

Welcome to Norwood Centre Head Start!

We're so happy you're here! We are excited to have your child/ren attend our Head Start Program and together, we'll explore, create, play and grow while developing confidence through play and discovery.

Please contact us with any questions you may have now and throughout the year.

Norwood Head Start:
780-471-3737 ext. 233
OR
Cell phone:
780-231-6781

Daily drop off and pick up

If you arrive before the program begins to drop your child off, we kindly ask that you wait at one of the hall activity tables, in the family room, or spend some time outside until their program start time.

When picking up your child at the end of the program, please feel free to join us or wait in the hallway, family room, or outside.

Please arrive on time at the end of the program to pick up your child.

Staff are not available to care for children after their program ends.

Program days:
Tuesday
Wednesday
Thursday
Friday

Morning class (AM):
9:15am - 12:15pm

Afternoon class (PM):
1:00pm - 4:00pm

September Activities

In September, we will focus on getting to know one another and our new routines, as well as identifying the children's interests for future planning. We will spend time exploring our playground and talking about how we can explore the

outdoors safely. We will also explore our five senses by taking part in activities that allow us to use our smell, touch, sight, hearing, and taste. Towards the end of the month, we will take part in our first cooking experience!



UN Rights of the Child Article #31

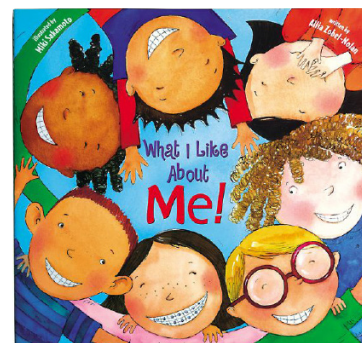
You have the right to play and rest.

Story of the Month:

What I Like About Me!
by Allia Zobel-Nolan

Topics:

- All About Me
- Our Five Senses
- Safety: Classroom and playground safety



Reminders

Please remember to complete and return your child's Primary Care Alberta consent forms if you have not already done so.

Family Lunch - Friday,
September 18 from
12:00pm-1:30pm

Register at reception, by
phoning 780-471-3737,
or drop in!

Agency CLOSED –
Wednesday, September 30



Understanding Separation Anxiety

As we begin our first month of Head Start and our journey of learning together, we would like to send out a big thank you to all the families that have trusted us with the education and care of their children. For some of you, separation from your children has been quite natural, maybe your child has been enrolled in a daycare, or maybe they frequently spent time away from you with extended family or friends. For other families, this is the first experience of prolonged separation, and it can bring up many different emotions!

The bond we have with our children and loved ones is frequently called "Attachment". These close relationships allow us to have the courage and confidence it takes to go out into the world and learn new things.

When it comes to spending time apart, here are some ways to build secure, healthy attachments with your child:

Make a Plan: Children want to know what is coming next in their lives. Let your child know what will happen in their day and make a plan for what you will do when you come back together! "Today is a Head Start day! You will go to school and then when you come home, we will have lunch together."

Something Special: Children may miss their families throughout the day, especially when separating for the first few times. Consider sending your child with a picture of a family member, a special bracelet or string tied around their wrist to remind them of you, or even a heart drawn on their hand.

Always Say Goodbye: It can be tempting to "sneak out" when dropping off your child in a new place. Often families do this to avoid tears or clinging behavior, but these strategies can make things more difficult. By waiting for your child to be distracted or telling them you're "going to the bathroom" when you plan to leave reinforces to your child that separation is confusing and scary, and that they can't let go of their caregivers in new places.

Children can experience strong feelings when it comes to separating from family members, this is a sign of healthy attachment. It is important to acknowledge these feelings but not let them change the plan. Your child can trust that their family can make safe, healthy, supportive choices for them, and you can trust that your child is strong enough to be brave and miss you for a short time!

Birthdays!

Birthdays are a special way to celebrate individual children as they turn one year older. We will be celebrating each child's birthday as close as we can to their special day. We will sing them the Happy Birthday song and give each child a special pencil to take home.

September Birthdays:

Jacob – September 27