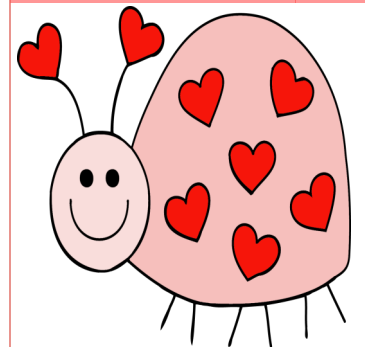




Parent Engagement

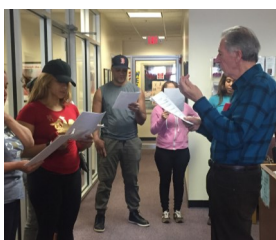
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Love Songs from ESL Class

John Mele's English as a Second Language class treated the Head Start staff to love songs on Valentine's Day, February 14th, 2017. The songs were titled: "Let Me Call You Sweetheart" and "Heart of My Heart".

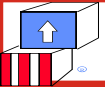


Methuen Kindergarten Orientation

The Methuen HS center held a Kindergarten Orientation on Friday, February 17th, 2017. Methuen Public Schools Superintendent, Mrs. Judith A. Scannell and Chris Castle, Resource Center Coordinator, provided parents with registration packages and detailed information of the process to register, after registration and services offered while children are enrolled at the Methuen Public Schools.



Head Start Program
305 Essex Street,
3rd Floor
Lawrence, MA 01840
Tel: (978) 681-4920
Fax: (978) 681-4945
WEBSITE:
www.Headstart.glcac.org
www.glcac.org



MEMA Cold Weather Tips



Before Extreme Cold Weather

- Be aware of the weather conditions by monitoring the media.
- Ensure you have sufficient heating fuel, as well as emergency heating equipment in case you lose electricity.

Have a well-stocked [Emergency Kit](#) that includes flashlights, portable radio, extra batteries, a first aid kit, bottled water and non-perishable food.

Make sure your car is properly winterized. Keep the gas tank at least half-full. Carry a [Winter Emergency Car Kit](#) in the trunk including blankets, extra clothing, flashlight with spare batteries, a can & waterproof matches (to melt snow for drinking water), non-perishable foods, windshields scraper, shovel, sand, towrope and jumper cables.

During Extreme Cold Weather

- Minimize outside activities, particularly the elderly and very young. Also consider your pets.
- Dress in several layers of loose-fitting, lightweight clothing, rather than a single layer of heavy clothing. Outer garments should be tightly woven and water repellent.
- Wear a hat, mittens (rather than gloves) and sturdy waterproof boots, protecting your extremities. Cover your mouth with a scarf to protect your lungs.
- If electricity is lost for an extended period of time, a snowbank in your yard can become a makeshift freezer for food.
- Excessive exposure can lead to frostbite, which is damaging to body tissue that is frozen. Frostbite causes a loss of feeling and a pale appearance in extremities, such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, seek medical help immediately.
- Hypothermia can occur in extreme cases. The warning signs are uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If the person's temperature drops below 95 degrees, seek immediate medical care.
- When utilizing alternate heating sources, such as your fireplace, wood stove or space heater, take the necessary safety precautions. Keep a fire extinguisher handy, ensuring everyone knows how to use it properly. Test smoke alarms.
- If you lose your heat, seal off unused rooms by stuffing towels in the cracks under the doors. At night, cover windows with extra blankets or sheets. Food provides the body with energy for producing its own heat.
- To keep pipes from freezing, wrap them in insulation or layers of newspapers, covering the newspapers with plastic to keep out moisture. Allow a trickle of warm water to run from a faucet that is farthest from your water meter or one that has frozen in the past. This will keep the water moving so that it cannot freeze. Learn how to shut off your water if a pipe bursts.
- If pipes freeze, remove insulation, completely open all faucets and pour hot water over the pipes or wrap them with towels soaked in hot water, starting where they are most exposed to the cold. A hand-held hair dryer, used with caution, also works well.

Be a good neighbor. Check with elderly or disabled relatives and neighbors to ensure their safety.

National Wear Red Day at GLCAC's Head Start

Head Start staff participated in National Wear Red Day on Friday, February 3rd, The first Friday of February has been designated by the awareness campaign, Heart Truth, as National Wear Red Day. On this day, men and women are encouraged to wear red as a symbol of their support of women's heart health.



Quote of the Month

“Children must be taught HOW TO THINK, not what to think.”

-Margaret Mead

If you would like to share any pertinent information through the Monthly Newsletter, please email: agrullon@glcac.org. All photos must be uploaded to the drive. Please ensure that children in the photos have a photo release form signed by their parent in their file. Thank you to Andres Gonzalez (Outreach Specialist) for providing pictures for the newsletter.