



# Worcester Community Action Council

## Auburn HEAD START

### February 2016 Parent Newsletter

Happy February!

We will be doing parent teacher conferences again this month during the week of February vacation. Be sure to check the papers that come home for the date.

Thank you to everyone who came to Winter Fest last month. We had a great turn out and the kids loved having their parents come to help them make a special craft. If you are interested in coming to help in your child's classroom, please see your classroom teacher to coordinate a date.

**Attendance was very low for January. "Attendance has to be at 85%. Please make sure you are calling BY 9 AM when your child will be absent.** If a phone call has not been made for 3 consecutive days, then a home visit will have to be done by the family advocate. If poor attendance continues, then an attendance plan will be put into place."-attendance policy

Please make sure the clothes in your child's cubby are in season (pants, not shorts; long sleeves, not tee-shirts). Also, make sure they have socks, underwear, pants, and a shirt– we don't have many extra clothes to give out.

Text WCAC to 42828 to join WCAC's Email list – stay informed with free agency updates, program info and deadlines, fun photos and more! (Message and data rates may apply.)

[www.WCAC.net](http://www.WCAC.net)



The Worcester Free Tax Service Coalition provides free tax preparation service for households earning less than \$54,000 in 2015. IRS-certified volunteers prepare taxes and specifically look for tax credits the household may be eligible for, such as the Earned Income Tax Credit (EITC), Child Tax Credit (CTC) and other credits. Some households with children are eligible for tax refunds of over \$6,000! Utilizing the free tax preparation services allows you to retain your full refund, avoiding typical preparation fees which can often run into the hundreds of dollars. WCAC's Worcester office is one of four sites throughout the City of Worcester hosting the program for 2016. . Located at 484 Main St. Worcester, MA

Call 508-754-1176 x234 to schedule an appointment

Languages Spoken: English & Spanish

Appointment Hours: Monday 4:00 -7:00 p.m.; Tuesday 4:00 -7:00 p.m.; Wednesday 4:00 – 7:00 p.m.; Saturdays 9:00 a.m.- 12:00 p.m.

(Please note – people do not need to be residents of Worcester to participate in the free tax preparation service... open to all but will need to travel to Worcester take part.)



*An IRS - Certified Program*



Worcester Community Action Council, Inc.  
Head Start/Early Head Start  
25 Cole Ave.  
Southbridge, MA 01550  
508-765-4738

## February is American Heart Month

### Heart Disease Prevention: What You Can Do

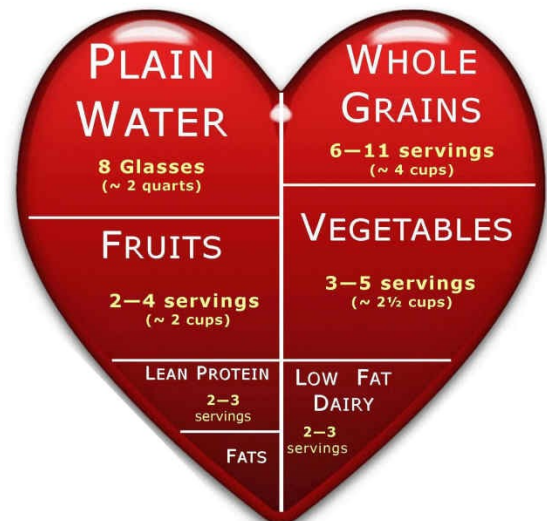
#### Live a Healthy Lifestyle

- Eat a healthy diet, choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables. Eating foods low in saturated fat and cholesterol and high in fiber can help prevent high blood cholesterol. Limiting salt or sodium in your diet can also lower your blood pressure.
- Maintain a healthy weight. Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's excess body fat.
- Exercise regularly. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.
- Don't smoke. Cigarette smoking greatly increases your risk for heart disease. So, if you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.
- Limit alcohol use'. Avoid drinking too much alcohol, which causes high blood pressure.



#### 4 x 7day Challenges

- 1) A **Strong** Heart is a Healthy Heart
- 2) A **Happy** Heart is a Healthy Heart
- 3) A **Nurished** Heart is a Healthy Heart
- 4) A **Calm** Heart is a Healthy Heart



## How to Cook Heart Healthy Meals for Yourself and your Family

- Use “choice” or “select” grades of beef rather than “prime,” and be sure to trim the fat off the edges before cooking.
- Use cuts of red meat and pork labeled “loin” and “round,” as they usually have the least fat.
- With poultry, use the leaner light meat (breasts) instead of the fattier dark meat (legs and thighs), and be sure to remove the skin.
- Make recipes or egg dishes with egg whites, instead of egg yolks. Substitute two egg whites for each egg yolk.
- For recipes that require dairy products, try low-fat or fat-free versions of milk, yogurt and cheese.
- Use reduced-fat, low-fat, light or no-fat salad dressings (if you need to limit your calories) on salads, for dips or as marinades.

Use and prepare foods that contain little or no salt.

- Avoid using prepackaged seasoning mixes because they often contain a lot of salt. Use fresh herbs whenever possible. Grind herbs with a mortar and pestle for the freshest and fullest flavor.
- Add dried herbs such as thyme, rosemary and marjoram to dishes for a more pungent flavor – but use them sparingly because they’re powerful.
- Use vinegar or citrus juice as wonderful flavor enhancers – but add them at the last moment. Vinegar is great on vegetables, such as greens; and citrus works well on fruits, such as melons.
- Use dry mustard for a zesty flavor when you’re cooking, or mix it with water to make a very sharp condiment.
- To add a little more “bite” to your dishes, add some fresh hot peppers. Remove the membrane and seeds first, then finely chop them up. A small amount goes a long way.



Some vegetables and fruits, such as mushrooms, tomatoes, chili peppers, cherries, cranberries and currants have a more intense flavor when dried than when fresh. Add them when you want a burst of flavor.

- Use liquid vegetable oils or nonfat cooking sprays whenever possible.
- Whether cooking or making dressings, use the oils that are lowest in saturated fats, *trans* fats and cholesterol – such as canola oil, corn oil, olive oil, safflower oil, sesame oil, soybean oil and sunflower oil – but use them sparingly, because they contain 120 calories per tablespoon.



Stay away from coconut oil, palm oil and palm kernel oil. Even though they are vegetable oils and have no cholesterol, they are high in saturated fats.

Instead of frying foods – which adds unnecessary fats and calories – use cooking methods that add little or no fat, like these:

- **Stir-frying.** Use a wok to cook vegetables, poultry or seafood in vegetable stock, wine or a small amount of oil. Avoid high-sodium (salt) seasonings like teriyaki and soy sauce.
- **Roasting.** Use a rack in the pan so the meat or poultry doesn’t sit in its own fat drippings. Instead of basting with pan drippings, use fat-free liquids like wine, tomato juice or lemon juice. When making gravy from the drippings, chill first then use a gravy strainer or skim ladle to remove the fat.
- **Grilling and broiling.** Use a rack so the fat drips away from the food.
- **Baking.** Bake foods in covered cookware with a little extra liquid.
- **Poaching.** Cook chicken or fish by immersing it in simmering liquid.
- **Sautéing.** Use a pan made with nonstick metal or a coated, nonstick surface, so you will need to use little or no oil when cooking. Use a nonstick vegetable spray to brown or sauté foods; or, as an alternative, use a small amount of broth or wine, or a tiny bit of vegetable oil rubbed onto the pan with a paper towel.

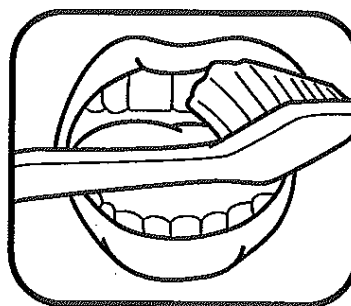


**Steaming.** Steam vegetables in a basket over simmering water. They’ll retain more flavors and won’t need any salt.

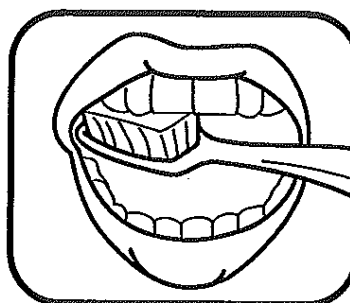
# February is National Children's Dental Health Month

## How to Brush

- Place the toothbrush at a 45-degree angle to the gums.

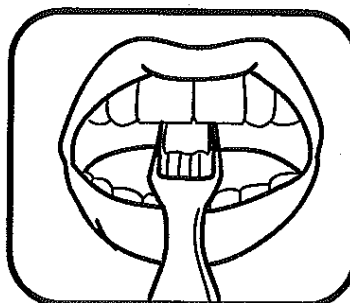


- Move the brush back and forth gently in short strokes.

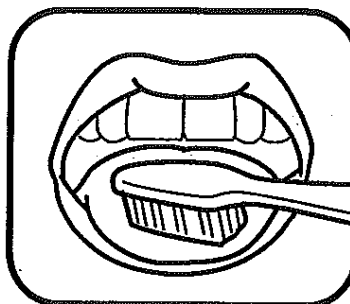


- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.

- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.

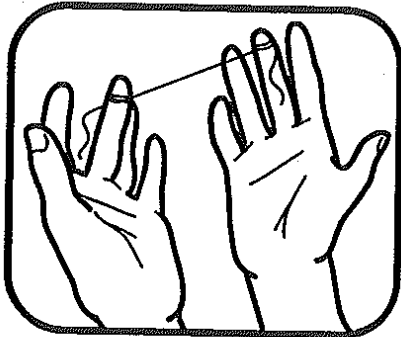


- Brush your tongue to remove bacteria and keep your breath fresh.

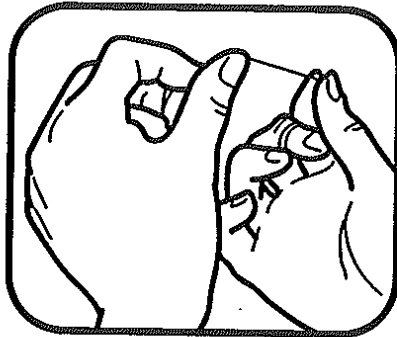


# February is National Children's Dental Health Month

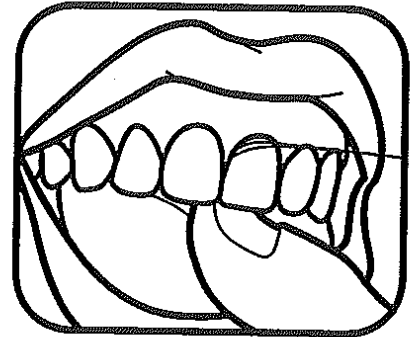
## How to Floss



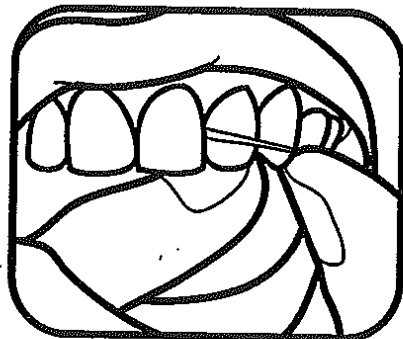
1. Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



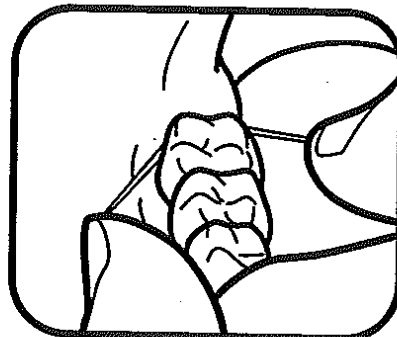
2. Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



3. Curve the floss into a "C" shape against the side of the tooth.



4. Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



5. Floss all your teeth. Don't forget to floss behind your back teeth.

# FEBRUARY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 CRAZY WEEK	8 Pajama Day	9 Red, White, & Blue Day	10 Crazy Hat Day	11 Crazy Clothes	12 Sports Day	13
14	15	16	17	18	19	20
<h2>No School-Vacation</h2>						
21	22	23 Policy Council 5pm Southbridge	24 Picture Day	25	26	27
28	29					



**Worcester Community Action Council**

Southbridge Head Start—25 Cole Avenue, Southbridge, MA 01550 (508)765-4738

Auburn Head Start—68 Central Street, Auburn, MA 01501 (774)318-0994

Main Office—484 Main Street, Worcester, MA 01608 (508) 754-1176

Call (508)765-4738 ext. 300 for Storm Announcements/Closures