Thank You to All for a Wonderful Year!

It is hard to believe that another school year has come and gone.
Together, we are innovating tomorrow by educating today. We believe that parents and caregivers are our partners in their child’s learning journey.
While we accomplished a great amount this year, the children still have an exciting and ambitious road ahead.
This summer will offer us all a chance to recharge and prepare for the fall.
Parents/Caregivers, thank you for all you have contributed to the NOCAC Head Start Program. To our students who are starting kindergarten, we wish you success as you continue your education. To our students returning this fall, we hope you take time over the summer to relax and have fun.
We look forward to our continued work together and welcoming you all back in the fall!

Healthy Vision Month

Protect your eyes at work and at play.
About 2,000 people in the United States get a serious work-related eye injury every day. And get this: people with sports-related eye injuries end up in the ER every 13 minutes!
The good news is that you can help protect your eyes from injury by wearing protective eyewear — like safety glasses, goggles, and safety shields. To make sure you have the right kind of protective eyewear and you’re using it correctly, talk with your eye doctor.
Get more tips to keep your eyes healthy and safe on this website: https://nei.nih.gov/hvm/my-vision-future. And don’t forget to ask your doctor if you need to schedule an eye exam!

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FREE Preschool

NOCAC Head Start is NOW accepting applications for the 2019-20 preschool year. If your child will be at least 3 years old by the Kindergarten cutoff date in your school district you can complete an application for them now!
Please call 419-784-5136 Ext 1140 or email glarson@nocac.org.

Includes meals and transportation in most classrooms.
Sensory Ideas for Children

Let’s face it. Everyone has sensory preferences and yours might be very different from the person sitting next to you. When our bodies are able to get the sensory input we seek, we are ready to accept information and learn. In general, when students have the proper sensory input, their body and mind are ready to learn. Here are ways to embed sensory classroom ideas for ALL students throughout the day.

Keep in mind, there are some children who will need more specific sensory interventions.

Routines
Establish a structured routine throughout the day so children know what to expect. Provide visual schedules if necessary.

Movement breaks
Our bodies are not designed to sit all day. Keeping children active also helps to activate the brain. Incorporate movement with learning, assign children jobs that require physical activity.

Offer Choices
Everyone has sensory preferences. If one child has a very strong sensory preference, it can possibly interfere with his/her ability to learn. If possible, allow the children to make their own choices i.e., finger paint or paintbrushes, stand up or sit down, pencil or pen, etc.

Decrease visual clutter
Research indicated that children in highly decorated rooms are more distracted, spend more time off-task and demonstrated smaller learning gains than when the decorations were removed.

Keep noise at an appropriate level
Sometimes children can be LOUD! Imagine trying to learn when the noise level is too high. By establishing reasonable noise levels it prevents overstimulation. Children may need to be taught what appropriate noise levels are acceptable.

Source: www.yourtherapysource.com
Submitted by: J. Nichols-Ewing
Disabilities & Intervention Coordinator

Fruit Juice & Tooth Decay

Concerns about the role of fruit juice in tooth decay and childhood obesity have led to stricter guidelines for juice for babies and children—even when it’s 100% juice. The American Academy of Pediatrics (AAP) now recommends that children under 1 year old should not drink fruit juice, and juice should be offered to older children in limited amounts. Here are the newest recommendations for 100% juice:

- Babies younger than 6 months should not drink fruit juice at all. When juice replaces breast milk or formula it can cause nutritional issues. For this age group, breastfeeding or formula is best.
- Babies 6–12 months are still advised to avoid juice completely. It’s more nutritious to serve mashed or pureed fruit instead. If juice is needed for a medical reason, give it in a cup (not a bottle). Never put a baby to bed with a bottle of juice, because it can lead to tooth decay.
- Children 1–3 years should only have 4 ounces of juice a day. If serving it, give it in a cup along with meals or snacks. Continue to focus on whole fruit over juice.
- Children 4–6 years can have 4–6 ounces a day of juice, preferably with meals.
- Children and teens 7–18 years should drink a maximum of 8 ounces each day of juice.

Even though 100% juice seems like a healthier option than juice drinks or soda, it still has little to no nutritional benefit. Whole fruit is a much better option. Also, avoid putting juice in sippy cups. Sippy cups make it easier to drink juice throughout the day and can decrease the intake of healthier foods, especially in young children. Even diluted juice increases the risk of cavities.

These AAP guidelines apply to children who fall within normal weight ranges. It is recommended that children who are overweight or obese eliminate 100% juice (as well as other sugary drinks) from their diets completely.

Start Healthy Habits Early
If children are used to sweet drinks and juices, they tend to want them more. If you help kids build a habit of drinking water on a regular basis, they’re less likely to request juice (or soda!) as they get older.

Source: https://www.zerotothree.org/resources/1902-the-truth-about-juice
Submitted by: Sheana Behringer, LPN
Health & Safety Coordinator
Attendances is Still Important

As the year comes to end let’s continue to remember how important regular attendance is. It is just as important to keep up on the attendance at this time of year as it is any other time of year. There is still so much more for your child to learn yet this year! This is the time of year that you receive important information for the next year.

Tips on keeping you and your child motivated on going to school:

 pageNum

Song about it

Keep it adventurous


Submitted by:
Gerilyn Larson
Family and Community Engagement Assistant

With the right steps and regular tick checks, you can prevent Lyme disease.

You Can Only Get Lyme Disease From a Tick Bite:
There is no evidence that Lyme disease can be transmitted from person to person, according to the CDC (Centers for Disease Control and Prevention). You also can’t get Lyme disease from your dog, but your furry friend can bring ticks into your home or yard, so check your pet for ticks before letting him in the house.

You Can Remove the Tick by Yourself:
A pair of fine-tipped tweezers will do the trick. The CDC recommends that you avoid “folklore remedies,” such as painting the tick with nail polish or using heat to detach it. The goal is to remove the tick as soon as possible after you notice it, pulling it out steadily and slowly so you remove all of it, including the head.

It Takes 36 to 48 Hours for an Infected Tick to Transmit Lyme Disease After It Attaches Itself to You:
Nymphs, immature ticks that measure less than 2 millimeters (mm) in size, are the primary transmitters of Lyme disease. Because they’re so small, nymphs can go unnoticed in difficult-to-see areas such as the scalp, armpits, and groin.

The Most Common Symptom of Lyme Disease Is a Rash That Looks Like a Bull’s Eye:
In 70 to 80 percent of infected people, the bull’s-eye rash will appear 3 to 30 days after infection. But not all patients notice the rash, and a significant percentage will not develop the rash at all.

Other Lyme disease symptoms can appear from several days to even months after the bite. Some are flu-like: fatigue, headache, joint swelling, and dizziness. Other symptoms can include arthritis, irregular heartbeat, nerve pain, and memory problems.

A doctor will begin treatment if a patient shows signs and symptoms of Lyme disease.

Antibiotics are effective for most cases of early Lyme disease.

Precautions to Prevent Lyme Disease:
If you’re going outdoors in a grassland or wooded area wear light-colored long-sleeved pants and shirts to make ticks easier to spot. Spray clothing with permethrin repellent, and spray DEET directly on your skin. Once inside, you should check for ticks and be sure to wash all clothing.

Event at Henricks & Krieger

Enjoy a FREE breakfast and learn about the food you eat. Take a farm tour, meet the farmers, see animals, and much more.

Saturday, June 15th, 2019
9:00 am to 1:00 pm
Breakfast will be served from 9:00 am until 12:00 noon
Register at: www.go.osu.edu/fultonbotfregister2019.

Strategies for a Successful Summer Break

1. **Maintain your schedule:** Sticking to the same schedule pays off by keeping your child more comfortable, and hence more cooperative.
2. **Make it visual:** Kids who thrive on predictability and are prone to panic over transitions benefit from posted schedules that outline what will happen throughout the day.
3. **Make plans:** Try to schedule as many activities as possible and keep your kids posted. This can mean anything from “we’re going to Aunt Mary’s Thursday at 5pm for dinner” to having a set routine that every day, weather permitting, you’ll be going to the playground or pool.
4. **Get outdoors:** Try to find something your child enjoys—riding a bike or scooter, playing tag, or splashing at the community pool, water park, or beach—and do it. Physical activity is good for everyone’s mind, body and spirit.
5. **Maintain, or create, a behavioral system:** You should choose the 2 or 3 most desired positive behaviors to nurture with consistent and positive reinforcement, and try to ignore as many of the negative ones as possible. A chart with stickers for tasks accomplished can work wonders as positive reinforcement.
6. **Find support:** Don’t feel bad booking a sitter and spending time with friends. Your well-being is critical to caring for your child. If you can’t afford a sitter, close friends with or without kids can also provide good company and support.
7. **Mimic home routines, even when traveling:**
8. **Work with your child’s strengths and interests:**
9. **Pinpoint your child’s anxieties:** The goal is to teach her that feeling anxious is uncomfortable but anxiety will ebb if you push through it.
10. **Give the child time to adjust:** A technique called gradual exposure is a good way of relieving a child’s anxiety about a new experience.
11. **Prepare yourself for some tough times:** Even with the best-laid plans, you may see some regression and worsening behavior over vacation. Give yourself a break for not being able to magically avoid it. And be ready to hold your ground in as calm, firm, and consistent a manner as possible.

Source: https://childmind.org/article/strategies-for-a-successful-summer-break/

Submitted By: Kaitlin Faber
Behavior Specialist

Summer Food Program

Free lunches and fun activities all summer long (Monday-Friday)!

- Sites in Defiance, Fulton, Paulding & Williams Counties
- FREE Healthy Meals are for children ages 1-18 (over the age of 18 with a disability and enrolled in an education program)

(An adult should accompany children under 5 years old)

- No ID required
- No Income Requirements
- No Registration Required

For more details contact: Heidi Keween at 419-784-2150 ext. 1110

Sponsored by: Northwestern Ohio Community Action Commission