

PARENT/CHILD INCORPORATED

"A Family Oriented Corporation"

EARLY HEAD START



PARENT GAZETTE



December 2010



A Christmas Message from Dr. Small

Greetings PCI Families!

I'd like to take this time to wish you and yours a wonderful holiday season! Christmas is a time of wonder and joy, of generosity and of peace that brings family and friends together in celebration and song. We sing old hymns and familiar carols, we show love for others in the giving of gifts, and we observe the traditions that make the season special.

The true spirit of Christmas reflects a dedication to helping those in need, to giving hope to those in despair, and to spreading peace and understanding throughout the Earth. As we share love and enjoy the traditions of this holiday may we give thanks for the blessings granted to our Nation and in each of our lives. May the joy of the holidays renew our commitment to working and living together for a future of peace, opportunity, and hope for our children, our families and our community.

Wishing you a Merry Christmas and a Happy New Year!

It's a New day, a New age, a New beginning at PCI!

The refunding (fiscal) year for 2010 -2011 ends January 31, 2011. As an Early Head Start grantee and the sponsor of CACFP and Day Care Homes, we must think and plan smart. All finances must be utilized wisely and sound decisions must be made. As such, the **Board of Directors and Policy Council** has approved two cost-effective changes beginning **February 1, 2011. Our hours of operation will be 8:00 a.m. to 4:00 p.m. daily and we have restructured transportation services.** All parents and guardians have been informed of the time change and those parents affected by transportation services have been notified. PCI is on the right track in keeping our agency viable for years to come!



**December 20-31 Winter Break
Holidays**

**All EHS Offices and Centers Closed
Services Resume January 3, 2011**

HAPPY NEW YEAR



JANUARY 2011 EVENTS

- 1 - Happy New Year's Day! (Saturday)
- 3 - EHS Offices and centers reopen
- 6 - Scholastic Caravan for Parent Center Committee Literacy Night - W. Hutchins
- 10 - Scholastic Caravan for Parent Center Committee Literacy Night - A. Fritz
- 11 - EHS Policy Council Meeting
- 17 - Dr. Martin Luther King, Jr. Day Holiday
- 18 Scholastic Caravan for Parent Center Committee Literacy Night - Circle North
- 19 - Scholastic Caravan for Parent Center Committee Literacy Night - Gardendale
- 21 - Parent/Guardian Breakfast
- 26 - Scholastic Caravan for Parent Center Committee Literacy Night - Losoya
- 31- Children Perfect Attendance Recognition Day

Tips for Cold and Flu Prevention

The flu season is upon us and we'd like everyone to enjoy a *flu-free* holiday break! Here are some things you can do to stay healthy:



- **Get vaccinated.**
- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
- **Take everyday actions to stay healthy.**
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
 - Avoid touching your eyes, nose and mouth. Germs spread that way.
 - Try to avoid close contact with sick people.
 - If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.
 - While sick, limit contact with others as much as possible to keep from infecting them.
- **Follow public health advice** avoiding crowds and other social distancing measures.
- **Stay informed and Stay Healthy!**



Manners

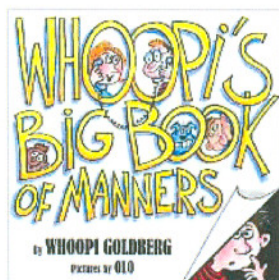
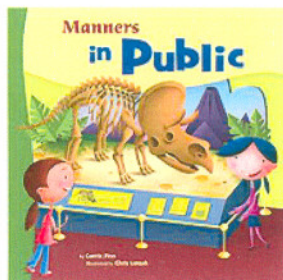
Ages 1-2: Saying the Magic Words

With all the parties and gift-giving, good manners are especially important this time of year. Try using these tips to help your toddler behave this holiday season.

- Use stuffed animals, dolls, or puppets to play dinner-time or tea-time and practice saying **"May I," "Please," "Thank-you "and" You're welcome."**
- Encourage them to say **"Excuse Me"** for burping (and bumping into others), and "I'm sorry" for being naughty. Do not make a big deal of burps and messes at the table when he's still little. It will take time to pick up good table manners.
- They can help bring napkins and child-friendly dinnerware to and from the table, too.

Teaching children good manners in their early years pays great dividends in the future!

Please and Thank You: Books About Manners



Manners in Public by Carrie Finn is a great to the point book about things you should and shouldn't do in public. It covers using polite words, being kind, waiting your turn and more. The illustrations by Chris Lensch are funny.

Whoopi's Big Book of Manners by Whoopi Goldberg is hilarious. It depicts the humor of the author.

Emily's Magic Words by Cindy Post Senning and Peggy Post is a perfect introduction to good manners for young children. Only the basics are covered but are done well for the toddler and preschool child. There is a fantastic note to parents at the end.



Holiday Wishes from Early Head Start Coordinator- Mary Doxie

Greetings,

I would like to take this time to wish you and your family a wonderful Holiday season and to share this poem with you.

Christmas Time

Christmas is a time for love and fun,
A time to reshape souls and roots and skies,
A time to give your heart to everyone

Freely, like a rich and lavish sun,
Like a burning star to those whose lonely sighs
Show need of such a time for love and fun.

For children first, whose pain is never done,
whose bright white fire of anguish never dies,
It's time to give your heart to every one,

That not one angel fall, to hatred won
For lack of ears to listen to her cries,
Or arms to carry him towards love and fun,

Or friends to care what happens on the run
To adult life, where joy or sadness lies.
It's time to give your heart to everyone,

For God loves all, and turns His back on none,
Good or twisted, ignorant or wise.
Christmas is a time for love and fun,
A time to give your heart to everyone.

Have a Safe and Wonderful Holiday!



*May this Holiday Season bring joy and
happiness to you and your Family!
From the CEO, Board of Directors, Early Head
Start Policy Council and Staff of*

Parent/Child Incorporated