



# Alexander Early Head Start August 2015 Newsletter

## Early Head Start Program Mission:

- To enhance the growth and development of young children
- To support and strengthen healthy family development and well-being
- To promote healthy prenatal outcomes for women who are pregnant
- To serve children with disabilities and their families

## Contact Information:

### Alexander Early Head Start

401 East Main Avenue  
Taylorsville, NC 28681  
Phone: 828-635-1479

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

**Facebook:** Early Head Start of Alexander, The Enola Group



## Spread the word

It's hard to believe that the school year is almost here already! As everyone starts gearing up to send the kiddos back to school, it's a good idea to start working on a night time routine early. Children need more sleep than adults and it's even more important to get those ZZZZ's in to be successful in school. Children who get enough sleep tend to be happier, healthier, more ready to learn and have less behavior problems, so get started with a bedtime routine now!

This is also the time of year when we are saying goodbye to the children that are 3 years old as they transition out of Early Head Start and move on. This means that we have some openings in our home visiting program. This is a great opportunity for families to help prepare their little ones to be ready to start school and get valuable information that might help support and strengthen their family. If you know of a family that is expecting or has children under 3, please share this exciting program with them and give them the opportunity to hear about all that we offer.



## Meet Kristen!

Kristen Horton is our Enrollment Coordinator and the first person most people come in contact with at Alexander Early Head Start. She is amazing at keeping things going in our program, knows what is going on at all times and keeps things running smoothly. If you have any questions about our program, call Kristen at 828-635-1479.



**BOLO!!**



\* Be on the look out ...!  
We will be having some fun and informational events related to shopping and cooking healthier for your family!! Coming soon.....

### **Congratulations Eden!**

Part of our program is helping support parents as they work towards personal goals. We are so excited to share that Eden Pinnx just graduated from Alexander Central High School in June! While being a wonderful mommy to Isaac, who attends our EHS classroom so Eden can finish school, She graduated with honors and will now be attending CVCC in the fall to study dental hygiene. She plans to then attend Lenoir Rhyne College and finally become a Dentist. We are very proud of Eden and all the hard work she put into being the best parent, student and example she could possibly be for her family. You ROCK Eden!



## **Calling All Parents!**

**Do You Want Your Voice Heard?  
Do You Want to Make a Difference for Your Child and Family?**

*Join the Early Head Start Policy Council!*

On **August 11 from 4 to 5:30 pm at the Caldwell Family Resource Center** the Policy Council will host a sharing night. Come join us if you are interested in Policy Council. Please RSVP by calling Angela at (828) 475-0107 or talking to your child's teacher or in-home educator.

