

# Celebrating Black History Month



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# Community Partners in Action

## SACRED HEART WOMEN'S CLUB

Thank you!

Le Jardin would like to express its sincere gratitude to the Sacred Heart Women's Club. The extraordinary ladies of the club put together a beautiful baby shower celebration in honor of Le Jardin's Prenatal Academy. Blankets, diapers, baby clothes, and an assortment of baby items were donated for the soon-to-be moms.



## Thank you, Home Depot!

Thank you to the Home Depot staff that volunteered to beautify Center 2! Home Depot donated and installed a green privacy screen, outdoor patio tables, new herbs for the herb garden, and laid out mulch throughout Center 2.





# In the Classroom

## 100 Days of School

**100** DAYS OF SCHOOL! Teachers and children celebrated 100 days of school with fun props, costumes, and hand-made t-shirts.





# In the Classroom

## *Celebrating Black History Month*

All Le Jardin centers celebrated Black History Month with a series of activities and parades highlighting the contributions of Historical and Influential African Americans.

Our Head Start cuties and teachers enjoyed ethnic music, food, and dressed up in beautiful traditional costumes.





# In the Classroom

## Celebrating MLK

All Le Jardin Centers celebrated the life and legacy of Dr. Martin Luther King on his day. Children learned about the principles Dr. King stood and fought for as well as the concept of diversity, inclusivity, and acceptance.



## G.A.B.I.E Bus

On-site field trip full of learning and fun with G.A.B.I.E Bus. During the activity, children learned about animals typically living on farms, read *The Little Red Hen*, and even got hands-on with bins of fertilizing dirt!



# In the Classroom

## NUTRITION ACTIVITIES

Encouraging children to adopt healthy habits early! Our nutrition activities introduce children to healthy snacks and help them associate fun with fruits and veggies.



## MUSIC THERAPY

Music Therapy in the classroom! During each session, kids are introduced to different instruments and are encouraged to work on self-expression, awareness, and social skills.

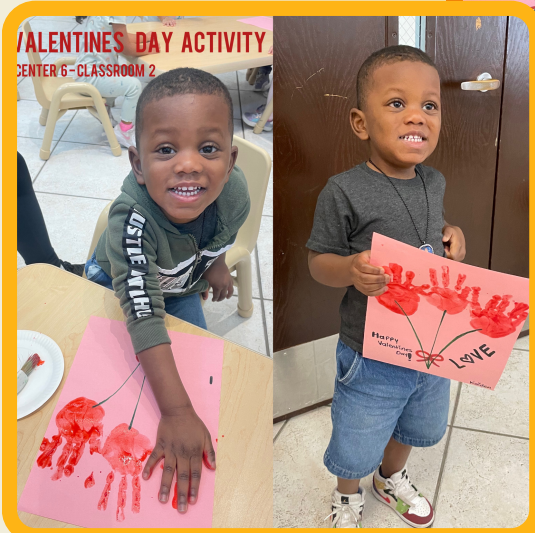




# In the Classroom

## Celebrating Love and Friendship!

Our Head Start cuties celebrated Valentine's Day by creating cards for their loved ones and classmates. The children also participated in activities to learn about kindness, empathy, and friendship.





# Celebrating History & Culture



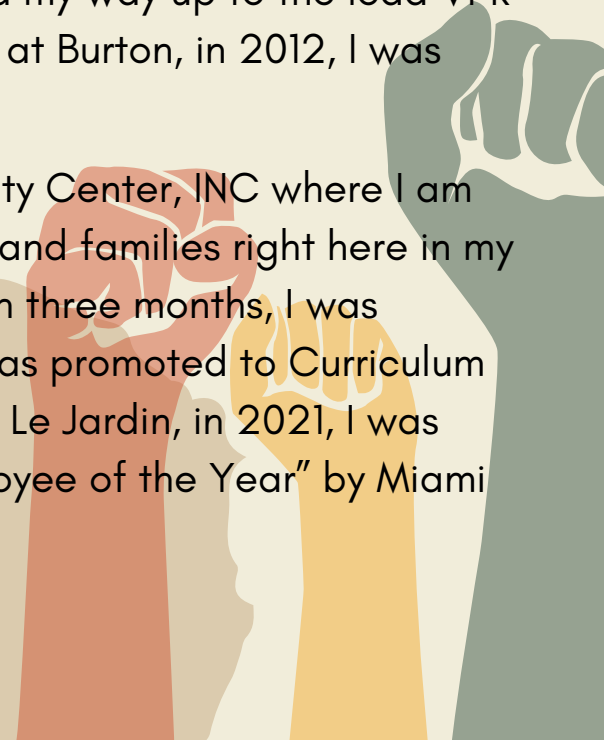
My name is Dadou Joseph. I was born in Haiti and migrated to America with my mother when I was only 6 months old. I am a proud mother of two beautiful children, Abigail and Atom.

My educational journey started at Miami Dade College where I earned my Associate of Arts degree in Exceptional Student Education (ESE). In 2019, I earned my Bachelor's Degree in Early Childhood Development from Florida International University. I continued my education and in August of 2022, I obtained my Master's Degree in Exceptional Student (ESE) Education from Barry University. I am proud to say that I graduated Summa Cumme Laude with both my Bachelor's and Master's degrees.



I started my education career at Burton Memorial Child Development Center (Florida Keys) as a teacher to two-year-olds. I worked my way up to the lead VPK teacher. I taught at Burton for 9 years. While working at Burton, in 2012, I was awarded "Teacher of the Year" by Monroe County.

My teaching journey continues at Le Jardin Community Center, INC where I am able to make a difference in the lives of the children and families right here in my community. I started as a teacher assistant and within three months, I was promoted to teacher. Within the next school year, I was promoted to Curriculum Support Coach and center director. While working at Le Jardin, in 2021, I was awarded, "Education Coordinator Outstanding Employee of the Year" by Miami Dade County, Head Start.





# Celebrating History & Culture



My name is Roselande Seus and I am from Haiti. When I was growing up, my mother told me that as a child her father told her that she would not be sent to school because she was a girl. My mother grew up to have four daughters and made sure she sent all of us to school. I was in 9th grade when I migrated to the US.

I took all five ESOL classes at South Dade Adult Center where I learned about the GED Program. I made the decision to enroll in the program and got my GED after the 2nd try. After completing the GED, I decided to pursue my Bachelor's Degree in Early Childhood Education, which I successfully completed. I thank God for taking care of me.

My name is Treva Goldwire and I've worked at Le Jardin for 7 years. I love the atmosphere and the energy, especially amongst the little ones. They have such beautiful innocence.

I have four amazing children and am blessed to have one grandchild that I absolutely adore. I am very proud of my children.

My greatest accomplishment in this life is that I raised and continue to raise, including my 10-year-old, outstanding human beings.





# Celebrating History & Culture



My name is Rosemarie Seus and I am currently an Education Floater for Le Jardin. I was born in the United States to Haitian immigrant parents. I am a former Head Start child who originally spoke no English and was in ESOL classes while in elementary school. I graduated last year from Florida International University with a Bachelor's Degree in Biology.

As the oldest child in my family, I hope to be an inspiration to my siblings to continue working towards their dreams and goals despite whatever obstacles come their way.

My name is Ingrid Smith and for the past 19 years, since 2004, I have worked in an Early Childhood classroom environment. My educational background includes a Master's Degree in Early Childhood Education that I received at Jackson State University in Jackson, Mississippi. I have a genuine interest and concern regarding educating young minds. I am dedicated and committed to striving for excellence in early learning settings. My personal mission is to break the cycle of failure in low-income families by empowering disadvantaged individuals to become advantaged.

Instilling educational ideas in every child I come in contact with is something I oftentimes practice. Stimulating and motivating children to acquire learning lifelong skills is natural for me. Captivating and maintaining children's academic and social skills interest is very essential to me. Educating early learners, and mentoring teachers, teens, and young adults is my passion. While serving 2 years as an AmeriCorps Tutor tutoring 3rd and 4th-grade students, I developed an inspiration to teach because of encouragement from teachers who would oftentimes observe me in the act of active teaching. I am delighted to give to young children.











# Positive Parenting Strategies

It's no secret that the pandemic brought anxiety levels to an all-time high in adults around the world, with the worries of what our world would look like or if it would ever end.

While things are beginning to “normalize” the worry and anxiety still remains. It has not only affected us adults but our children as well. So how do we as parents and caregivers help our children feel safe and secure? Here are four ways you can help your children cope with anxiety.

## Develop a Good Relationship with Your Children

- Spend time with your kids. Set aside at least 5 minutes a day for some quality time with your children. Ask them what they are thinking, play with them, and show them affection. This lets them know that you are interested in what they are interested in and that you care about their feelings.

## Teach Them a New Skill

- There are many healthy ways to express emotions. As you develop your relationship with your child you begin to find out what they like. Maybe they are into art, music, sports, or gardening. Whatever it may be, help them develop these skills as best as you can. Be as hands-on as needed in the beginning then gradually move away. This will help them become independent.

## Calming Statements

- When your child becomes overwhelmed with emotion, remind them of these things:
  - Take deep breaths
  - I am safe and will be all right!
  - I am stronger than I think!
  - This feeling will pass!

## Be the Example

As parents, your children will look to you for guidance. They will follow your lead in times of fear. If you are calm, they will be too. Be sure that you are taking care of yourself. Remember, we can only help those we love if we are in a good headspace ourselves. Speak with someone you trust, pour your emotions into an activity or skill that you love, and take a moment to remind yourself that you will be all right.

Interested in the Positive Parenting Program? **Call 786.876.4852**

