

Premier Child Care Newsletter

NO SCHOOL - Monday, February 20 - in honor of Presidents Day!

Preparing
College-Bound
Cherubs



MOMENTS

HIGHLIGHTS

Post-Traumatic Stress Disorder (PTSD) Program Part IV

By Tonja Brown

Director of Near the Pier Development Center

The symposium for January provided some valuable information about how cannabis products can be used to help with stress, trauma, PTSD, and depression. With so many people suffering from anxiety, we are all seeking means of relieving tension. Education is a key ingredient for success and Dr. Glenn Harrison, M.D. shared a plethora of tools to find peace. For example, he provided a list of specific cannabis products tailored to suit every individual needs/ailments. As a well-renowned physician in neuropsychological therapy, Dr. Harrison is highly recommended to anyone seeking help.



Sadly, this is Black History Too!



FRONT AND CENTER

HEAD START Pam Sangs

The following was from an article that I just read and would like to share with my West Austin families in honor of Black History Month:

The Child Development Group of Mississippi (CDGM) Head Start program was Black Mississippians' next battle in the long struggle to secure freedom and equality after the 1964 Civil Rights Act. The Presbyterian Church offered important support at crucial times for the effort.

Head Start, a component of President Lyndon Johnson's War on Poverty, was authorized by the Economic Opportunity Act of 1964 and administered by the Office of Economic Opportunity (OEO). In an era when most states did not offer public kindergartens, the program aimed to prepare disadvantaged children for first grade. The early childhood education initiative began as an eight-week summer program in the summer of 1965 and became a year-round program that fall.

Source: Head Start and Civil Rights by Crystal R. Sanders



READ, READ, READ
To your child daily!



Pill Hill – As we move into the second month of the New Year, we are once again looking forward to a lot of exciting subjects to learn and explore. Last month was very interesting for our students because they learned more about the Chinese New Year, 2023 is the year of the Rabbit. In February, we will focus mainly on our Black History! We will also learn how our Postal Services operate. Then we will celebrate Valentine's Day by wearing pink and red, and having fun exchanging Valentine's Day cards at our Valentine's Day party. We look forward to our first Black History Show together since Covid, on February 27. Let's have a wonderful and healthy February.

Near The Pier - We were so excited and refreshed upon returning from the holiday break. We enjoyed hearing the wonderful stories the children had to share. Our visit from Santa was super special this year. After Santa performed for us, our students performed for him and our parents. It was an amazing treat. Santa has been coming to the Premier Centers for nearly twenty years and we wanted to show our appreciation. We are looking forward to an awesome February and all the activities and performances that showcase Black History Month.

West Austin - We are celebrating Black History month by paying homage to some of our most influential African Americans who have changed the world, one action at a time. We will celebrate them by reciting poems, acting out skits, and singing songs. We look forward to our annual Valentine's Day Ball on February 14. We will have the medical van available for children during the week of February 20-22. Please remember to continue sending your child with their mask.

Eastside – January has come and gone! We are now in the month of love, February. This month we will be talking all about love, and how we love our family and friends. In addition, in this month we will also be celebrating Black History. Our theme is "Black Health and Wellness". We will explore learning all about African- American culture! On Feb 14, we will have a Valentine's Day Party so parents don't forget to bring store-bought treats for your child's class. Parents, please help us stay at 100% attendance each day.

Symbols of the Month

*Birthstones: The Amethyst

*Zodiac sign: Aquarius (Jan 20–Feb 18) and Pisces (Feb 19–March 20)

* Flowers: The Violet and the Primrose