

Spring 2023

Shasta Head Start  
CHILD DEVELOPMENT, INC.

# Parent Newsletter



## Springtime is here!

Hello SHS families, welcome to our Spring 2023 Parent Newsletter. This newsletter is created with you in mind. Parent Engagement is so important to us at Shasta Head Start. It is our desire to connect you with useful information, fun community activities, resources to support your family and child development education.

### Scholarship for SHS Parents!

Christina Madrigal Scholarship for Shasta Head Start Parents- Due June 16th, 2023

Shasta Head Start is excited to bring back the \$1000 scholarship for parents of our program!

The purpose of the Christina Madrigal Memorial Scholarship Program is to recognize a current or past parent of Shasta Head Start who attends or plans to attend a college, university or technical school. Our goal is to encourage Shasta Head Start parents to pursue postsecondary education. This is a competitive scholarship sponsored by Columbia Bank. Applications are due June 16th, 2023 by 5pm.

Click here for scholarship eligibility and instructions: [Madrigal Scholarship Instructions 2023](#)

Click here for fillable scholarship application: [Madrigal Scholarship Application 2023](#)



# Tips for Easing School Transitions for Young Children

It's Springtime! Spring marks the time of year we see wildflowers, bright green trees, and enjoy more daylight. Spring is also the time to start getting children ready for the end of this school year and the beginning of a new one. Smooth transitions are important, especially for young children, and the more we can do to support them the better. Below are some tips that can help ease the transition from one school year to the next. These tips are helpful for children from infancy on up, because even our babies have transitions.

- ◆ Read books about preschool or kindergarten
- ◆ Talk about the transition in a positive way, especially in front of your child
- ◆ Tell your child stories or show pictures of yourself in your young school days
- ◆ Once you know where your child will attend next year, arrange to visit the classroom and meet the teacher, if possible
- ◆ If your child is off to kindergarten, drive by the school, talk about how they will get to school, show them where their classroom will be
- ◆ Take advantage of your child's Individual Transition Plan (from your parent/teacher conference) by using the ideas and activities to help prepare your child
- ◆ Check out these articles from the California Teaching Pyramid website (linked below)

The best tip of all, enjoy this time. Celebrate where your child is at and where they are going, you both have done a lot of work to get here! Here's to great transitions and a very happy Spring!

- ◆ [backpack transitions \(cainclusion.org\)](https://cainclusion.org/backpack-transitions)
- ◆ [bkpk transitions spanish \(cainclusion.org\)](https://cainclusion.org/bkpk-transitions-spanish)
- ◆ [teaching routines.pdf \(cainclusion.org\)](https://cainclusion.org/teaching-routines.pdf)
- ◆ [bkpk bedtime.pdf \(cainclusion.org\)](https://cainclusion.org/bkpk-bedtime.pdf)
- ◆ [bkpk bedtime spanish \(cainclusion.org\)](https://cainclusion.org/bkpk-bedtime-spanish)
- ◆ [bkpk morning routine.pdf \(cainclusion.org\)](https://cainclusion.org/bkpk-morning-routine.pdf)
- ◆ [bkpk morning routine spanish \(cainclusion.org\)](https://cainclusion.org/bkpk-morning-routine-spanish)

## Disabilities and Mental Health Department:

It is almost the end of the school year! It has flown by so quickly and now is the time to start thinking about your child's next move! Transitioning to a new classroom can be stressful and cause anxiety for children. Is your child heading to kindergarten or moving to a new classroom? As a parent or guardian, you can coach your child through this transition. Helping prepare your child to understand what to expect, can help them feel confident and ready! Click on the links below to learn more about ways to support your child during transitions to a new learning environment.

Supporting Children with Individual Education Plans (Transition to Kindergarten)

- ◆ <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/ttk-supporting-children-iep.pdf>

Transitioning to Kindergarten

- ◆ <https://www.naeyc.org/our-work/families/transitioning-to-kindergarten>

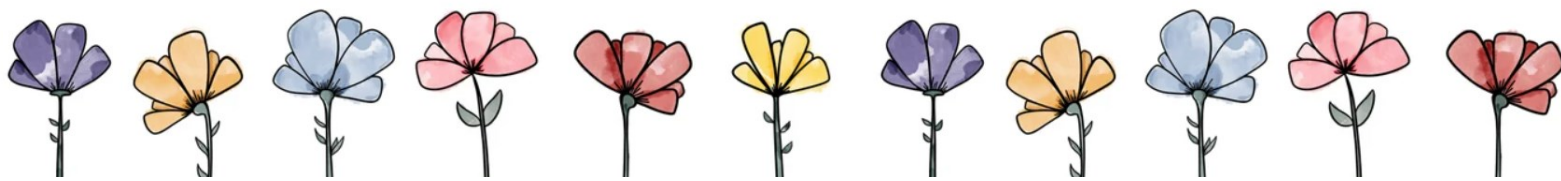
Tips for child transitioning into Preschool

- ◆ <https://www.naeyc.org/our-work/families/13-tips-starting-preschool>

## Announcing our 2023 Policy Council Officers!

Chair: Melissa Kalinowski (2nd term), Vice Chair: Silvia Velasquez (previously Secretary),

Secretary: Katelynn Perez (3rd year on Policy Council). Congratulations PC officers!



# Community Happenings:

## Shasta County

- ◆ Turtle Bay discount days – Thursdays from 9:00 am – 4:00 pm (\$5.00 child, \$10.00 adult)

### April Events:

- ◆ Redding Library (1100 Parkview Ave. Redding, CA 96001) <https://www.shastalibraries.org/>
  - Rev, Rumble, & Roar – Saturday April 1, 2023
  - Family Storytime – Every 4th Saturday of the month from 3:00-4:00 pm
  - Kids Lego Time (ages 6-12) – Every Last Wednesday of the month from 3:00-4:00 pm
- ◆ Airports For Autism
  - Benton Airport (2600 Gold St. Redding, CA 96001) <https://rfenc.org/airports-for-autism/>
  - 5K run and 2-mile fun walk (fee required to enter) and community resource fair (free) – April 1, 2023, from 8:00-12:00 pm

- ◆ Peter Rabbit's Eggcellent Glow-in-the-Dark Egg Hunt California Soccer Park (9800 Old Oregon Trail Redding, CA) \$5.00 fee for children ages 14 and under. Friday April 7, 2023 from 7:00-8:45 pm Register Here: [reddingrecreation.org](http://reddingrecreation.org) ([cityofredding.org](http://cityofredding.org))
- ◆ Week of the Young Child April 1-8: The Week of the Young Child (WOYC) is an annual celebration of young children that takes place every April in Shasta County and in communities across the nation. WOYC recognizes how the early years of childhood form a foundation for children's success in school and in life. A new collection of events and activities is available each year for children, families, and all community members to enjoy. Check out [Week of the Young Child | First 5 Shasta](#) for the list of events!

### May Events:

- ◆ Fantasy Fountain Enterprise Park opening on May 7th from 10:00 am - 8:00 pm  
First 5 Shasta County - <https://first5shasta.org/>

**Parent Café on March 23rd at the Anderson Center- Register here!**

## Trinity County

- ◆ Human Response Network: Human Response Network (HRN) is a non-profit, community-based organization that serves all of Trinity County. HRN provides advocacy, education and programs that promote personal empowerment, support vulnerable populations and create connections to local resources. [Nonprofit | Human Response Network | United States \(hrntrinity.org\)](#)
- ◆ First 5 Trinity County - <https://first5trinity.org/>
- ◆ [Trinity County Resource Guide](#)

## Siskiyou County

- ◆ Dolly Parton's Imagination Library - Our goal is to ensure all of the children in Siskiyou, from birth to age five, have access to books, are inspired to love to read. [Imagination Library | First 5 Siskiyou](#)
- ◆ Parenting Classes and Activities: [Parenting Education Classes/Workshops | First 5 Siskiyou](#)
- ◆ Siskiyou Community Resource Collaborative: Resources centers in Yreka, Scott Valley, Montague, Weed, Mt Shasta, McCloud, and Dunsmuir. [Siskiyou Community Resource Collaborative \(siskiyoucrc.org\)](#)
- ◆ First 5 Siskiyou - <https://first5siskiyou.org/>

