

Monthly Family Newsletter

January 2021



Head Start - Preparing Children For Kindergarten

Children who attend a high quality program in the years before kindergarten are better prepared for school academically, socially, and emotionally. GISD Head Start programs utilize a research-based curriculum in a supportive learning environment to support families with having their children ready for school. Parent involvement is encouraged.

Head Start is a federally-funded preschool program with outcomes that prepare children to enter kindergarten with emotional readiness and social competence; the ability to approach their own learning; the ability to communicate with their peers and the adults around them; and an understanding of general, age-appropriate knowledge.

Ways to be active outside this winter:

- Snow-shoeing, cross country skiing, or hiking- check out the Genesee County Parks for trail maps near you! <https://geneseecountyparks.org/>
- Get outside with your kids, grandkids, or neighbor kids. Make snow forts, have a snowball fight, explore the yard for animal tracks, create a scavenger hunt or snow mazes!
- Check out something new like dog-sledding or curling
- Shoveling- remember “chores” you are doing are also exercise so give yourself credit.
- Sledding- what a great workout! Enjoy the ride down and work it on the way up!
- Brisk walking- be mindful of footing, but grab the family and create a new routine of a family walk in the evening! Play I Spy, tell stories, or share about your day!
- Make a family challenge and hold each other accountable, or find a friend to help keep you on track.

- Shanna Moore, Program Coordinator at the CRIM

Meet The Cummings Family!

Anikwa Ingalls is an Active Associate Teacher, working with infants and toddlers for 2 years now at Cummings. Anika has a beautiful cat named Butterscotch and her favorite colors are red and black. She loves reading mysteries as well as Lord of the Rings, Harry Potter and Star wars. She likes playing video games and has two daughters, one working at Educare Flint. Her favorite food is lasagna and she also really likes Mexican food. Her favorite season is winter because she loves the snow.

“I love working with the infants and toddlers, it’s my calling, I love working with them, seeing them smile.”

From Our Executive Director

JA’NEL JAMERSON

We are excited and proud of the year that it has turned out to be given all that has happened. We really came together as a Cummings community to make sure we had the right resources to succeed. Parents, please don’t hesitate to reach out to your FEA if you need anything at all. Here’s to an even better, safer, stronger and happier new year, another change for us to enjoy each day as it comes. We are so excited for what lies ahead of us in 2021!



CUMMINGS GREAT EXPECTATIONS

G-2200 Walton Ave, Flint, MI 48532 | 810-600-5461

©2020 Cummings Great Expectations. All rights reserved.



Mark Your Calendars: Important Dates



- Parent Ambassador informational sessions:
- January 4, 6 & 8 2021 | 11:00am - 11:30am
- January 4 School resumes remote learning for all students
- January 11 Face to Face students return back to the building.
- January 28 Parent Café at 9:30 on Zoom

From Our School Director

MICHELLE TOWNSEND

Welcome back! I hope everyone had a wonderful holiday break! As we enter back into our daily routine please remember the importance of Early Head Start and Head Start guidelines and requirements.

Health documents, and attendance is important piece to our program. As we continue the school year, you might receive notice about health documentations, and I am sure some of you often wonder why this is so important. As adults when we do not feel good, we are not at our best, it is the same for our kids. Studies have shown children who are physically healthy are more likely to perform better in school and detecting health concerns at an early age also improves a child's developmental growth.

By doing your part you are allowing your child to succeed and received the benefits that EHS and HS have to offer. We appreciate you working with us and continue to be an advocate for your child's future learning.



Scan this QR code to complete the health check survey each morning.

From Our Family Engagement Coordinator

MIKE KILDEE

Creating Family Goals for the New Year

After a very challenging year, I am sure that everyone is ready to put 2020 in our rearview mirror and look forward to brighter days ahead.

Although we still have challenges to face as we begin 2021, this can be a great time to plan ahead on how you and your family can plan and accomplish goals together.

Below are some tips on how you can set goals as a family.

- Family brainstorming session. Suggest goals and have a respectful discussion to identify what goals your family agree on.
- Write down your goals and be specific. If your family wants to get healthier, make a goal of exercising together for a certain amount of time per week. Or plan a menu each week that is healthy and the family agrees to. Have your children participate in preparing the meal.
- Break your goal into realistic steps. If you want to save money to make a purchase for the family, start with planning a budget and talk about where you can reduce spending to allow for saving. Take one step at a time and when a piece of the goal is met, then you can add another step toward achieving the goal.
- Each member of the family should be responsible for some part of the work. Small children might contribute by picking up after themselves so older family members can concentrate on certain tasks.
- Make a visual aid. Use a calendar to mark off days and track progress. Different ink colors can make it easy to organize each family member's activities.

If you feel like you need help with setting family goals, please contact your Family Engagement Advocates at Cummings and they will provide you assistance.



THANK YOU FOR ALLOWING US TO BE A PART OF YOUR FAMILY!