



# ~SKIP TO A GREAT START~



(S.K.I.P.) SUCCESSFUL KIDS = INVOLVED PARENTS

SUMMER 2011 SKIP to a Great Start Newsletter

Genesee Intermediate School District  
Health, Safety & Nutrition Services  
Lisa Hagel, Superintendent

BENDLE PUBLIC SCHOOLS

Friel Early Childhood Center  
4469 Greenly, Burton, MI 48529  
John Krolewski, Superintendent

S.K.I.P. to a Great Start is Your Local Parents As Teachers Program ~ A Genesee County Parent Involvement Project for all parents who have children birth—5 years — Get Involved Today!  
Call your School District SKIP Contact at 810-591-3607

## Summertime Fun in the Garden

<http://www.howdidoit.com/kids-and-parenting/how-to-plant-a-kids-garden/>

School is almost out; so now what do you do to keep your kids occupied until the school bell rings again?

**Why** not start a garden with your kids this summer? It has all the ingredients kids love; from digging and preparing soil to choosing their own plants and crops to grow, planting seeds or seedlings and watering and caring for the plants until harvest time!

If you have younger children, just a couple packets of seeds and a couple plants each of tomatoes and peppers or a couple rows of corn makes for a big garden world even if it seems like a tiny garden to you.

It's much easier to care for a small garden than to make something that is a chore for both you and your kids; remember that weeds pop up and watering and fertilizing a large garden can be time consuming. Miniature vegetable varieties can be more fascinating for smaller children to grasp.

**Digging** and soil preparation is one of the most exciting parts of gardening for kids. Let them use their own plastic shovel and garden tools or even a wooden kitchen spoon.

If you have older kids, age five to eight, you might try growing a larger vegetable garden with tomatoes, corn, peppers, lettuce or other greens, radishes, melons, carrots, peas, squash and your favorite herbs. And sunflowers are always a child's delight; they'll love watching them grow from tiny seedlings until they are taller and bigger than themselves!

- ◆ **Keep Them Interested** – By sowing plants that will sprout and grow quickly, such as lettuce, radishes, and perhaps marigolds to add color. Or select plants that will stagger their harvest time. A tunnel of flowering climbers will make a play house for kids that will interest them as it grows over wire hoops that you put into the ground.
- ◆ **Giving Kids Ownership** – Lightly scratch your child's name into a young pumpkin or something else growing on a vine and watch the face or name grow and change shapes, or plant the initials into the soil in green leaf lettuce or garden cress and watch as those initials fill in.

All of these ideas will help to keep small ones interested in what you are doing, and keep them with you in the garden, developing their own love of the outside as well as planting.



Early Childhood Day at the Fair  
Genesee County Fair  
Thursday, August 18, 2011

- 9:00 a.m. Scavenger Hunt
- 9:00 a.m. Food Sampling—Trail Mix
- 9:30 a.m. Budgeting Education Session
- 10:00 a.m. Color Me Healthy Interactive Activities
- 11:00 a.m. Parachute Play
- 11:30 a.m. Food Safety Education Session
- 1:00 p.m. Food Sampling—Garden Fresh Vegetables
- 1:30 p.m. Food Label Education Session
- 2:00 p.m. Music & Movement Activities

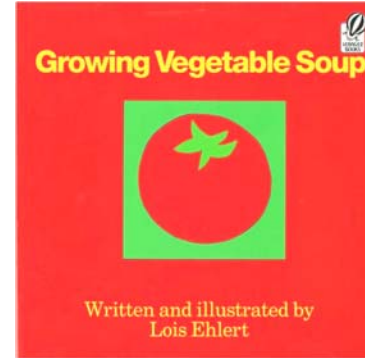
- ◆ Educational & Enrollment Information Available
  - ⇒ GCCARD Head Start
  - ⇒ Genesee County Health Department-Healthy Start
  - ⇒ Genesee County Great Start Collaborative Parent Coalition
  - ⇒ Genesee Intermediate School District-SKIP to a Great Start
- ◆ SKIP Nutritional Play Area
- ◆ Nutrition Education Displays
- ◆ Sand Art provided by the GSC Parent Coalition  
*Bundle Families will receive a gas card.*  
*For more information, contact TracyNaylor 591-3607*

## LITERACY CORNER

### Growing Vegetable Soup

By: Lois Ehlert

Together, a father and child share the joys of planting, watering, and watching seeds grow. And once their harvest of tomatoes, potatoes, cabbage, and corn is ready, they'll cook it up into the best soup ever!



Make books a daily part of your children's lives.  
CHECK OUT THE LOCAL LIBRARY FOR A GOOD BOOK TODAY!!  
It is recommended that children are read to for  
**30 minutes a day.**

## THE KIDS' KITCHEN IS FEATURING ~ The Facts About JUICE

*'Rutgers Cooperative Extension'*

- 1) Feeding toddlers juice from the bottle may cause baby bottle tooth decay. This can cause their teeth to rot & turn black.
- 2) Drinks labeled 100% juice can be a healthy choice for people of all ages. But too much juice—even 100% juice—is not healthy.
- 3) If children drink too much juice, they may not have room for the foods they need to grow and be healthy.
- 4) Children 1 to 6 years old should have 4-6 ounces or less of juice a day.
- 5) From age 7 to 18, children should have 8-12 ounces or less of juice a day.
- 6) Adults can fill up with too many calories from drinking a lot of juice too. It is a good idea, at all ages, to have a piece of fruit in place of an extra glass of juice.

### Juicy Trivia



#### True or False

- a. Drinking milk is the only way to get calcium.
- b. Cranberry juice can help prevent urinary tract infections.
- c. All 100% juices have the same amount of vitamins and minerals.
- d. A 6 ounce glass of juice equals one serving of fruit.
- e. Drinking a 6 ounce glass of 100% juice each day counts towards your 5 or more fruits & vegetables for the day.

*Juicy Trivia Answers found on July's Calendar.*

### Ligon Field Trip

Come join an outdoor experience at Ligon on **Monday June 20**. We will meet at Ligon at 11:00 am. This is an outdoor activity (rain or shine, so dress accordingly). Enjoy a hike to the garden, and plant some seeds. Take a nature walk to see the animals, plants, trees and flowers. Listen to a story; sing and move to music.

You'll want to wear both sunscreen and insect repellent. Long sleeved shirts and pants also help with insect and sun issues. Please wear closed toed shoes; we will be hiking and playing outside. NO flip flops!

This summer you can come back to Ligon and "harvest" what your child plants! Enjoy the beauty, the nature, the animals and the FUN! !

**Please call 591-3607 to register!**

### ***GISD Little Chefs***

A Nutrition Educator will be joining us on July 21, 28, Aug 4 and 11. Come sample some Fruits and Veggies and dance to some Fruit and Veggie tunes. Call 591-3607 to register.

### Gardening Club

Join Ms. Heather this summer for Kids Gardening Club. Parents and children will be planting, maintaining and harvesting a small garden.

The routine food choices of young children are determined by their families and adult care givers.

This summer, Ms. Heather will encourage children to touch, smell and taste new fruits or vegetables.

Planting activities will help connect the delicious food choices at the table with the different growing conditions and plants that produce fruits and vegetables.

### ***Please Register***

Please remember to register your child for summer activities. This helps us plan adequate staff and supply.

You may register by calling 591-3607 or signing up in the black binder.

For events including gas cards, you must be registered.

### Transportation Day

Friday, June 3 from 10:00 a.m.—1:30 p.m. at the Learning Community (formerly Fenton Lawn) an exciting time is planned for you and your child. Not only will you be able to view MANY different vehicles, you will be able to get inside and explore them!

From tractors to fire trucks, Hummers to a helicopter come and check out the vehicles on Transportation Day!

### Father's Day Celebration

Calling all Fathers, Grandfathers, Uncles and "honorary Dads" ...join us Thursday June 16th for the first annual Father's Day Celebration. Outside activities will include Daddy-Child Team races, construction activities, a special Barber Shop, and a healthy sampling fit for a king.. To register please call 591-3607.

For your convenience see the maps on back of calendars for directions to some venues.

**FLINT FARMERS' MARKET**  
**OPEN EVERY**  
**TUESDAY, THURSDAY 9 AM to 5 PM**  
**& SATURDAY 8 AM to 5 PM**

**flintfarmersmar-**  
**ket.com**



*This summer, take advantage of the Flint Farmers' Market. There is fun for the whole family. Check their website at*

*www.flintfarmers'market.com for events. What a great opportunity to expose your children to new fruits and vegetables, while enjoying the warm, sunny days of summer!*

# JUNE 2011 SKIP TO A GREAT START CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>If a child lives with criticism, he learns to condemn.                      If a child lives with ridicule, he learns to be shy.                      If a child lives with fear, he learns to be apprehensive.                      If a child lives with tolerance, he learns to be patient.                      If a child lives with encouragement, he learns to be confident.                      If a child lives with acceptance, he learns to love.                      If a child lives with honesty, he learns what truth is.                      -childdevelopmentinfo.com</p>			<p>1 Playgroup with Ms. Kathy                      10-11:30am                      Friel</p>	2	<p>3 Transportation Day                      10am-1:30pm                      TLC</p>	<p>4 Kaleidoscope @ Crossroads Village 10-2                      Coupons available</p>
5	<p>6 Playgroup with Ms. Kathy                      10-11:30am                      Friel</p>	7	<p>8 Playgroup with Ms. Kathy                      10-11:30am                      Friel</p>	9	10	11
12	13	<p>14   <b>Flag Day</b></p>	<p>15 Gardening Club                      Friel                      10:30-11:30 am</p>	<p>16 Father's Day Celebration                      5-6pm                      Friel</p>	17	<p>18 Worlds Biggest Zumba Party                      All Day                      Free                      Bluebell Beach                      (see website for more detail)</p>
<p>19   <b>Father's Day</b></p>	<p>20 Off-Site Playgroup                      11am-1pm                      LIGON                      (gas cards available)</p>	<p>21   <b>First Day of Summer</b></p>	<p>22 Off -Site Playgroup                      Rust Park                      Grand Blanc                      10:30-11:30am</p>	23	24	25
26	27	28	<p>29 Gardening Club                      Friel                      10:30-11:30 am</p>	30	<p>For more summer fun activities go to:  <a href="http://geneseecountyparks.org">geneseecountyparks.org</a>                      for a complete calendar of all the activities, and view their  <i>Family Fun Guide</i></p>	

**SKIP SITES & CONTACTS:** *Friel Early Childhood Center: 4469 Greenly, Burton, MI 48529*

*Coordinator:* Tracy Naylor, 810-591-3607; *Parent Educator:* Sheryl Rumpfelt, 810-591-3604;

*PCA Facilitator:* Heather Stephison, 810-591-3606; *Fax Number:* 810-591-0094

www.geneseeisd.org

www.bendleschools.org

www.migreatparents.org

# JULY 2011 SKIP TO A GREAT START CALENDAR


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p style="color: red; font-weight: bold; margin: 0;">Juicy Trivia Answers</p> <p><b>a. False.</b> A great way to get calcium is to drink orange juice fortified with calcium.</p> <p><b>b. True.</b> Studies have shown drinking 8 oz. of cranberry juice a day can help prevent urinary tract infections.</p> <p><b>c. False.</b> Not all juice is the same. Reading the Nutrition Facts Label is the best way to find out how many vitamins and minerals are in the juice.</p> <p><b>d. &amp; e. True.</b> A 6 oz glass of 100% juice is a good way to add 1 serving toward your 5-a-day.</p>					1	2
3	4	5	6	7	8	9
	4 <sup>th</sup> of July					
10	11	12	13 Off-Site Playgroup Splash Pad Bluebell Beach 11:30am-1pm (bring sack lunch)	14	15	16
17	18	19	20 Gardening Club Friel 10:30-11:30 am	21 GISD Little Chefs 10:30-11:30am Friel	22	23
24/31	25	26	27 Gardening Club Friel 10:30-11:30 am	28 GISD Little Chefs 10:30-11:30am Friel	29	30

A NOTE FROM OUR NURSE:  
ARE YOU READY TO QUIT SMOKING?



The Michigan Tobacco Quit Line can help. The quit line provides free telephone counseling with trained coaches. **Free nicotine patches** are available for individuals who have Medicaid, Medicare, Genesee Health Plan, or are uninsured. Special services and information are available for pregnancy, spit tobacco use, non-English speaking callers and persons with hearing or visual impairments. Call **1-800-QUIT-NOW** to get started on your journey to quitting smoking.

# AUGUST 2011 SKIP TO A GREAT START CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Off site Playgroup Physicians Park Grand Blanc 10:30-11:30 am	4 GISD Little Chefs 10:30-11:30am Friel	5	6
7	8	9	10 Gardening Club Friel 10:30-11:30 am	11  GISD Little Chefs 10:30-11:30am Friel	12	13
14	15	16	17	18 SKIP's Early Childhood Day at the Genesee County Fair	19	20
<b>Genesee County Fair Week</b> <span style="float: right;">→</span>						
21	22	23	24 Gardening Club Friel 10:30-11:30 am	25	26	27
28	29	30	31	<p>Many men will agree that being a father is the most rewarding relationship that they have. Children begin by loving their fathers unconditionally. It is a clean slate. There is nothing the father has to do to earn his child's love. The difficult part is not losing it. As the child goes out into the world, he will see all kinds of men whom he will look to as models as well. It is crucial that his father stay active in his life and help him make intelligent decisions. A boy without a father will look elsewhere to fill his father's shoes. Source: <a href="#">Father Poems from Children</a></p>		

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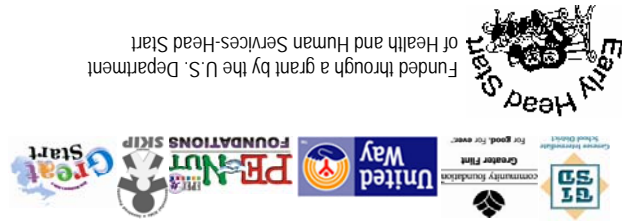
*Coordinator:* Tracy Naylor, 810-591-3607; *Parent Educators:* Sheryl Rumpfelt, 810-591-3604;

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[www.geneseeisd.org](http://www.geneseeisd.org)

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[www.migreatparents.org](http://www.migreatparents.org)



Funded through a grant by the U.S. Department of Health and Human Services-Head Start

SKIP to a Great Start is funded with Federal funds from USDA's SNAP-Ed Program by way of the Michigan Nutrition Network in a grant to the Genesee Intermediate School District. The SNAP-Ed Program provides nutrition assistance to people with low income; it can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office or check online <http://www.mhla.state.mi.us/mars/index.aspx> or call 1-800-481-4989. \*This institution is an equal opportunity provider and employer. SKIP to a Great Start is also funded through grants by the Michigan Department of Education (Great Parents-Great Start), Community Foundation of Greater Flint, United Way of Genesee County, and Macy's in partnership with Genesee Intermediate School District, area health and human service agencies, and Genesee County school districts.



Bendle Public Schools-SKIP to a Great Start  
 4469 Greenly  
 Friel Early Childhood Center



## GENESEE COUNTY CHILDREN DESERVE THE BEST! GET INVOLVED!

[www.greatstartgenesee.org](http://www.greatstartgenesee.org)

### Great Start Parent Coalition is Made up of Parents Just Like You Together We Can Make a Difference

As a parent, be sure your expectations match what your child is socially-emotionally capable of. When a parent expects a child to something, such as share a toy, and the child is not socially-emotionally ready, it can be frustrating for the parent and the child. Most 2-year-olds are not socially-emotionally ready to share and when a parent insists on sharing with others, they both become upset. To learn more about social and emotional development, visit [www.greatstartgenesee.org](http://www.greatstartgenesee.org) and answer some questions about your child on the *Ages & Stages Questionnaires, Third Edition (ASQ-3)* and *Ages & Stages SE (Social Emotional)*.

The Parent Coalition is a network of concerned parents, just like you, sharing information and resources about early childhood. Our goal is to create awareness and educate local communities regarding early childhood education and services.

Learn more about the Great Start Parent coalition at [www.greatstartgenesee.org](http://www.greatstartgenesee.org) or call Parent Liaisons Monya Hill Hairston or Karla Mancini at (810) 591-5126. Look for us on Facebook at Genesee County Great Start Parent Coalition. The Great Start Parent Coalition meets at Genesee Intermediate School District, Health, Safety and Nutrition Services at 2284 S. Ballenger Highway, Flint, MI 48503.

