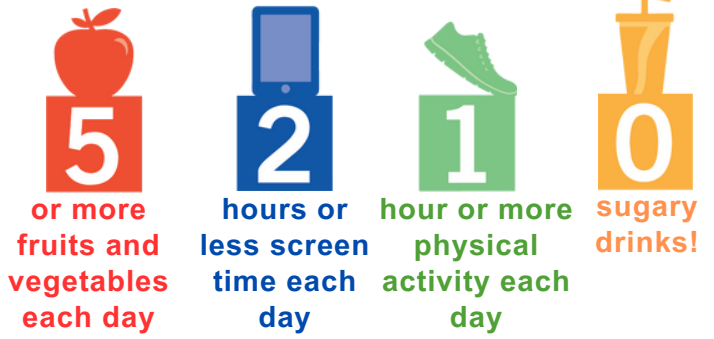




September 2024



5 or more fruits and vegetables each day

2 hours or less screen time each day

1 hour or more physical activity each day

0 sugary drinks!

THINGS TO KNOW

Is your child struggling with their new school routine? Try a visual. Visuals may help young children learn and follow routines by helping them understand what is happening “now” and what is going to happen “next.” You can find visuals [here](#), if you would like a print copy please ask your Family Worker.

TRI-COUNTY CLOSET

To help support Head Start families with clothing needs, Tri-County Head Start offers a unique space for families to shop for clothing items. Men, women, and children's clothing are available.

The closet is open and available Monday- Friday 9 am- 5 pm. Please see your Family Service Worker or Home Visitor if you are in need of clothing items.

Meet New Staff!

AS WE START THE NEW PROGRAM YEAR, WE ARE EXCITED TO WELCOME SOME NEW FACES TO OUR TRI-COUNTY TEAM!



CALENDAR

Tri-County Head Start Events

- September 2 - Closed for Labor Day
- **September 12 - Family Kick Off Event**
5:30-7:00 pm at Maywood
(800 Milwaukee Ave, Waterloo IA)
- [September 16 Policy Council Meeting](#)
- September 17 Board of Directors Meeting
- September 20 - No School Staff Professional Development Day
- September 25 - Iowa Local Food Day

Monthly Nest Events

Nest is a parent education program. They host multiple monthly education sessions. If you are interested in getting enrolled, please call 319-292-1805 to speak with the Nest Educator or just stop into Operation Threshold, located at 1535 Lafayette St. Waterloo, IA 50703

HISPANIC HERITAGE MONTH

Hispanic Heritage Month is a time to recognize and honor the rich cultural contributions of Hispanic and Latino communities.

We are excited to announce that one of our families will be leading a special activity exploring the colorful and fascinating aspects of Mexican culture.

Additionally, we are also starting a new initiative to send home activities in Spanish that you can do with your child. If you are interested in receiving these activities, please let your Family Worker know or email isanchez@teamtricity.org.



CONTACT US



teamtricity.org



info@teamtricity.org



(319) 235-0383



Tri-County Head Start

HEALTH



Current Physicals & Dental Due Soon

Make your appointments today!

To receive center based services physicals must be current by **September 27, 2024**

September Screens

Central Rivers and our school nurses will be completing hearing and vision screens

Environmental Hazards: Mold

Ten things you should know about Mold

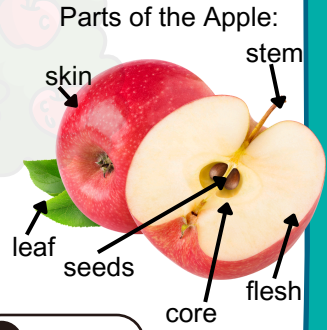


NUTRITION

This month we are learning all about fruit that grows on trees in Iowa. Apples, pears and plums all grow on trees and are currently in season.

Take your child to a local orchard and go apple picking! Talk to them about how apples grow on trees and are a healthy fruit to eat.

For more information and our monthly menu, please



LCC

September brings mixed emotions in the center. As we say goodbye to our children leaving for school and wish them well, we also get to welcome bright, new faces who are eager to learn! We look forward to an exciting and fun filled year. Please don't hesitate to reach out with any questions.

-Shayla, Program Manager

MAYWOOD

It was great to see and meet most of you at our open house last month. As we get underway, please make sure to speak with your child's teacher about what is happening in the classroom and what you can work on at home.

Those of you who are new to Maywood, take care not to block in others while parking. Please have patience as we get ourselves back into the swing of things.

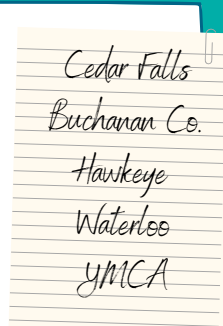
If you have any questions, feel free to call or stop by my office.

- Dusty, Program Manager

PARTNERS

What is 'in-kind'?

Tri-County Head Start is required to match every dollar we receive from the government with community support. This match is what is referred to as in-kind.



Click 'Read More' to find out how you can help!

HOME-BASED

Did you know that Home Visitors work closely with Early Access to ensure that you and your child have the tools you need to be successful? This month, Home Visitors will be working on important screenings that are used to guide lesson plan activities and other supports. If you have any questions or concerns about how your child is learning and growing, discuss these with your Home Visitor for support and resources!

