Worcester Community Action Council
Southbridge HEAD START

February Newsletter

Family Advocate News

Dear parents,

Thanks to all the parents who attended the Winter Fest .

Without your support these activities would not be possible.

Please continue to participate at center activities.

Our next *Parent Workshop and Parent meeting* will be held on Feb 5, 2016 at 8:30am in the Library

Coffee and bake goods will be provided

Thank you

Policy Council

Meeting will be on Feb 23, 2016 at 5:00pm

Child care and dinner will be provided!

No School Reminder

No School on Feb 15,2016 Presidents day

No School from February 16, 20156 to February 22, 2016

****Vacation for classroom 1,2,3,4,5,6,7,8,9,10 & 11.***

****Children will be back to school on Feb 22, 2016***

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GED and ESL Program

GED and ESL program is available in Southbridge. Sign up date is on Thursdays at 4:30pm here at our site. Please let your family advocate know your interest for further information.

This is only for Southbridge residence.

Please dress your child for the weather. The EEC regulation requires children to play outside. Please refer to the colored weather chart in your child's classroom for more information. Outside time may be modified for inclement weather.

Parent Center Corner

Thank you all so much for participating at our Center Activities. We need parents to participate at our Center meetings out of 200 Parents we only had 7 Parents participate spread the word

Thank you,

www.WCAC.net

Find us on Facebook

Worcester Community Action Council

Southbridge HEAD START

Febrero 2016

Boletín Informativo de las Orientadoras Familiares

Estimados padres,

Le queremos dar las gracias por haber asistido a nuestra actividad del centro.

Esperamos sigan participando en nuestras actividades.

Nuestra próxima reunión de os padres será el 5 de febrero de 2016 a las 8:30 de la mañana

Reunión de Normas y Procedimiento

Será el 23 de febrero del 2016 a las 5:00pm

Habrá cuido de niño y comida.

Recordatorio

Del 16 de febrero al 19 de febrero del 2016

Vacaciones de febrero para los salones 1,2,3,4,5,6,7,8,9,10 & 11.

Los niños regresarán a la escuela el 22 de febrero de 2016.

Día feriado 15 de febrero 2016

Día de los presidentes

Invierno

Programa de GED y ESL

Programa de GED y ESL está disponible en Southbridge. El día de registración son todos los jueves a las 4:30pm aquí en la escuela. Para mas información favor de ver a su orientadora familiar. Esto es sólo para los residentes de Southbridge.

Favor de vestir a su niño de acuerdo al clima. Las regulaciones del EEC requiere que los niños jueguen afuera a diario. Para mas información sobre cuando los niños pueden salir afuera a jugar, referirse a la tabla en color en el salón. Las salidas afuera depende de las condiciones del tiempo.

Rincon de Padres

Gracias a todos los padres que participaron en nuestra reunión en diciembre.

Necesitamos mas participación de los padres tan solamente 7 participaron

Corra la voz

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February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Parent Meeting 8:30am	6
7	8	9	10	11	12	13
14	15 President's Day No School	16 Vacation	17 Vacation	18 Vacation	19 Vacation	20
21	22 Children return to school	23 Dental Van coming 9am Policy Council Meeting 5:00	24	25 Dental Van coming 9am	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

Febrero 2016

Dom	Lun	Mar	Miér	Jue	Vie	Sab
	1	2	3	4	5 Reunión de Padres @ 8:30am	6
7	8	9	10	11	12	13
14	15Presidente Dia No Habra' Clases	16 Vacaciones	17 Vacaciones	18 Vacaciones	19 Vacacions	20
21	22	23 Autobus Dental 9AM Reunion De Normas y Persedimien-	24	25 Autobus Den-tal 9AM	26	27
28	29	29	30			

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

Llama (508)765-4738 ext. 300 Para el mal tiempo/escuela cerrada

Healthy Hearts Month

Living a Heart Healthy lifestyle is the key to living...Start today for you and your children.
Healthy Heart

Did you know that heart disease is the leading cause of death for Hispanics and Caucasians?

Risk Factors:

High Cholesterol:

More than 200.. Do you know your level?

High Blood Pressure:

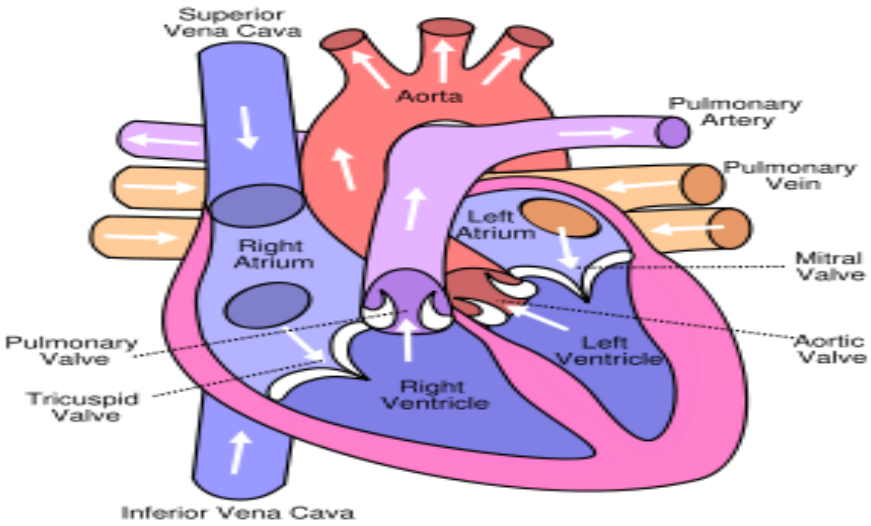
Greater than 140/90. When's the last time someone checked your blood pressure?

Diabetes:

Does someone in your family have this disease (maybe you) if so your risk for heart disease is much greater. Nearly, 3/4's of those with diabetes will die from heart disease. Taking care of diabetes is also taking care of your heart.

Smoking or being exposed to smoke causes the arteries to harden and less oxygen goes to the organs including the heart. Even non-smokers who are exposed to cigarette smoke can develop this. Do you smoke or live with someone who does?

Diet: High in fat, salt and cholesterol...can lead to high blood pressure and blocked arteries. What do you eat?



Overweight:

Being overweight affects more than your looks. It can lead to heart disease and death.

Alcohol:

In excess can lead to an increase in blood pressure. Do you drink in moderation and responsibly?

What Can You Do?

1. See your doctor for a complete physical including checking See your do your cholesterol level and blood pressure.
2. Stop Smoking...ask you doctor for help in quitting...today is a good day to start.
3. Diet: Find out what a balance diet is. Avoid those foods high in fat, sugar and salt. The prices for eating poorly is too great of a risk.
4. Get Physical: The body needs to move and not simply from the couch to the chair. Try walking for 30 minutes each day and take your children...walking is good for them.
5. Moderation is the key so limit alcohol use.

Quick Facts:

- 30% of those 20 years/ older take blood pressure medicine everyday
- 30% (1in3 adults) 20 years/older are obese
- 21% of those 20 years/ older smoke cigarettes
- 17% of those 20 years/ older have high cholesterol