

Head Start Newsletter

May 2026

Dear Families and Staff,

Tornado Preparedness

Not one state in the continental U.S. has escaped the wrath of tornadoes. According to the National Oceanic and Atmospheric Administration, [tornado season](#) runs between May and June in the Southern Plains, June and July in the central United States, and earlier in the spring on the Gulf Coast. But tornadoes can strike at any time of the year. If a tornado is spotted:

- Seek shelter immediately
- If you're away from home, seek out a basement, interior corridor, tunnel, underground parking lot or subway
- Avoid auditoriums, upper floors of buildings, trailers and parked vehicles
- Stay away from all windows
- If you're out in the open, lie flat in a ditch or other low-lying area and protect your head; stay away from poles or overhead lines
- If you're driving, drive at right angles to the tornado's path; if you can't escape it, get out of the vehicle and seek a low-lying area
- If you're at home, head for the basement and take cover under a heavy table or workbench; if you don't have a basement, go into a windowless room in the center of the house
- Stay away from windows and cover yourself with a rug for protection against flying glass and debris

Know the difference between a watch (conditions are favorable for a tornado to form) and a warning (a tornado has been spotted in your area and you should take shelter immediately)

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Attention!

We are always accepting applications for the Head Start program. If you know of a family with a child from the ages 3-5 years of age, please give them the phone numbers to call. The local number is 812-926-3190 or the toll free 1-888-292-5475 and they can ask for Tay ext. 216 and she will assist them.

ATTENDANCE

Below are the attendance percentages for the month of March for each classroom. The Head Start program is required to strive for at least 85% attendance for each child. When this happens, staff are required to document the reason for the absences and assist families that did not meet the requirement to improve their child's attendance. Children that continue to have poor attendance may be placed back on the waiting list until the barriers preventing regular attendance have been eliminated.

Aurora	Brookville	Dillsboro	EE	Laurel	Lawrenceburg	Moore's Hill	Mt. Carmel	Rising Sun	St. Leon	Sunman	Vevay	Agency
88%	94%	77%	78%	82%	52%	85%	87%	78%	81%	90%	86%	82%

<u>AURORA</u> <u>PERFECT ATTENDANCE</u> Lucas Deaton Emediong Edet Maverick Harbert Carolyna Sabino August Walker <u>EXCELLENT ATTENDANCE</u> Lillian Deaton Connor Rowen Azalea Smith Ayden Widener <u>BROOKVILLE</u> <u>PERFECT ATTENDANCE</u> River Gray Cecily Hoffman Skyler Hufford Kaiser Marshall Lucus Precht Trace Precht Audrey Roark Amaya Trosky Amary Werner <u>EXCELLENT ATTENDANCE</u> Chevy Gray Oaklynn McCarty Avery Roseberry Jude Thomson Ivy Uhl	<u>DILLSBORO</u> <u>PERFECT ATTENDANCE</u> Kairi Baker Emmett Collins Khloe Kaufhold Bellamy Lovelace Rosali Schlotterbeck Atlas Taylor <u>EXCELLENT ATTENDANCE</u> Neveah Bell Lukas Seitz <u>EAST ENTERPRISE</u> <u>PERFECT ATTENDANCE</u> Callee Boatman Liam Leap Carter Thomas Weslynn Whiteford Aubrey Young <u>EXCELLENT ATTENDANCE</u> Christopher Duckenfield Eugene Turner <u>LAUREL</u> <u>PERFECT ATTENDANCE</u> Tristen Bartish Paisley Dye Annalee Harmon Paisley Harmon Olivia McQueen Gunner Miller	Mavrick Miller Joshua Purdin Parker Tillison <u>EXCELLENT ATTENDANCE</u> Tate Coon <u>LAWRENCEBURG</u> <u>PERFECT ATTENDANCE</u> Cassius Deitsch Violet Fields Casen Flanagan <u>MOORES HILL</u> <u>PERFECT ATTENDANCE</u> Hazel Goldsmith Corbin Hiltenbeitel Lincoln Ison Nova Vernatter Tayla Wesley Zane Witt <u>EXCELLENT ATTENDANCE</u> Willow Bills Evelynn Dement Maria Gabriel Matias Marvin Gabriel-Ramirez Oakley Henson Colten Hiltenbeitel Canaan Lochard <u>MT. CARMEL</u> <u>PERFECT ATTENDANCE</u> Beau Burneka	Joel Hettersimer Cora Schmidt <u>EXCELLENT ATTENDANCE</u> Navy Bruns Bennett Burneka Evelynn DeMoss Mckenzie Haas Vincent Huber Kristina Venegas <u>RISING SUN</u> <u>PERFECT ATTENDANCE</u> Frances Vanover <u>EXCELLENT ATTENDANCE</u> Paisleigh Hazelwood Demi Henry Arya Mondary <u>ST. LEON</u> <u>PERFECT ATTENDANCE</u> Drew Gillespie Jesse Gillespie Kayjae Hunter Elaena Smith Audrey Sorber Autumn Sober Britt Wilhelm <u>EXCELLENT ATTENDANCE</u> Kason Eckerle <u>SUNMAN</u> <u>PERFECT</u>	<u>ATTENDANCE</u> Jameson Albright Lily Gump Olivia Long Sophia Nunier MacKyla Rodgers Aubrey Smith Everleigh West Dalyn Young <u>EXCELLENT ATTENDANCE</u> Calihan Brandenburg James Buckman Stella Carter Thiago Cisneros Hernandez Jasmine Grote Daivd Hauger Raelynn Hunt Rome Randall Jacobo Riveros Medina Jace Yeoman <u>VEVAY</u> <u>PERFECT ATTENDANCE</u> Avie Faulkner Kylie Sample <u>EXCELLENT ATTENDANCE</u> Porter Adams Rogue Couch Trace Couch Emily Moore Chloe Murphy Spencer Tice
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BIRTHDAYS AND UPCOMING EVENTS

Brookville

Kaiser Marshall - 19th

Dillsboro

River Lacey - 24th
Bellamy Lovelace - 24th
Lilliana Presley - 25th

East Enterprise

Arizona Curlin - 14th
Olivia Bruns - 28th

Laurel

Tristen Bartish - 29th

Lawrenceburg

Paisley Meadows - 27th

Moore's Hill

Zane Witt - 2nd

Mt. Carmel

Kristina Venegas - 12th
McKenzie Haas - 28th

St. Leon

Britt Wilhelm - 29th

Vevay

Avie Faulkner - 27th

Special birthday wishes to the Head Start children celebrating May Birthdays.

We wish you a wonderful year of growth, health, and happiness!

Please remember if you denied permission to have your child's name in the newsletter they will not be listed!

UPCOMING EVENTS

Dillsboro in Bloom
MAY 9TH
9 AM - 2 PM
IS RIGHT AROUND THE CORNER!
Join us on May 9th from 9 AM - 2 PM
on *The Lawn*
for a fun-filled day supporting local vendors and enjoying the best of our community.

Come hungry - HEAVEN IN YOUR MOUTH BBQ
WILL BE ON-SITE SERVING UP DELICIOUS LUNCH OPTIONS!

You'll find a wide variety of vendors offering:

- Handmade shirts and jewelry
- Crocheted items
- Custom cups and keychains
- Sweet treats and baked goods
- Handmade wallets and bags
- Beauty products, soaps, and tallow balms
- Wind spinners and wooden crafts
- And so much more!

Bring your friends and family and spend the day shopping small, enjoying great food, and celebrating spring in Dillsboro!

SHOP LOCAL

Sat, May 9 at 9 AM

2026 Dillsboro in Bloom

The corner of North and Front Streets Dillsboro IN

Interested

LAWRENCEBURG CIVIC PARK
FREE EVENT & FREE ADJACENT PARKING GARAGE
Music on the River is Sponsored By **The Friendship State Bank**

Lawrenceburg Main Street Presents 2026 Summer Schedule

MUSIC on the RIVER
7-9 PM
Sip & Stroll Responsibly

June 4 Motor City The Motor House
June 11 Crybaby Tribute to the Music of James Taylor & Woodstock
June 18 MJ The Illusion A Tribute to the King of Pop
June 25 Liberty on the River A Musical Celebration of 250 Years of Freedom
July 9 American Ride Toby Keith Tribute Band
July 16 Get Your Band Smells Terrific Super Hits of the 70s
July 23 The Police Academy Sting & Police Tribute Band
July 30 Boys in the Band The Lawrence Tribute
August 6 Michelle Robinson Band Covering Country Rock & Pop
August 13 Dukes of Country The Classic Country Show
August 20 Gone to Paradise Ultimate Jersey Bullies Experience
August 27 Eagles Project Bring the Best Eagles Tribute

COMPLETE DORA INFO
NO COOLERS
Outside alcohol is not permitted in the DORA district

See the music. Explore our downtown. DowntownLawrenceburg.com

2026 DILLSBORO HOMECOMING FESTIVAL
MAY 13TH - 16TH

WEDNESDAY, MAY 13TH
7:00 PM **OPENING CEREMONY** Prince and Princess Outstanding Citizen Award King and Queen Senior King and Queen Policeman-EKHS Personnel Freeman Awards
8:00-10:00 PM **Music:** Rusty Bladen and the Luth Daylights

THURSDAY, MAY 14TH
7:00 PM **OPENING CEREMONY** Baby Contest (Registration 5:30-6:45) 2-24 Month Judging
7:15 PM **No Dress Code** (10 entry fee)
8:30-10:30 PM **Music:** Falls City Boys

FRIDAY, MAY 15TH
5:00 PM **OPENING CEREMONY** Registration
6:00 PM **4th Annual Frog Jumping Contest & Beer Drizzle**
8:00-10:00 PM **Music:** The York Ridge Boys

SATURDAY, MAY 16TH
7:00 AM **5K Run/Walk** Registration
8:00 AM **Homecoming Parade**
10:00 AM **BBQ Chicken Dinner** (Dillsboro American Legion Post #290)
12:00 PM **South Dearborn Middle School - TSO**
1:00 PM **South Dearborn High School - TSO**
2:00 PM **event - TSO**
6:00 PM **OPENING CEREMONY** Introduction of Prince, Princess, King & Queen
8:30-10:30 PM **Music:** The Renegades
Music: Naked Karate Girls

For your safety and the safety of others:
NOT RESPONSIBLE FOR ACCIDENTS
NO OUTSIDE ALCOHOLIC BEVERAGES
NO SMOKING IN THE ENTERTAINMENT AREA

FOR INFORMATION PLEASE CONTACT:
JEREMY GETZ
513-836-6345

MORE UPCOMING EVENTS

MAY 1-JULY 12 2026 RISING SUN, INDIANA CALENDAR OF EVENTS

- MAY 1-2** Rising Sun Methodist Church Yard Sale - 110 S. Walnut St. May 1st - Times: 9am-4pm & May 2nd - Times: 9am-3pm
Info: Connie (812) 655-1664 or leave voicemail @ (812) 438-4431
- MAY 7-9** City of Rising Sun Community Yard Sale
Days/Hours Vary Resident-to-Resident - List provided by City of RS
Yard sale registration - City of Rising Sun - (812) 438-3340
- MAY 7-9** Phi Beta Psi Sorority Yard Sale - Fundraiser - 8am-3pm - Info: (251) 209-4136
Ohio County Tourism Visitors Center - 217 N. High Street, Rising Sun
Proceeds Benefit Cancer Research & Ohio County Cancer Needs
- MAY 9** Madcap Puppets presents "Aesop's Fables" - 10am - FREE
Main Street Riverfront Pavilion - Weather Permitting (Inclement Weather-Library)
Presented by the Ohio County Public Library - Info: (812) 438-2257
- MAY 15** Motor Meet Up Cruise-In - Fun in Rising Sun - 5-8pm - 50/50 - FREE
Main Street - Downtown Rising Sun - All Wheels, All Styles, All Welcome
Emcee/Deejay JD Hughes, Arts & Crafts Vendors, Ridin' Roosters & Tiki Treatz
- MAY 19** Ohio River Way Challenge Paddlers Arrive in Rising Sun - Time TBA
Promotes Ohio River Water Recreation, Community Engagement, & More!
Rising Sun Riverfront Park - ohio riverway.org
- JUNE 6** Rising Sun Summer Fest - 4-10:30pm - FREE Admission - Main/Poplar Streets
Arts/Crafts, Food, Kid Zone, Deejay, Performers, Music: Not Johnny & Top This Band
IN State Festival Queen - Fireworks @ 10pm - Bring Chairs/Blankets
- JUNE 19** Critter Cinema Family Night - Visitors Center - 5-8pm - 217 N. High St.
Arts & Crafts, Mini Ponies, Bluey (6-8pm), Zootopia 2 (8pm) - FREE
Make-it Take-it Craft, Free Popcorn (Cub Scouts) - Face Painting - Info: (812) 438-4933
Don't Roll'd Ice Cream - 150% off - Sponsored by JAM Real Estate Group-Keller Williams Realty
- JUNE 26 to JULY 4** Purdue Extension - Ohio County 4-H Fair
Exhibits, Livestock, Educational Opportunities, Awards
1414 Fairground Road, Rising Sun - Info: (812) 438-3656
- JULY 4** Rising Sun Stars & Stripes Celebration - 4-10:30pm - FREE Admission
Arts/Crafts, Food, Foam Zone, Deejay, Music: Groove Masters & Whammies
Front Street - 360 Photo Booth - Fireworks @ 10:00pm - Bring Chairs/Blankets
- JULY 12** Rising Sun School's "Show Your Pride" Car Show - Registration Open
\$15 fee, early registration (ends June 15) - shirapridecarshow@gmail.com
Downtown Rising Sun - Fundraiser for Rising Sun Marching Band
- OHIO COUNTY TOURISM - 217 N. HIGH ST. - RISING SUN, IN - (812) 438-4935
Check the enjoyrisesun.com website for additions and updates - kendal@enjoyrisesun.com



CHOCOLATE SIP & SHOP FEB 13
AMERICA'S 250TH ANNIVERSARY CELEBRATION APR 25
GROOM & BLOOM MAY 12 & 13
LMS SPRING FLING MAY 29
FARMERS & ARTISANS MARKET SATURDAYS, JUN-OCT
MOVIES IN THE PARK JUNE 2, 9, 16, & 23
YOGA IN THE PARK WED & SAT MORNINGS, JUNE-SEPT
MUSIC ON THE RIVER THURSDAYS, JUNE-AUG
**** NO CONCERT JULY 2ND ****
TASTES OF SUMMER JUNE 20
WHISKEY CITY CHALLENGE BIKE RACE JULY 18
PICKIN' N SIPPIN' WHISKEY FESTIVAL JULY 18
LMS SUMMER MAKER'S MARKET JULY 18
WHISKEY CITY SUMMER FEST AUG 15
LAWRENCEBURG FALL MUSIC FEST SEPT 25 & 26
HARVEST HUSTLE OCT 10
SMALL BUSINESS SATURDAY NOV 28
MAYOR'S RECEPTION & TREE LIGHTING NOV 29
WINTER WONDERLAND FESTIVAL & PARADE DEC 5
WINTER WONDERLAND ICE RINK LATE NOV - JAN

DOWNTOWNLAWRENCEBURG.COM

North Dearborn COMMUNITY PARK Farmers' Market

Join us for our very first farmers market series featuring local vendors including honey, candles, flowers, baked good, sourdough breads, soaps, plants, tallow products and handmade artisanal crafts

3rd Saturday of the month April - August
8am-12pm

Interested in being a vendor?
Email us at ndcommunitypark@gmail.com

BATESVILLE KIWANIS DOWNTOWN CARNIVAL

MAY 7, 8 & 9
Fun for Families. Impact for Kids.

WHERE YOUR MONEY GOES
Every dollar stays local!

THRILLING RIDES Something for everyone!

DELICIOUS FOOD Carnival favorites & treats!

GAMES & PRIZES Test your skills & win!

TOUCH-A-TRUCK Saturday before opening!

FAMILY FUN Memories that last a lifetime!

DOWNTOWN BATESVILLE Shopping Village Square

YOU'RE NOT JUST BUYING A RIDE BRACELET... You're investing in the future of Batesville's kids!

BRING YOUR FAMILY INVITE YOUR FRIENDS!

Kiwanis SERVING THE CHILDREN OF THE WORLD
BATESVILLE KIWANIS WWW.BATESVILLEKIWANIS.ORG THANK YOU FOR SUPPORTING OUR COMMUNITY!

Sunday, May 10, 2026 at 10 AM - 5 PM
Mother's Day - FREE admission for all Moms
Public Event by Cincinnati Zoo & Botanical Garden

Interested **Going**

3400 Vine Street, Cincinnati, OH, United States, Ohio 45220
3400 Vine St, Cincinnati, OH 45220-1333, United States · 34 mi

TOUCH A TRUCK

HANDS ON FAMILY FUN
\$2/CHILD \$10/FAMILY

Activity List
Touch/Climb on Big Rigs & Trucks
Daily Scoop Ice Cream
Free Work Hats
Free Water

5.9.26 11 AM - 1 PM
7 S. Eastern Avenue
Batesville, Indiana

FROM WEBER'S MARKETPLACE
Batesville Main Street

Great Parks Pollinator Festival & 5K

May 9
10 a.m. - 2 p.m.
5K begins at 9 a.m.

What to expect
Celebrate the pollinators that keep our ecosystems thriving with a full day of family-friendly fun at Miami Whitewater Forest. Spend the day exploring how pollination supports the world around us—and the important role native plants play in that process. Along the way, you can:

- Enjoy live music from Mama Said String Band
- Step inside an immersive butterfly garden
- Shop local vendors for unique finds

Pollinator 5K (Morning Event)
Kick off the day with a timed, friendly walk/run along scenic, paved trails. Participants receive a custom medal, t-shirt, vendor coupons and Great Parks swag.

REGISTER for the race HERE: <https://runsignup.com/Race/Oh/Harrison/GreatParksPollinator5k>

New in 2026: Pollinator Cooking Class: a hands-on experience featuring pollinated ingredients

Bring the family, learn something new and celebrate the small but mighty pollinators that make a big impact

Interested **Going**

Miami Whitewater Forest
Harrison, OH 45030

FRANKLIN COUNTY QUILT SHOW 2026

Friday, May 15, 2026 at 10 AM - 5 PM
Franklin County Quilt Show 2026
Public Event by Franklin County Quilt Show

Interested **Going**

11225 County Park Rd, Brookville, IN 47012, United States
11225 County Park Rd, Brookville, IN 47012, United States

MAY Events

WALNUT STREET VARIETY STORE
TOYS & GIFTS

Karen's Attic
Home & Garden

ANDREA DESIGNS
Home & Garden

Mother's Day Celebration
SATURDAY, MAY 2 - FLOWER WALK

- Create a Mother's Day Wish List in-store
- 15% OFF with purchase off Wish List
- Perfect gifts for Mom, grandma, and all the special women in your life

OPOLY
SATURDAY, MAY 2 - MAY 9

Pet Themed Items Sale
SATURDAY, MAY 16

- 15% OFF on pet themed items
- Pet CBD Products - 40% OFF

5th SATURDAY SALE!
SATURDAY, MAY 30

- Fun "roll & save" style deals
- Perfect time to stock up and save big

15% OFF OPOLY SALE

Thank you for shopping local!

111 E GEORGE ST., BATESVILLE

UPCOMING EVENTS CONT.



HEAD START SCHOOL NEWS

IMPORTANT REMINDERS

- Please complete and turn in Pink in-kind Sheets and Home/School Connection Activity Calendars.

AURORA NEWS

REMINDERS

- Special Person's Day - 5/6/26
- Policy Council - 5/7/26
- Parent Meeting - 5/12/26
- Family Fun Day Event - 5/16/26
- Last Day of Class/Awards Program - 5/21/26

HEAD START SCHOOL NEWS

BROOKVILE NEWS

This month, we have been learning about Spring and bugs. The children have enjoyed observing our classroom caterpillar. We currently have 12 caterpillars that have entered the chrysalis stage and we are patiently waiting for our butterflies to merge. It has been exciting to watch their transformation and talk about the life cycle. We also explored a variety of bugs up close using magnifying glasses. We noticed their features and discussed what makes each one unique. Next month

REMINDERS

- Special Person's Day - 5/6/26
- Policy Council - 5/7/26
- Parent Meeting - 5/14/26
- Family Fun Day Event - 5/16/26
- Last Day of Class/Awards Program - 5/21/26

DILLSBORO NEWS

Hey guys, Dillsboro crew back with more exciting news. We have had such a great month of learning and growing. Our math skills have really grown and we love throwing in a few addition and subtraction problems throughout the day. They really enjoy digging in deep for those answers. We have begun a new journey in the classroom. We have started our own chicken eggs incubator to hatch chicks! We have 4 eggs in total and we will be watching them grow and discussing the chick life style in the eggs. They have all been so excited looking at them. They have said "we think they'll start hatching today". We rally love the warmer weather that we have had lately. We love digging for worms outside. They love holding the worms and making them their very own homes. That's all for this time, until next time, Dillsboro Crew.

REMINDERS

- Special Person's Day - 5/6/26
- Policy Council - 5/7/26
- Parent Meeting - 5/12/26
- Family Fun Day Event - 5/16/26
- Last Day of Class/Awards Program - 5/21/26

HEAD START SCHOOL NEWS

EAST ENTERPRISE NEWS

REMINDERS

- Special Person's Day - 5/6/26
- Policy Council - 5/7/26
- Parent Meeting - 5/12/26
- Family Fun Day Event - 5/16/26
- Last Day of Class/Awards Program - 5/20/26

LAUREL NEWS

Our classroom has been buzzing with excitement as we welcome in Spring! We began our study by exploring the changes happening all around us! We finished up our fascinating world of insects. We are now continuing our exploration with a study on worms and frogs. The children are enjoying learning how they live, move, and grow. We've completed art projects that not only support our theme but also encourage creativity and fine motor development.

REMINDERS

- Special Person's Day - 5/6/26
- Policy Council - 5/7/26
- Parent Meeting - 5/12/26
- Family Fun Day Event - 5/16/26
- Last Day of Class/Awards Program - 5/21/26

HEAD START SCHOOL NEWS

LAWRENCEBURG NEWS

REMINDERS

- Special Person's Day - 5/6/26
- Policy Council - 5/7/26
- Parent Meeting - 5/14/26
- Family Fun Day Event - 5/16/26
- Last Day of Class/Awards Program - 5/21/26

MOORES HILL NEWS

Wow– can you believe the year is almost over? Just one more month to go! We are so proud of how much the children have learned and grown this year. We are looking forward to ending the year with lots of fun and hands on learning. This month, our theme is Ocean and Water. We will be diving into all things under the sea and exploring the amazing world of water. We will learn about ocean animals, especially fish, and the creatures that live in the water. The children will enjoy fun, hands on activities like “fishing” with pipe cleaners and exploring sink vs float experiments, including comparing saltwater vs freshwater. We will also get moving and use our imaginations by pretending to be ocean animals: walking like crabs, racing, and even completing an ocean themed obstacle course! Our class will explore how ocean currents happen and learn fun facts like how sharks float. We'll enjoy singing favorite songs like “Baby Shark” and other water themed music. There will be lots of creative fun too! We will make shark tooth necklaces, participate in a “Feed the Shark” activity, learn about shark emotions, and explore shells and play in sand sensory activities. It's going to be a month full of discovery, creativity and ocean fun! Reminder: We will be closed the week of May 10-16. Thank you for a wonderful year so far– we are excited to make this last month extra special.

REMINDERS

- Special Person's Day - 5/6/26
- Policy Council - 5/7/26
- Parent Meeting - 5/14/26
- Family Fun Day Event - 5/16/26
- Last Day of Class/Awards Program - 5/21/26

HEAD START SCHOOL NEWS

MT. CARMEL NEWS

It's our last month of school and we are so proud of all of our kiddos! We're excited to send off next year's kindergarteners. We are confident they will do amazing! This month we are learning all about summer! We look forward to all the fun this month to kick off summer. Our preschool graduation is at the end of this month. Ms. M will reach out through ChildPlus for details.

REMINDERS

- Special Person's Day - 5/6/26
- Policy Council - 5/7/26
- Parent Meeting - 5/12/26
- Family Fun Day Event - 5/16/26
- Last Day of Class/Awards Program - 5/21/26

RISING SUN NEWS

Our classroom is so excited to learn about plants and nature for our upcoming study. This past month our favorite book was called "The Teeny Tiny Woman". We would also like to thank the family of Frances Vanover for bringing fire safety into the classroom! We had a wonderful visit.

REMINDERS

- Special Person's Day - 5/6/26
- Policy Council - 5/7/26
- Parent Meeting - 5/14/26
- Family Fun Day Event - 5/16/26
- Last Day of Class/Awards Program - 5/21/26



HEAD START SCHOOL NEWS

ST. LEON NEWS

This month we started our community helpers unit. We have enjoyed playing the game Operation to focus on our fine motor skills. Our favorite community helper is a nurse or doctor. The class is also enjoying the warmer weather and practicing our counting skills outside playing “What Time is it Mr. Fox?”. We are looking forward to our local firefighter/police officers coming out to visit next month.

REMINDERS

- Special Person’s Day - 5/6/26
- Policy Council - 5/7/26
- Parent Meeting - 5/14/26
- Family Fun Day Event - 5/16/26
- Last Day of Class/Awards Program - 5/21/26

SUNMAN NEWS

We can’t believe the end of the school year is almost here! We have been very busy learning about plants and insects. We have released our butterflies that we watched grow from caterpillars. We love the book “Make Way for Butterfly”, by Ross Burach. If you have any Home/School Connection Activity Calendars and pink In Kind sheets from throughout the school year, you can still turn them in.

REMINDERS

- Special Person’s Day - 5/6/26
- Policy Council - 5/7/26
- Parent Meeting - 5/12/26
- Family Fun Day Event - 5/16/26
- Last Day of Class/Awards Program - 5/21/26

HEAD START SCHOOL NEWS

VEVAY NEWS

During this month we have been learning about the wonderful world of bugs. As the weather has gotten warmer we have seen different creepy crawlers. Our favorite activity has been using a lemon juicer to squeeze waterfall of sponges. We have also planted flower seeds and are watching them grow. We were lucky enough to have Mr. Rich come play guitar for us the second time. Reminder our last day is May 21st.

REMINDERS

- Special Person's Day - 5/6/26
- Policy Council - 5/7/26
- Parent Meeting - 5/14/26
- Family Fun Day Event - 5/16/26
- Last Day of Class - 5/21/26



Come and join us for our last event of the school year!! Sign Up Sheets are in your child's classroom!



If you have any questions please contact your Family Service Worker or call the main office at 812-926-3190
Come and Have a Good time!

Games! Snacks!

**Head Start's
Family
Fun Day**

May 16th

Face Painting Chalk & More!

Markland Dam Park
532 IN-156, Florence
9:00-11:00 AM

SIEOC
110 Importing Street, Aurora
12:00-2:00 PM

Brookville Town Park
Park Rd, Brookville (Playground Shelter By Volleyball Court)
3:00-5:00 PM

EDUCATION

PARENTS' GUIDE TO SCREENTIME

What Is Screen Time?

SCREEN TIME IS THE **TOTAL** TIME SPENT BY:



WATCHING TV



ON A COMPUTER



PLAYING VIDEO GAMES



USING A SMARTPHONE OR TABLET

DID YOU KNOW?

Toddlers exposed to more screen time had higher rates of speech & language delay.

For every 30-minute increase in daily handheld screen time, there was a 49% increased risk of expressive language delay!

American Academy of Pediatrics (2017) Handheld Screen Time Linked with Speech Delays in Young Children

Screen time has also been linked to: obesity, behavioral problems, and loss of social skills.



HOW MUCH SCREEN TIME?

American Academy of Pediatrics Recommends:

Birth to 2 years- NO screen time
2-5 years of age- Up to 1 hour daily
School Age Children- 1-2 hours daily



SET GUIDELINES

Set device free zones and family rules for screens



- No devices in bedrooms
- Turn screens off an hour before bed
- No devices during dinner time

STAY INVOLVED

- Research games and apps to make sure that they are **appropriate** and **high quality** at www.common sense media.org
- Watch videos with your child and talk about them
- Encourage hobbies outside the online world



PRIORITIZE PLAY!

We know the best way to help children learn and grow is to **play and interact with them!** Children develop speech, language, and social skills through playing with peers and adults. Have fun during everyday interactions like bath time, meal time, and at the grocery store.

Screen time will not promote your child's development, but we can't ignore that, allowed occasionally, it can help you get through a busy day. Whenever possible, when your child watches media on your phone or tablet, talk about it or even re-enact it together!

SOURCES:

- American Academy of Pediatrics (2017). American Academy of Pediatrics Announces New Recommendations for Children's Media Use. Retrieved from <http://www.aap.org/en-us/about-the-aap/aap-press-room/pages/american-academy-of-pediatrics-announces-new-recommendations-for-childrens-media-use.aspx>
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CONCIOUS DISCIPLINE



The **Skill of Consequences** is from the Power of Intention. The Power of Intention is to teach a new skill rather than punishing others for lacking skills we think they should possess by now. The Power of Intention states that mistakes are opportunities to learn.

Consequences teach us to examine our behavior, reflect on the impact of our choice and make changes until we reach the highest goals. Motivation to change comes from owning the consequences of our actions and consciously choosing a different action. It does not come from blaming or judging. Learning from the consequences of our actions requires us to do two things. First, we must reflect on the choices and their outcomes in relation to our long-term goals. (Example may be ordering pizza and knowing it will not align with weight loss). The second is to take ownership of our choices and the feelings they generate within us. (Example, feeling disappointed of delaying weight loss). Becoming conscious of consequences is the key to change.

Consequences teach children to examine their behavior and make changes until they reach their goals. Children who learn to reflect on their feelings, choices and outcomes become conscious of their own actions. When children make a mistake, such as hitting a peer or sibling, the child will be given a choice to stop hitting or play elsewhere. If the child continues to hit, he has chosen to play elsewhere. The adult will assist the child to another area and remind him he chooses to play elsewhere. Provide empathy for the child's emotion, such as, I know it is hard, but you can do this. Resist the temptation to lecture or negate the child's upset.

For more information on the Seven Powers and Seven Skills go to www.consciousdiscipline.com.

DISABILITIES AND MENTAL HEALTH

Accessible and Affordable Hoosier Travel



Traveling with a family member with special health care needs requires additional planning and preparation to minimize stress and challenges. It is important to remember that travel requires a degree of flexibility. Contacting attractions and vendors, such as hotels and transportation providers, prior to travel to discuss an individual's needs and available accommodations is recommended. Indiana offers residents and other travelers a variety of travel options and services.

Access Pass

Several attractions across the state of Indiana have joined forces to offer an Access Pass, which offers families who are currently receiving assistance the opportunity to take advantage of cultural offerings. The Access Pass offers visitors \$2 general admission per family member per visit. To qualify for an Access Pass, families must participate in one of the following state assistance programs:

- o Temporary Assistance for Needy Families (TANF)
- o Food Stamps (Supplemental Nutrition Assistance Program/SNAP)
- o Hoosier Healthwise Insurance HIP Basic and Plus
- o Commodity Supplemental Food Program (CSFP)
- o Hoosier Works

To apply for a pass, visit any of the participating venues and show an Indiana issued photo ID and proof of state assistance (confirm necessary documentation prior to arrival). Access Passes are renewable annually.

Participating venues include:

- The Children's Museum of Indianapolis: www.childrensmuseum.org
- Conner Prairie: www.connerprairie.org
- The Eiteljorg Museum: www.eiteljorg.org
- The Indiana Historical Society: www.indianahistory.org
- The NCAA Hall of Champions: www.ncaahallofchampions.org
- Terre Haute Children's Museum: <http://thchildrensmuseum.com/>
- WonderLab Museum of Science, Health, Technology: www.wonderlab.org
- Indiana Sate Museum & Historic Site: www.indianamuseum.org
- Newfields: <https://discovernewfields.org/>
- Bellaboo's: <https://lakecountyparks.com/269/Visit>
- Indiana Repertory Theater: <https://www.irtlive.com/>
- Indianapolis Motor Speedway Museum: <https://imsmuseum.org/>
- Rhythm Discovery Center: <https://shop.pas.org/>

DISABILITIES AND MENTAL HEALTH CONT.

Check with the participating venue prior to visit to ensure program participation and family eligibility, particularly for special events or programs. Additionally, call participating venues to learn more about accessibility and accommodations.

Indiana Department of Natural Resources

The Indiana Department of Natural Resources (DNR) maintains a multitude of state parks, recreation and wilderness areas, forests, preserves, and others. Indiana residents who are at least 65 years of age or are a resident eligible for Social Security disability payments under 42 USC 401 may be entitled to a Golden Hoosier Passport, which offers a 50% discount on annual entrance pass fees. Proof of eligibility must be presented at time of purchase, and the disabled individual must be present in the vehicle at time of use. The Golden Hoosier Passport is not valid at Indiana Historic Sites that charge an entrance fee. Visit <http://www.in.gov/dnr> for more information about Indiana parks, recreation guides, and entrance fees.

Other Attractions

Holiday World & Splashin' Safari is an amusement park in Southern Indiana. The park has created an accessibility guide to assist guests during their visit. Admission discounts are offered to military, veterans, police, EMS, firefighters, and nurses, as well as groups. Discount coupons are frequently found on locally made or packaged products and at other organizations.

Great Wolf Lodge is located just over the Indiana border in Mason, Ohio. The lodge offers a year-round waterpark, fun attractions, events, and dining – all indoors! <https://www.greatwolf.com/mason>

Additional Hoosier tourism and trip planning resources are available at <http://www.visitindiana.com/>. Here families can search for activities by category or price, trip ideas, and other travel resources.

Family Voices Indiana has an Accessible Travel fact sheet for families interested in traveling out of state. The fact sheet includes air and lodging travel tips, as well as links to additional travel resources.

Programs and systems change often. It is important to ensure that you are using the most current information. This fact sheet was updated July 2021. Please check http://fvindiana.org/fact_sheets for the most recent edition. Supported in part by funding from the Health Resources and Services Administration (HRSA).
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WHY should kids #ChooseWater?

Water is a great drink choice for kids!



It's super healthy:
0 calories & no added sugar



It's good for the body:
helps keep joints healthy, good for teeth, helps blood circulate



It's good for the mind:
Staying hydrated helps concentration and focus

WHEN should kids #ChooseWater?

At all ages!

6-12 months



4-8 oz a day

12-24 months



8-32 oz a day

2-5 years



8-40 oz a day

- **Any time of day** is a good time to drink water – try it with a snack!
- Before, during and after exercising or playing a sport
- When it's hot outside

HOW to help your kids #ChooseWater

- **You are your child's best role model.** When you set a good example, your child learns healthy habits.



- **Start the water habit early!** Kids who drink water early are more likely to keep drinking it as they get older.



- **Make using water bottles fun – decorate them!** Give them as gifts! Let them pick out their own!



- **Change up the flavor** by adding fresh fruit like lemon or pineapple or try a slice of cucumber for a fresh new taste



healthychildren.org

American Academy of Pediatrics



NUTRITION

Tomato, Avocado, and Cheese Melt

Ingredients

- 4 slices whole wheat bread
- 1 to 2 tablespoons low-fat mayonnaise
- 1 small tomato
- ½ avocado
- 8 slices low-fat cheese, such as cheddar, mozzarella, Colby, or Colby-Jack

Directions

1. Spread a thin layer of mayonnaise on each slice of bread.
2. Layer tomato and avocado slices on bread.
3. Cut tomatoes into thin slices.
4. Cut avocado into thin slices.
5. Place cheese over tomato and avocado slices.
6. Broil bread on high for 2 to 4 minutes, or until cheese is melted.
7. Allow to cool, and cut bread into quarters.

Makes 16 servings

Safety tip: To prevent burns and other injuries, an adult should slice ingredients and supervise use of the oven.

