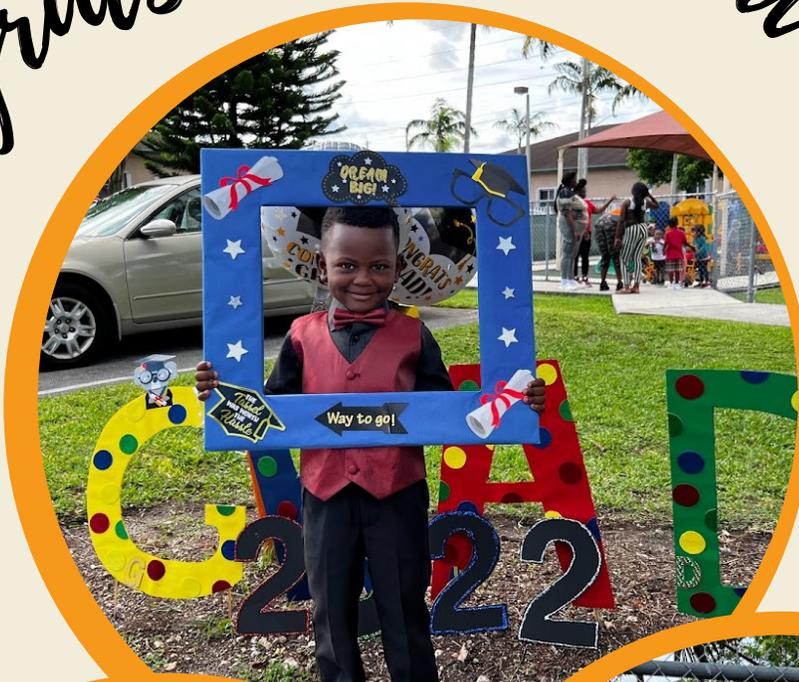


May-June Newsletter

Congrats, Head Start Grad!



Planting Seeds for the Future

www.lejardinccinc.org



LeJardinCommunityCenter



lejardincommunitycenter



Le Jardin's 2022 Head Start Grads



Le Jardin takes pride in providing tomorrow's leaders a head start!

Preparation for a child's transition from Head Start to Kindergarten takes time. Le Jardin begins to prepare the child and parents from the first day of class to ensure a quality transition.

We foster our relationships with local schools and arrange Field Trips for children and families to get familiar with the facilities and Principal Meet and Greets for them to establish meaningful connections.

Head Start's high-quality, research-based curriculum promotes measurable progress toward children's development and paves their way to success.

We wish success to all of our 2022 Head Start Graduates and express our gratitude to their families for entrusting Le Jardin with their education and care!



CONGRATS

2022 Head Start Grads





Literacy

Literacy and Dramatic play activity for our Early Head Start Cuties. Teachers and parents collaborated to make story boxes and use them as sensory play and to make Story Time hands-on! Each class chose 1 book to make cool props such as mouse ears and sock muppets.

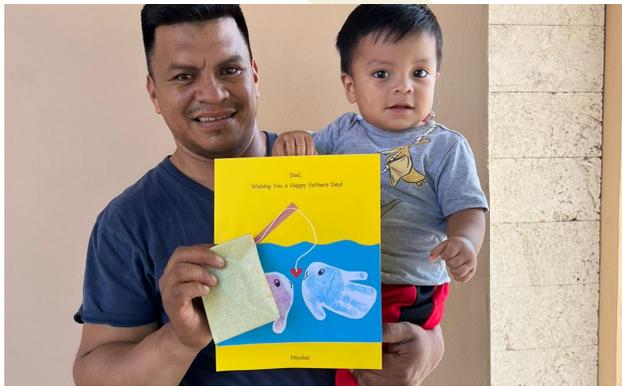


Picture books and props are a great way to energize and make learning fun for the little ones during story time. The idea is to get them physically and mentally engaged.



Le Jardin celebrated dads for their invaluable contributions, support, and the important role they play in their children's overall health and development. Dads received handmade cards done by the children during class and enjoyed a delicious breakfast!

HAPPY FATHER'S DAY



Positive Parenting Program



Elena Lopez

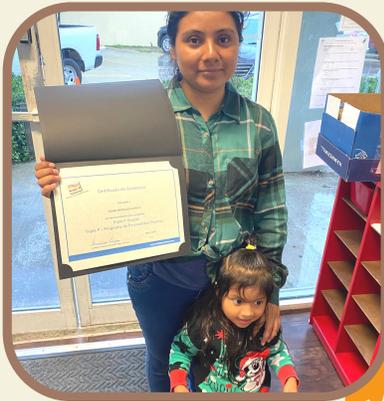


Rosemary Ramirez



Carla Orozco

Congratulations Graduating Parents!



Sonia Morales Garcia



Maria Esteban



Social Emotional Kits

Congratulations to our Positive Parenting Program graduates! 12 parents completed the 8-week cohort on May 31st. All graduating parents received their completion certificates and Social-Emotional Learning Kits. The kit contains "Voices Are Not For Yelling". This friendly, encouraging book, introduces and reinforces where and when to use an "indoor voice" or an "outdoor voice."

All Le Jardin parents are encouraged to participate in the Positive Parenting Program. "Triple P" gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior, and prevent problems from developing. The intention is to empower parents or caregivers to raise children and to become increasingly self-reliant.

The Triple P program is available in English and Spanish and is completely free of cost! If you're interested in participating in the "Triple P" program, please call (786)876-4852.



WELLNESS DAY WITH THOR AND FRIENDS

From Ale Ramos Therapy Dogs



On June 17th our little ones received a very special visit! Thor, an Old English Sheep Therapy Dog, and his friends went around the classroom to spread a little joy and laughter. Our Mental Health Component coordinated with Ms. Ramos to schedule a

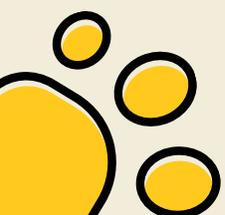
Wellness visit for the teachers, staff, and children. While in the classroom the teachers and children got to pet and hug each fur baby.



Thor and his furry friends went around to multiple centers to spread joy. Some of the kids were very excited and decided to read to the dogs their favorite book while others decided to kiss and take their temperature.



Thank you Thor and Alex for visiting!
Info: aleramostherapydogs.com



MENTAL HEALTH CORNER WITH DR. MARY

June is Men's Health Month!

According to Mental Health America (MHA), male depression often goes undiagnosed, as men are more likely to “report fatigue, irritability, loss of interest in work or hobbies, rather than feelings of sadness or worthlessness.” MHA reports that “men are less likely than women to seek help for depression, substance abuse and stressful life events due to social norms, a reluctance to talk and/or downplaying symptoms.”

Did you know?

- In 2020, men died by suicide 3.88x more than women.
- Men report lower levels of life satisfaction than women according to the Government's national wellbeing survey.
- Men are less likely to access psychological therapies than women: only 36% of referrals to NHS talking therapies are for men.
- Men are less likely than women to take care of their physical health.

According to the National Institute of Mental Health (NIMH):

There are common signs of mental illness in both men and women. For example, NIMH's website says that warning signs could include:

- Anger, irritability, or aggressiveness
- Noticeable changes in mood, energy level, or appetite
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Misuse of alcohol and/or drugs
- Sadness or hopelessness
- Suicidal thoughts

Don't wait: Talk about your symptoms!

For help, call 800-273-8255 or text TALK to 741741

Sources

[Mental Health America](#) [National Institute of Mental Health](#)