



Alexander Early Head Start December 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:

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WELCOME CHARISSA!!



We have a wonderful team here at Alexander Early Head Start and are excited to announce the addition of a new staff member! Charissa Blackburn has joined our staff in October and has taken off running. She comes to us with an Associate's Degree in Early Childhood Education and more than 10 years of experience in working with young children and families. I'm sure you will see her jumping in with both feet the next time you come to the FRC! Welcome Charrisa, we're glad you're here!

A TIME TO BE THANKFUL!

We had our annual Thankful Luncheon on Tuesday, November 17th and lots of families enjoyed eating and visiting together. Families brought some delicious side dishes and EHS provided the turkey, stuffing and rolls. We even had some special entertainment from the youngest members of the group. Families also took time to write down what they were thankful for on a colorful feather that was then put on our turkey display. We would like to thank all those friends and families that shared this special time with us. Check out our face book page to see pictures and a video of all the fun!



Alexander County
Partnership for
Children's
Annual Gingerbread
event!
December 12, 2015
9:00 am—12:00 pm
Call 632-3799 for more
info

Coughing, sneezing, and germs, OH MY!

It's that time of year again... it seems like we hear of people everywhere coming down with some kind of illness or another, either a cold, flu, stomach bug or something else and we know no one wants to share in this kind of giving! Some precautions to keep in mind this season are: WASH your hands!! This is the number one method to keep yourself and your family members healthy.



Good Hand Washing Technique

You can easily teach your kids how to wash their hands well and scrub the illness-causing germs away. Here are some tips to help prevent germs and keep them safe: Make sure that your children wash in hot water (just be sure it isn't so hot it will burn their sensitive skin). Use soap and work it into a lather (you don't need antibacterial soap) Thoroughness makes a difference, so encourage getting the soap in between fingers, underneath nails and up to the wrist area, since these are places where germs exist Have your kids wash for at least 20 seconds Use an alcohol-based hand sanitizing cleaner if soap and water aren't available

OUR MIGHTY MEN!

On November 24th the Men's Zone group got together to have fun, food and fellowship here at EHS. We had 17 people attend and they had a wonderful time. They ate a delicious meal with turkey, stuffing and all the trimmings, made a "turkey treat" with the children and spent quality time playing with each other. They are working on some big plans for the coming year and would love more input from other important male figures in the lives of our children. The next Men's Zone event will be held on January 24th @ 6:00. What a great way to get out of the house during the cold winter months! Mark your calendars to come hang out in the Men's Zone!

