

National Reading Month at Head Start

Each year at the beginning of March, school children kick off National Reading Month by celebrating the birthday of the beloved Dr. Seuss. Teachers will coordinate family literacy events, as well as inviting members of the community to visit and read to the children. Kendrys Vasquez (City Councilor) read a story to the children from Water Street and Casa Roja. Yussif Polanco from Dental Arts, also read to the children from Water St. and taught them the best way to brush their teeth. PC members Triana Valente (Park Street), Katherine Brito (Casa Roja) and Carol Terrero (Community Representative) also participated in National Reading Month.



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Congratulations!!!

Odelkis Frias on her promotion to Billing Supervisor. In her new role, Odelkis will be in charge of all billing matters for the Early Learning Division (Head Start and Child Care).

Congratulations to Odelkis on her promotion!!

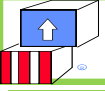


Spring Career Fair

On Wednesday, March 22nd, 2017, Julie Ann Holmes (HS Office Manager) and Andres Gonzalez (Outreach Specialist) participated in Merrimack College's Spring Career Fair. This fair connects all undergraduate and graduate students with employers from various industries who are recruiting for internship, co-op, and full-time opportunities.



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Gross Motor Activities for Preschoolers

Little kids need to spend a lot of time (hours every day!) on gross motor skills activities. For preschoolers, active play that uses the large muscles in their legs, arms, and trunk is important for good health and for physical development. Learning to harness the power of those muscles to run, jump, throw, catch, and kick is key to the healthy growth of their bodies and brains. But it's also fun!

Gross Motor Activities: Indoors

Muscle-moving play doesn't have to take up a ton of room. Given just a little floor space, your child can still enjoy skill-building activities inside. Try:

Dancing, either freestyle or through songs with movements, such as "Head, Shoulders, Knees, and Toes"; "I'm a Little Teapot"; "The Wheels on the Bus"; or "Popcorn": *I'm a piece of popcorn, put me in a pan/Shake me, shake me, as fast as you can* (child shimmies, shakes, and jumps)/*And I ... will ...* (child crouches down low) ... *POP!*" (child jumps as high as he can).



Gross Motor Activities: Outdoors

Of course, outside, kids have lots of room to really challenge their muscles and play hard. They will enjoy:

Walking around the neighborhood or park. For variety, add in marching, jogging, skipping, hopping, or even musical instruments to form a parade. As you walk, tell stories, look for colors, count, or play games.



Fine Motor Skills for Preschoolers

Kids this age are also working on fine motor skills. Although those develop a bit later, they are crucial for important tasks like holding a pencil, cutting with scissors, using silverware to eat, and so on. The following activities, and others like them, help children strengthen and learn to use the small muscles in their fingers and hands.

Sand play: Pouring, scooping, sifting, building

Puppet shows

Finger plays (songs such as "The Itsy Bitsy Spider" that have accompanying hand movements)



Cooking—includes pouring, shaking, sprinkling, kneading, tearing.

Lacing cards or stringing beads

Coloring and tracing with crayons, pencils, or markers

Cutting with safety scissors

Manipulative toys such as blocks, puzzles, or dolls with clothes to take on and off



provide your preschooler with plenty of time to work his/her muscles, big and small. They all have to work together to help him/her succeed!

By: Catherine Holecko



Quote of the Month

"You're off to Great places! Today is your day! Your mountain is waiting, so...Get on your way!"

-Dr. Seuss

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.