



March 2025



## THINGS TO KNOW

### Enrollment for 2025-2026 is Open

- If your EHS enrolled child is turning 3 on or before 9/15/25 your Family Service Worker or Home Visitor will be helping you with a transition application.
- If your child is returning to HS and EHS you do not have to re-enroll. We will however be sending out a survey for summer care and planning for next year.
- **If you have any enrollment questions please email them to [enroll@teamtricity.org](mailto:enroll@teamtricity.org).**

## CALENDAR

March 4, 11 & 25 Cooking Classes

March 11 Homebase Socialization

March 13 Family Literacy Night

March 17-21 Spring Break  
(Consolidated Care)

March 17 Policy Council

March 18 Board Meeting

March 28 Closed  
Staff Professional Development Day

April 10 Health & Safety Night



### Use the “5 Rs of Early Education” in Your Daily Activities from Birth:

1. **READ** together as a daily, fun, family activity.
2. **RHYME**, play, talk, sing, and cuddle together often throughout the day.
3. Build **ROUTINES** for meals, play, and sleep.
4. **REWARD** everyday successes (especially for effort toward goals like helping others).
5. Develop **RELATIONSHIPS** that are nurturing, respectful, and consistent.

[Read more](#)

Source: American Academy of Pediatrics



# 90%

of brain development happens




before the first day  
of kindergarten.

# CONTACT US

 teamtricity.org

 info@teamtricity.org

 (319) 235-0383

 Tri-County Head Start

## HEALTH



### Bright Futures Begin

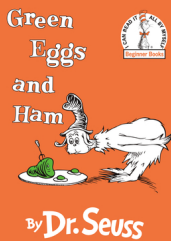
### Lead Free

There is no safe blood level in children that has been identified.

Be aware of Lead exposure

[Video](#)

[Read more](#)



## IN-KIND

In March, we celebrate Dr. Seuss's birthday and National Reading Month!

Click 'read more' for ideas on how you can celebrate at home and earn in-kind for the Head Start program!

[Read more](#)

Ask your child's teacher or Family Worker for an in-kind form to log your time!

## CENTERS

Maywood Optimistic Owls practiced stacking. **Stacking activities help young children develop skills like hand-eye coordination, problem solving, and language.** They can also help with balance, strength, and creativity.



## NUTRITION

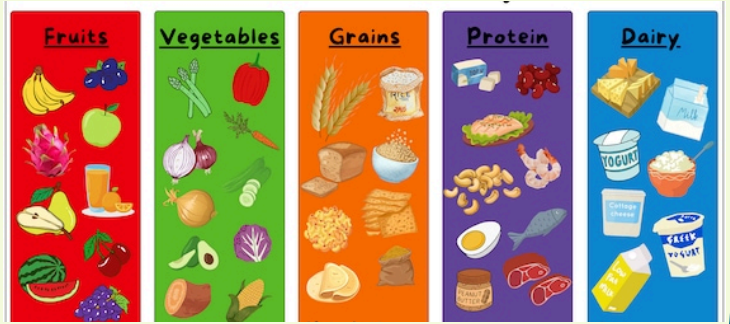
[March Menu + Focus Food](#)

Most kids do NOT need a vitamin supplement.

**Focus on feeding your child all 5 food groups.**

If you want to offer a supplement make sure to talk to your child's doctor first!

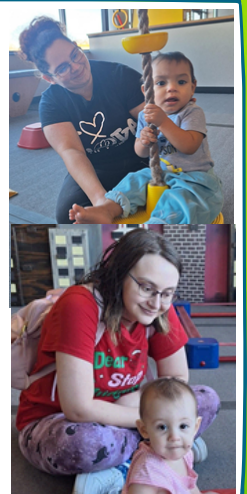
[Read more](#)



## HOME-BASED

In February, Home-Based families had fun at Ninja-U, GetAir, and the Phelps Youth Pavilion. We loved seeing the families having fun and connecting with each other!

Our next socialization will be on March 11th. Talk to your Home Visitor for more information.



## DUAL LANGUAGE LEARNER

Last month, we made murals at Maywood and Lily for Black History Month inspired by MLK's "I Have a Dream" speech. Children, families, and staff wrote their dreams on hand shaped cardstock. Thank you for participating and sharing your dreams with us!



We also made fake snow, a fun sensory experience. [Check out pictures!](#)