And continue to socially distance in public, as respiratory etiquette is crucial to preventing flu and COVID-19 transmission.

- Cover your coughs and sneezes with a tissue or your upper shirt sleeve, not your hands
- Wash your hands often with soap and water for at least 20 seconds
- Avoid close contact, such as kissing, shaking hands, and sharing cups and eating utensils, with others
- Clean frequently touched surfaces such as doorknobs and mobile devices

Ideally, people with cold-like symptoms should not interact with children at high risk for severe RSV disease, including premature infants, children younger than 2 years of age with chronic lung or heart conditions, and children with weakened immune systems. If this is not possible, they should carefully follow the prevention steps mentioned above and wash their hands before interacting with such children. They should also refrain from kissing high-risk children while they have cold-like symptoms.

Parents of children at high risk for developing severe RSV disease should help their child, when possible, do the following

- Avoid close contact with sick people
- Wash their hands often with soap and water for at least 20 seconds
- Avoid touching their face with unwashed hands
- Limit the time they spend in child-care centers or other potentially contagious settings, especially during fall, winter, and spring. This may help prevent infection and spread of the virus during the RSV season