



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
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www.enolagroup.org

Facebook: Early Head Start of Alexander, The Enola Group

Alexander Early Head Start June 2016 Newsletter



Strawberry fields forever...

Well, only for a few weeks actually. That's how long the harvesting season is for strawberries around here. Recently, some children and families enrolled in the EHS program got to go on a field trip to The Farmer's Daughter farm in Taylorsville NC. First we had a picnic lunch at Matheson Park and played with our friends. Then, at the farm, we learned how strawberries are planted and grow, picked our own yummy strawberries and listened to a story about ladybugs. At the end we got to eat some home-made strawberry pie and play on another playground! Amy Douglas told us all about the history of her family farm and was so patient with us! Thank you Amy, your Mom's pie was delicious!



Oh Mr. Sun, Sun, Mr. Golden Sun...



It's that time of year again. Time to get out and play in the sun! I think the weather is still making up its mind, but the calendar says it's almost summer. Outdoor physical activity is a wonderful way to spend quality time with your family. Now is the time to stock up on sunscreen, bug repellent and be on the look-out for ticks. Make sure to be safe during the summer by applying plenty of sunscreen, taking breaks from the heat, drink lots of water and supervise children at all times around any water (drowning can happen in as little as an inch of water). Watch for upcoming playgroups that will be fun activities related to water like the Conover splash pad and water play!



Free Summer Meals for Kids 2016

Meals are FREE to children and teens ages 18 and younger who come to a summer meals site. Free summer meals will help families save money and stretch their already tight food budgets. Parents don't need to apply to the program to get a free summer meal for their kids. They can simply bring their child to a summer meals site in their community, and their kids can enjoy it without the hassle of having to fill out an application. For more information, contact Sherry Williams 828-632-7001 ext. 211 or email swilliams@alexander.k12.nc.us

Sites in Alexander County:

Alexander Central High School Dates of operation: Monday-Thursday June 13-August 11 (no meals served July 4-8)
Breakfast: 8:00-9:00 a.m./Lunch: 11:30-12:30 p.m.

Alexander County YMCA Dates of operation: Monday-Thursday June 13-August 11 (no meals served July 4-8)
Breakfast: 8:30-9:00 a.m./Lunch: 11:45-12:15 p.m.

Matheson Park Dates of operation: Monday-Thursday June 13-August 4 (no meals served July 4-8)
Lunch: 12:00-12:30 p.m.

East Alexander Middle School: Tuesdays and Thursdays Only June 14-August 11 (no meals served July 5 or July 7)
Lunch: 12:15-12:45

Ellendale Elementary School Dates of operation: Monday-Thursday July 18-August 4
Breakfast: 8:00-8:30a.m./Lunch: 11:30-12:00

Hiddenite Elementary School Dates of operation: Monday-Thursday July 18-August 4
Breakfast: 8:00-8:30/Lunch: 11:30-12:

Summer Reading Program Events sponsored by Alexander County Library

Alexander County Library Dates of operation: Tuesdays Only (June 21, June 28, July 12, July 19, July 26)
(no meals served July 5) Lunch: 11:00-11:30 a.m.

One Day Only Events:

Big Me, Little Me @Reformation Lutheran Church Dates of operation: Thursdays Only (June 30, July 14, July 21, July 28)
Lunch: 11:00-11:30 a.m.

Rocky Face Hike @ Rocky Face Park (meal following hike) One day only: Friday, June 24, 2016
Picnic at Rocky Face Park Lunch: 11:00-11:30

Race to Read Event @main library One day only: Friday, July 1, 2016 Lunch served at 11:00-11:30

Bright Star Children's Theatre production @ACHS Auditorium One day only: Friday, July 15, 2016
Lunch served at 11:00-11:30

Game Day Central Event @main library One day only: Friday, July 22, 2016 Lunch served at 11:00-11:30

Down to Earth! Event @ACHS Auditorium One day only: Friday, August 5, 2016 Lunch served at 11:00-11:30