

# Bishop Indian Head Start

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Website: [www.bishoppaiutetribe.com/headstart.html](http://www.bishoppaiutetribe.com/headstart.html)



## Thank You Families



It has been a FANTASTIC school year! Each and every child is special in their own way! We wish you and your child success in their lives and throughout their educational future. We would like to hear how your child does in the up school years. Please stay in touch.

## BUHS Graduation Information

The BIHS graduation ceremony will start promptly at 9:00 A.M. on Friday, May 31st in the Outdoor playground which is located directly behind the Head Start building. Please enter at the North gate which is located by the buses. Also, please bring a lawn chair to sit in. We have some seating available. Please do not reserve seats. Seating is on a first come, first serve basis.

### *The graduation schedule is as follows:*

- ◆ **9:35-9:55 3-year old's** will sing return to the bleachers and exit to the classroom where they will receive their gift bags and a sack lunch.

*There will be a 10 minutes intermission between the two classes.*

- ◆ **10:05-10:45 4-year old's** will sing return to the bleachers and exit to the classroom where they will receive their gift bags and a sack lunch.

***Parents/Guardians will need to sign your child out in their classrooms.***

## All Families/Children Returning to BIHS in August

The Office of Head Start of Head Start requires your child to have a new Physical Exam, Dental Screening and be up to date on your child's immunizations. Please bring us a copy of this important health information when it is completed. You can also ask your child's medical home if their regulations allow them to fax this information to us. The new BIHS fax number is **(760) 582-4291**.

Your child's Teacher will contact you in August to schedule a home visit. The home visit will include a small amount of paperwork and meeting your child

## Good Health Habits

- ⇒ Your child is in a routine of tooth brushing after breakfast and lunch. Please help support your child's healthy habits by reminding them to brush at those times and after dinner (before bed time.)
- ⇒ It is important to use children's toothpaste when they are brushing their teeth. Children that are 3 years old can start using a pea-size amount of fluoride toothpaste, which helps prevent cavities.
- ⇒ If your child doesn't like the taste of the toothpaste, try another flavor. Also, try to teach your child



### Parents We Need Your Help!

BIHS operates as a State preschool and Head Start preschool. Periodically the BIHS program is reviewed by these State and Federal grantees. The Early Childhood Environmental Rating Scale (ECKERS) is a health and safety assessment that was developed to evaluate the process quality care for children in their classroom setting. The term process quality refers to the experience of children within the care environment including their interactions with others, materials, activities and environment.

ECKERS is completed by professionals that come to BIHS and observe the required components of ECKERS. Handwashing is one of the many activities observed. We would like to decrease illness within the children and increase our rating for the State Proficiency. Parents, we need your help at home to encourage your child to use the [6 crucial steps of handwashing](#).

1. Turn on the faucet for water (wet hands)
2. Place their hands under the soap dispenser (soap up)
3. Scrub for 20 seconds "Happy Birthday to Me." Rubbing hands together, between the fingers, washing the back of the hands, up the wrist if possible soiled
4. Rinsing well removing all of the soap off of the hands
5. Using one paper to turn off the water
6. Take the used paper towel and place it in the trash can

**Hand washing can reduce our chances of becoming sick by:**

Reducing the number of people who get sick with diarrhea by **23-40%**

Reducing diarrheal illness in people with weakened immune systems by **58%**

Reducing respiratory illnesses, like colds, in the general population by **16-21%**

Reducing absenteeism due to gastrointestinal illness in school children by **29-57%**