
Empathy

This month your children will be learning about Empathy in the classroom. Teachers will be reading the book, “Shubert’s Helpful Day” or “Sophie’s Helpful Day” by Dr. Becky Bailey. Students will learn how to help others and what it means to feel empathy when someone is sad or mad.

Tips for Parents on how to handle Big Emotions Through Empathy:

Empathy helps organize the brain in times of upset. Children must experience empathy in order to develop empathy.

Here’s a formula to help provide empathy to children when they are upset and trying to manage their emotions, its called the **DNA** process. Say your child is upset that they can’t go outside because its too cold outside.

D: Describe, Say, “Your face is going like this” Then demonstrate what the child is doing. “Your eyes are going like this.” Demonstrate again what the child is doing and wait for eye contact. As soon as she looks, breathe to download calm.

N: NAME, Say “You seem sad.”

A: Acknowledge, Say, “You were hoping you could go outside and play. That’s tough. You can handle this!”

*Empathy does not change the limits on behavior; it helps children to become better able to accept the limits we set.

*The goal of empathy is to assist children with their emotions, not “happy them up”

*The moment is as it is. True empathy demands we listen to children’s feelings and thoughts without the need to change them.

These concepts are all adapted from Dr Becky Bailey’s Conscious Discipline Program(www.consciousdiscipline.com)

Wishing you well on your Spring Break and the month of March!



Policy Council Updates



The Policy Council met on February 5th. Meeting materials for these meetings can be found by clicking on the following link <http://418earlychildhood.weebly.com/policy-council.html> or by visiting the McPherson-Marion County Head Start website (<http://418earlychildhood.weebly.com/>) clicking on more and the Policy Council Drop down.

At the February meeting the Policy Council elected the following new members to serve on Policy Council:

- Amber Jeffries EES Representative
- Destony Hornby LES Representative

The Policy Council approved consent agenda items (Directors Report, Purchasing Card Statement, Minutes of December meeting meeting). During new business the policy council approved updates to the Coordinator of Family and Community Services job description, approved the contract for our new Chief Fiscal Officer (CFO), and updates to our Eligibility Verification for the 24-25 school year. We discussed the full enrollment initiative (FEI), committee involvement, and Winter Child Level Outcome Data.

The Policy Council meeting in March is scheduled for March 18th at Roosevelt Elementary School. Members from our Head Start Regional Office will be at the meeting to meet and speak with the Policy Council. Policy Council meetings are open to the public.

MEETING

DID YOU KNOW....

March 6th - 3pm at the McPherson Library (214 W Marlin)

They will be featuring this month's movie "Trolls". All ages are welcome and this is a free event. The movie will be shown in the Children's Programming Room. Registration is required at macpl.libcal.com. A calendar of all the Library's events can be found using this link as well!



Walk Kansas Registration Opens **March 4th**

McPherson County K-State Research & Extension Office (600 W Woodside)

The popular Walk Kansas program encourages people to walk, jog, run, bike, or swim to live more healthfully.

Walk Kansas is open to teams or individual participants. The eight-week challenge will run from March

31-May 25. For information, or to register, visit the website

<https://www.walkkansas.org/>



DID YOU KNOW....

Teach & Taste

For March, the McPherson County K-State Research & Extension Office (600 W Woodside) will be making the recipe of the month, pistachio bread. RSVP now to join them on March 13, 2024 at 6:30pm. Please RSVP to ensure we have enough for everyone. This recipe does have a Gluten Free option!

Use the link below to register and come join us and try out a new recipe.

https://kstate.qualtrics.com/jfe/form/SV_e55WvKxcRE7wi9M



Applications for the 24/25 School Year are OPEN:

We are currently taking applications for the 2024-2025 school year. If you have a child who is not currently in our program or know of others that would be interested in applying for more information please click on the following link [How to Enroll](#). To begin the application process please click on the following link [Contact Form](#).



Cooking with Rachel...

No-Bake Easter Egg Tarts

Ingredients

1 cup nut butter or nut butter alternative

1/4 cup honey

2 tsp vanilla extract

1/4 teaspoon salt

2 cup oats, dry or 1 $\frac{3}{4}$ cup

Oat flour

3/4 cup Greek yogurt, vanilla

3/4 cup strawberries

3/4 cup blueberries

1 medium banana

3/4 cup grapes, green



Instructions

- 1. Instructions***
- 2. In a microwave safe bowl, add almond butter, honey, vanilla and salt. Microwave for 20 seconds, then stir until smooth.***
- 3. Take 1 cup of the oats and place in a blender. Blend until the oats are finely chopped and resemble flour. Set aside. (If using oat flour skip this step)***
- 4. Add the other cup of oats to the almond butter mixture and stir. Slowly add in a little of your homemade oat flour at a time until you get a mixture that you can form into a crust. Depending on your brand of nut butter the amount of flour may vary.***
- 5. Take small amounts of the mixture and form egg shaped disks. Place onto parchment paper or foil for easy cleanup.***
- 6. Once all the Easter eggs are formed, spread on a layer of greek yogurt. Top with sliced fruit to make your designs and enjoy!***

Around McPherson....



There are several blessing boxes located throughout McPherson that are typically stocked with much needed food items for families. Locations Include:

119 N Chestnut St

1455 N Main St - MPNaz Church

119 N Elm St - Trinity Lutheran Church

1161 E Ave A - First Mennonite Church

We also have the family pantry at Roosevelt Elementary that is available to our Early Childhood Families. If you have a family who is need of food or basic hygiene items please reach out to your schools Family Advocate and they can help ensure their needs get met.

WE NEED YOU.....

Our Head Start program has the following openings:

- Floating Instructional Aide at LES and EES
 - The positions are for 7.5 hours 5 days a week.
 - The positions involve supporting both our 3 year old classroom and 4 year old classroom

If you or someone you know is interested in applying please click on the following links to complete an application:

- [LES Floating Instructional Aide](#)
- [EES Floating Instructional Aide](#)
- [EES Classroom Instructional Aide](#)

If you would like to know more about any of our open positions before applying please contact the Head Start Director, David Brock at 620-241-9590 or david.brock@mcpherson.com.

McPherson USD 418 also has a variety of positions open. If interested please click on the following link to apply [USD 418 Job Listings](#).