



Welcome back to Head Start Healthy start!

It is hard to believe, but the December holidays are upon us. You could say that December is one big holiday. It includes the big ones like Christmas, New Year, Hanukah, and Kwanza. It also includes a plethora of December National holidays and, World Holidays for us to enjoy. Many of them are seasonal holidays like "Festivus for the Festivus" and "Christmas Card Day" and "Hum Bug Day." Make sure to take a little time from your busy holiday shopping and preparation, to thoroughly enjoy all the December holidays on our calendar. It is the last month of a long year! December is always a fun time in our Head start Program! Students are getting excited about celebrating upcoming holidays with their families, there's snow on the ground, and students are getting a little anxious from spending more time indoors due to the cold weather. Thankfully, we keep them busy at our centers!

In our December newsletters below, you will find that December at SHORE UP! Inc. Head Start is packed with fun activities and important lessons. Our older students typically learn about different winter holidays from around the world and the winter season in general. Younger students usually spend December learning about gift giving, playing nicely, and continuing their physical development with lots of arts and crafts!



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Information & Important Dates Health Advisory Meetings:

- **Early Dismissal
Wednesday 21st**
- **Thursday 22nd-January
1st (Winter Break)**

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.
- Prevent carbon monoxide (CO) poisoning emergencies.



Important Dates for Parents And Kids

- **December 1st** - Worlds AIDS Awareness Day
- **December 2nd**-Worlds Fritters Day
- **December 4th** - Santa's List Day
- hope you are on the "Nice" list
- **December 6th**- St. Nichols Day
- **December 8th** - National Brownie Day
- **December 9th** - Christmas Card Day
- **December 9th** - Pastry Day
- **December 10th**- Human Rights Day
- **December 10th** - Nobel Prize Day
- **December 12th**- Gingerbread House Day
- **December 13th**- Ice Cream Day
- **December 13th**- National Cocoa Day
- **December 20th**- Caroling day



- Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. 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.





Ensure a happy, safe holiday season with these 10 toy safety tips:

1. Read the label. Warning labels give important information about how to use a toy and what ages the toy is safe for. Be sure to show your child how to use the toy the right way.
2. Think LARGE. Make sure all toys and parts are larger than your child's mouth to prevent choking.
3. Avoid toys that shoot objects into the air. They can cause serious eye injuries or choking.
4. For younger children, avoid play sets with small magnets and make sure batteries are secured within the toy. If magnets or batteries are ingested, serious injuries and/or death can occur.
5. Look for stuffed toys that are well made. Make sure all the parts are on tight and seams and edges are secure. It should also be machine washable. Take off any loose ribbons or strings to avoid strangulation. Avoid toys that have small bean-like pellets or stuffing that can cause choking or suffocation if swallowed.
6. Inspect toys for sturdiness. Your child's toys should be durable, with no sharp edges or points. The toys should also withstand impact. Dispose of plastic wrapping material immediately on toys as they may have sharp edges.
7. Inspect all toys before purchasing. Monitor toys that your child has received as gifts to make sure they are appropriate for your child's age and developmental level.
8. Avoid toys with toxic materials that could cause poisoning. Make sure the label says "nontoxic."
9. Avoid hobby kits and chemistry sets for any child younger than 12 years. They can cause fires or explosions and may contain dangerous chemicals. Make sure your older child knows how to safely handle these kinds of toys.
10. Be careful when buying crib toys. Strings or wires that hang in a crib should be kept short to avoid strangulation. Crib toys should be removed as soon as your child can push up on his hands and knees.



It's the MOST difficult time of the year!!

1. Accept Your Feelings

The holidays can bring up a range of emotions for people. Sometimes you can even experience contradictory emotions all at once. Try your best to acknowledge and accept your emotions rather than place judgment on them. It is OK to feel happy; it is OK to feel sad; it is even OK to feel both happy and sad. Give yourself compassion and allow yourself to sit with whatever you are feeling.

2. Maintain Healthy Habits

For many people, the holidays lead to a massive disruption in your day-to-day routine. But maintaining healthy habits like going to therapy, getting enough sleep and exercising are critical to keeping your mental health on track.

3. Set Boundaries

People like to be generous during the holidays, but that generosity does not have to come at the expense of having healthy boundaries. If hosting an event or buying an expensive gift is too stressful, it is OK to say no. It is also OK to limit the time you spend with family that you may have a complicated dynamic with.

4. Make Time to Connect

Connection and meaning are critical to our mental health. Make time for your important relationships and connect with yourself through self-care. You can even connect with loved ones who are no longer with you through a family tradition or a personal remembrance ritual. For me, every Christmas I try to find a quiet space where I can listen to the song that was playing when my mom died; and even though she is not physically present with me, I spend time talking to her.

I will always miss my mom during Christmas. But at the same time, I will always be thankful for the many Christmases I did get to spend with her, and I am so happy that she is no longer in pain. This year, I am reminding myself that it is OK to still be grieving; at the same time, I do not have to feel guilty about enjoying the holidays without her.

This holiday season — whether you find it to be the most wonderful or most challenging time of the year — I hope you'll join me in taking care of your mental health by accepting whatever emotions come up, maintaining healthy habits, setting boundaries on stressors, and making time for meaningful connection.



POCKET CHECKLIST

Seasonal Depression

**GOT THE WINTERTIME BLUES?
YOU ARE NOT ALONE.**

Clinically referred to as seasonal affective disorder, SAD affects an estimated 10 million Americans each year. SAD occurs most commonly during late fall and winter, when exposure to sunlight is limited.

SAD Symptoms Checklist:

- Lack of interest in normal activities
- Social withdrawal
- High-carb cravings
- Weight gain
- Fatigue

Fight Back

- 1 Get outside** when natural light is brightest.
- 2 Eat well** (fruits, vegetables, whole grains).
- 3 Exercise.**
- 4 Talk to your doctor** about light therapy, which may boost your body's level of serotonin (the "feel good" neurotransmitter) while decreasing production of melatonin, the hormone related to our sleep cycle.

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UNIVERSITY OF UTAH
HEALTH CARE

News about COVID-19

As more people get vaccinated and resume activities they did before the pandemic, parents and caregivers are making tough decisions about how to protect their families. Not everyone can get vaccinated, so you may be confused about how to keep your family safe, especially if your family has unvaccinated members.



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- Everyone 6 months and older should get a vaccine to help protect against COVID-19.

What Employees Should Know

All employees should stay home if they are sick until at least 24 hours after their fever* (temperature of 100 degrees Fahrenheit or 37.8 degrees Celsius or higher) is gone. Temperature should be measured without the use of fever-reducing medicines (medicines that contains ibuprofen or acetaminophen).

If you become sick at work

CDC recommends that workers who have flu symptoms upon arrival to work or become ill during the day should promptly separate themselves from other workers and go home until at least 24 hours after their fever is gone without the use of fever-reducing medications, or after symptoms have improved (at least 4-5 days after flu symptoms started)

Nutrition Corner



Ingredients

- 2 wholewheat tortilla wraps
- 2 Tbsp cream cheese
- 4 roast turkey slices
- 2 tsp cranberry sauce
- 12 small baby plum or cherry tomatoes
- 24 plain pretzels

Instructions

1. Warm the tortilla wraps according to packet instructions.
2. Spread cream cheese over each tortilla, going right to the edges (this will help hold the tortilla together once rolled).
3. Place 2 roast turkey slices in the middle of each tortilla.
4. Spread cranberry sauce over the turkey slices.
5. Roll up each wrap into a sausage shape, tucking the ends in as you do so.
6. Using a sharp knife, slice each roll into 6 evenly sized pieces.
7. Break the pretzels in half to create antler shapes.
8. With the tip of the knife, cut 2 slits in the sides of each piece to hold the pretzel 'antlers'
9. Push two pretzel pieces into each piece.
10. Carefully push a tomato into the center of each roll-up for the red nose.
11. Place your reindeer roll-ups on a plate or platter and serve immediately.



RSV Prevention

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

- 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