



Special points of interest:

- Advocate for Head Start
- Nutrition Tips for Parents
- Building the Habit of Good Attendance
- Volunteer Income Tax Assistance (VITA)
- Assessment Results

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NEIGHBORS IN NEED OF SERVICES, INC.
NINOS EXPRESS

22887 State Highway 345
 Rio Hondo, Texas 78583

Phone: 956-399-9944
 Fax: 956-399-9966
 E-mail: mail@ninosinc.org
 www.ninosinc.org

Take a Few Minutes to Advocate for Head Start!

The 116th Congress is already installed. With more than 100 new members of Congress there are plenty of opportunities to develop new champions for Head Start and social media is a great way to catch the attention of members-elect. Check out NHSA's (www.nhsa.org) social media how-to guide to learn about

connecting with elected officials online today!

Tag your newly elected member of Congress in a tweet or Facebook post from your account welcoming the representative-elect to the 116th Congress and remind them of the good work Head Start is doing back home!

Whether it's online or in person, let your elected representative know the impact Head Start has in their community every single day.



Ring in a Healthy New Year!



Get Active!

Physical activities plays a important role in your child's healthy growth and development and promotes:

- ◆ Stronger bones, muscles and joints
- ◆ Better posture and balance
- ◆ A stronger heart
- ◆ A healthier weight range
- ◆ A stronger mind
- ◆ Learning new skills while having fun!

Walking, playing, exploring your backyard, or using playground equipment at a local park can be fun for the entire family. Also, limit the amount of time your child spends watching TV (including DVDs and videos) or playing on a computer, tablet, or smartphone. Exercise is always more fun when enjoyed with others.

Healthy Habits Start Early

Good eating habits begin early in your child's life. As early as infancy, you can help your child grow lifelong healthy eating habits. You are your child's best role model so while you help them to eat healthy, try to do the same too by following a few of these healthy tips:

- ◆ Let your child help you in making healthy meal and snack's. They will be more likely to try healthy food if they helps out.
- ◆ Milk and water are the healthiest drink choices. Soda pop, 100% fruit juice, and sport drinks add extra calories to their diet and can harm their teeth.
- ◆ Try to keep your kitchen stocked with simple healthy snacks like carrots, sliced applies and peanut butter, or string cheese. This will help you and your preschooler eat health, even on busy days.

Help Your Child Succeed in Preschool: Build the Habit of Good Attendance

Early School Success goes hand in hand with good attendance!

DID YOU KNOW?

Showing up on time every day is important to your child’s success and learning from preschool forward.

Missing 10% of preschool (one or two days every few weeks) can:

- ◆ Make it harder to develop early reading skills.
- ◆ Make it harder to get ready for kindergarten and first grade.
- ◆ Develop poor attendance pattern that’s hard to break.

The routines your child develops in preschool will continue throughout school. Let’s get all our children ready and set to go to school every day!



WHAT YOU CAN DO

Work with your child and his/her teacher to help your child develop strong attendance.

- ◆ Set a regular bed time and morning routine.
- ◆ Lay out clothes and pack backpacks the night before.
- ◆ Develop back-up plans for getting to preschool if something comes up.
- ◆ Schedule medical appointments and extended trips when preschool is not in session.

Ready - Set - Go!



Volunteer Income Tax Assistance (VITA)

Volunteer Income Tax Assistance Sites are open annually from late January until April 15 for individuals and families with household incomes of \$55,000 or less. United Way of South Texas and its coalition partners are committed to helping hard-working families achieve financial stability.

Free Tax Preparation January 21 - April 13

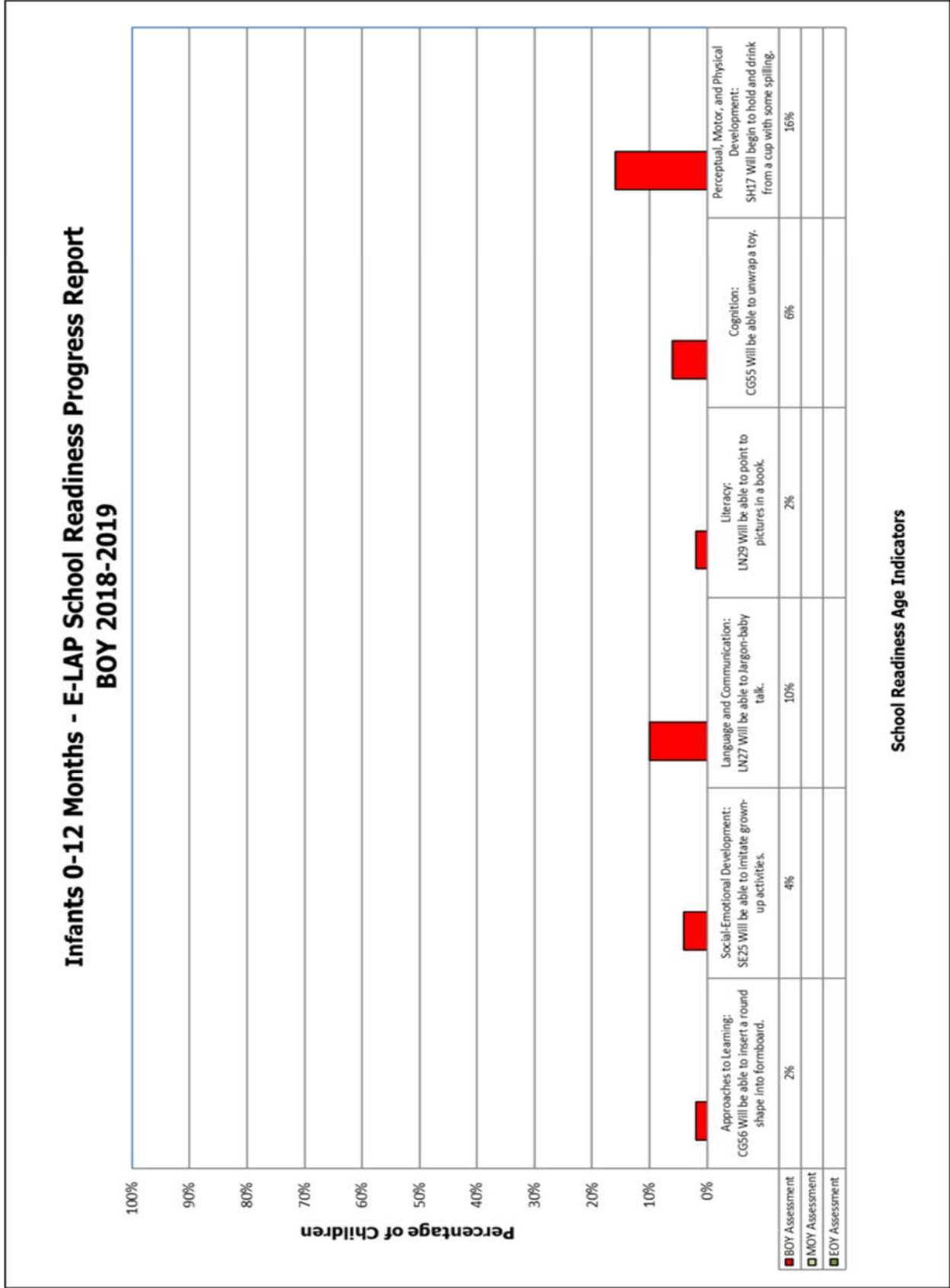
CDCB	La Hacienda Casitas
901 E Levee ST, Brownsville TX 78520	3567 US-83 BUS, Harlingen TX 78552
Monday 1:00pm - 4:00pm by Appointment only 5:30pm - 7:30pm Walk-ins only	Tuesday 4:00pm - 8:00pm Walk-ins only
Wednesday 5:30pm - 7:30pm Walk-ins only	Saturday 9:00am - 1:00pm Walk-ins only

For more information, Call (956)541-4955

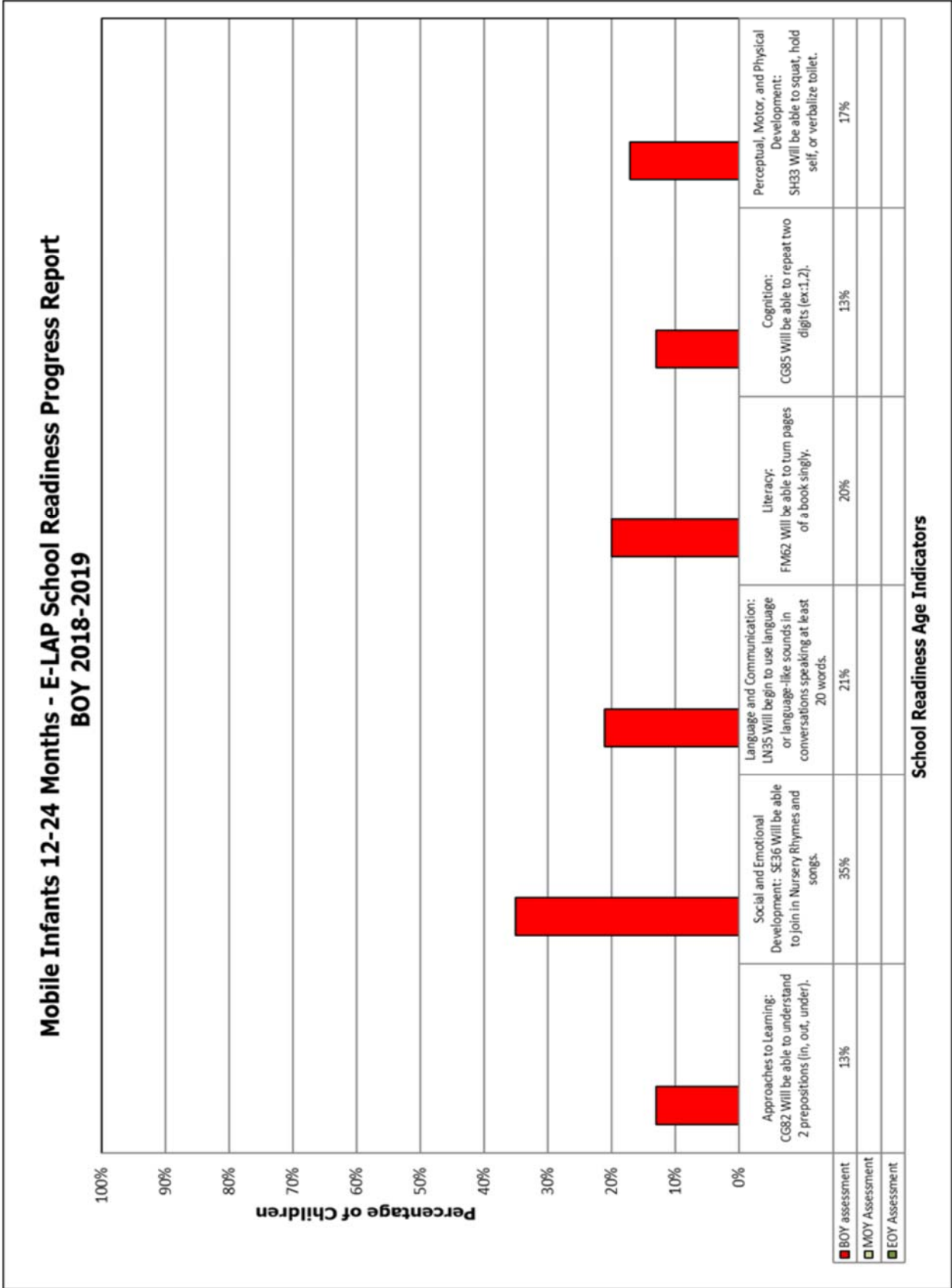
WHAT YOU SHOULD BRING?

- VALID PHOTO ID
 - ORIGINAL SOCIAL SECURITY CARDS FOR YOU AND YOUR CHILDREN
 - W2 AND 1099
 - COPY OF LAST YEAR'S TAX RETURN
 - HEALTH INSURANCE FORM 1095
 - COLLEGE STUDENTS: 1098 FORM
 - BANK ACCOUNT AND ROUTING NUMBER
- * BOTH SPOUSES MUST BE PRESENT FOR MARRIED JOINTLY RETURN.

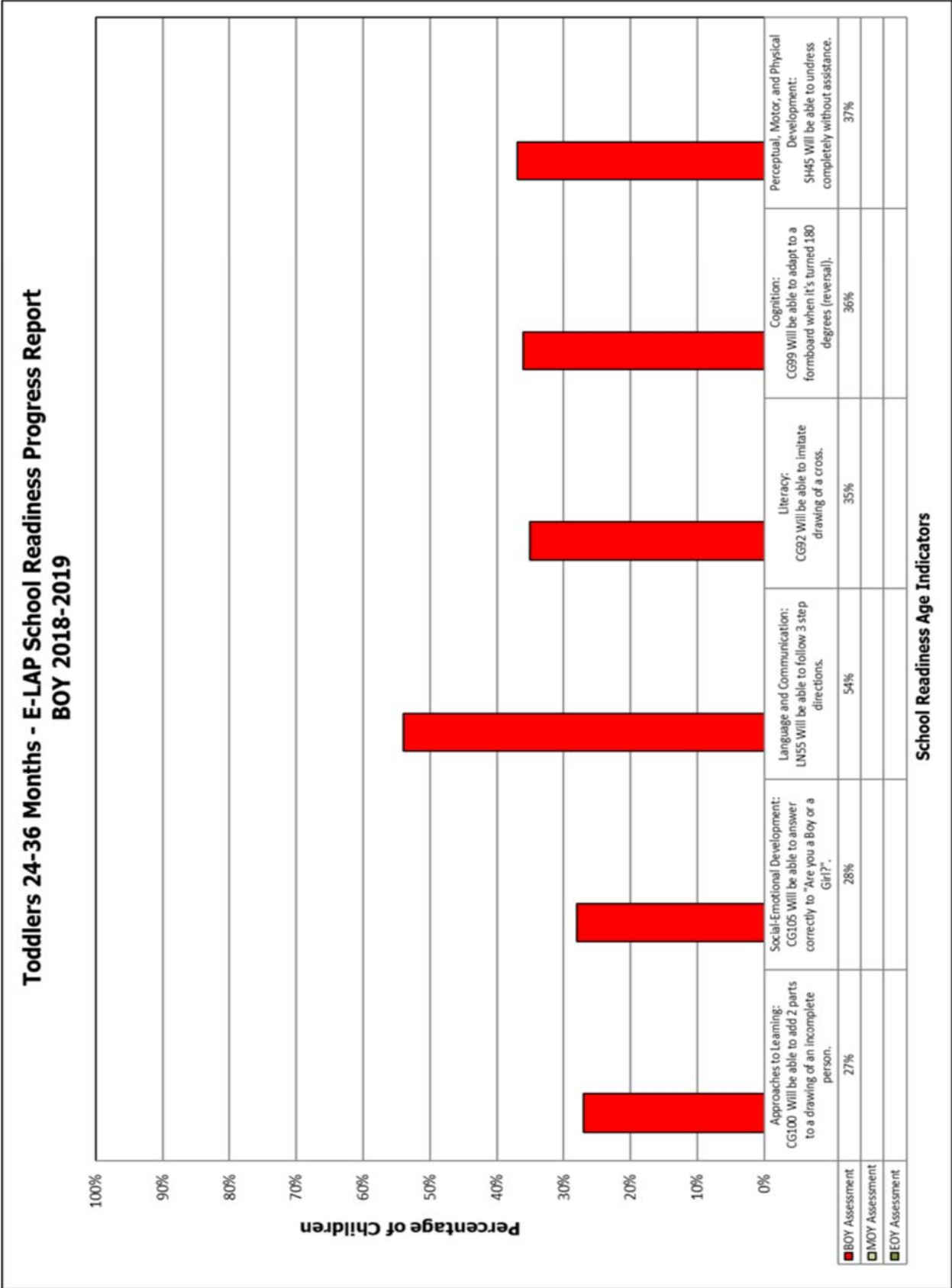
Assessment Results



Assessment Results

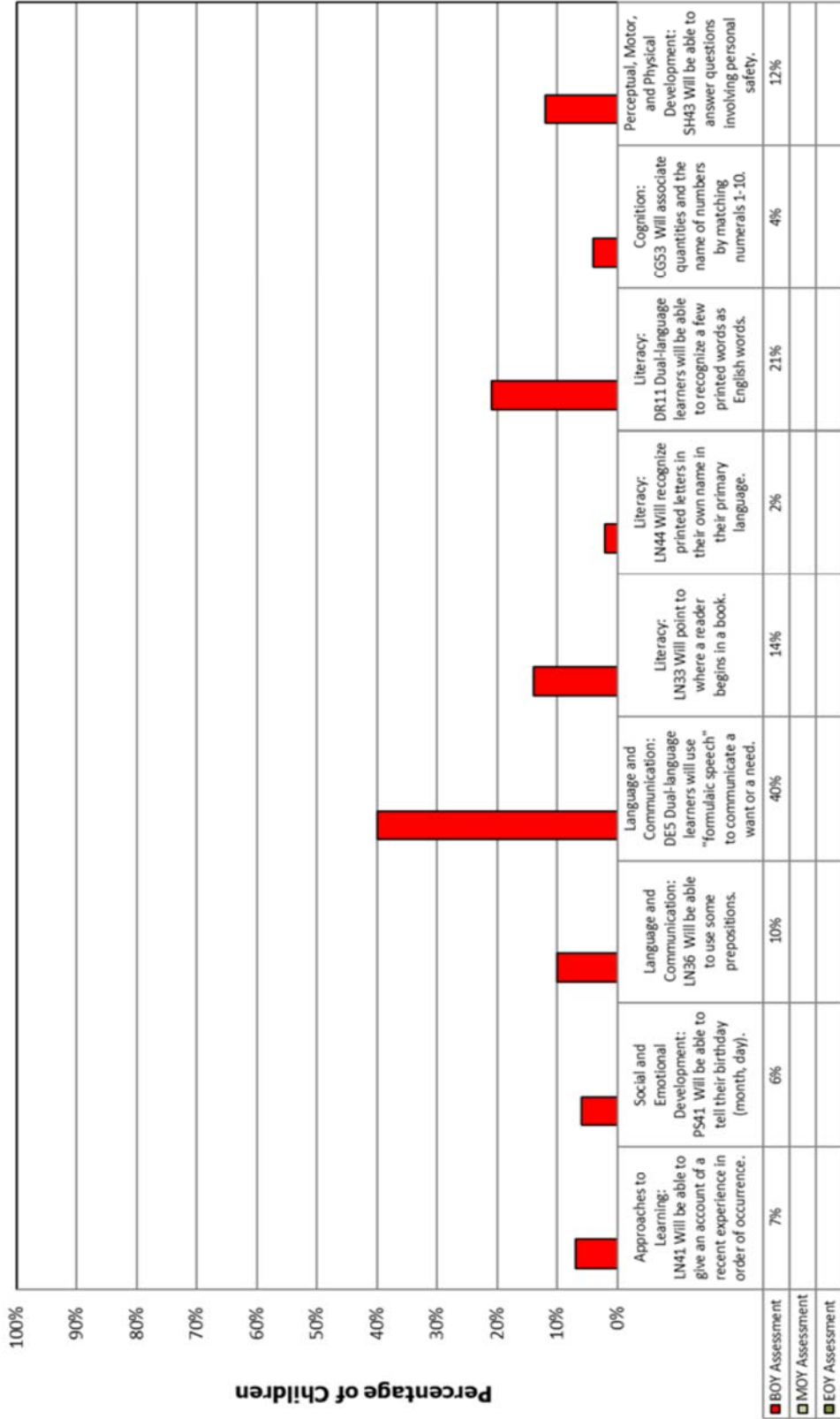


Assessment Results



Assessment Results

3 Year Olds - LAP 3 - School Readiness Progress Report BOY 2018-2019



School Readiness Age Indicators

Assessment Results

