



October is Head Start Awareness Month



Join us as we celebrate Head Start Awareness Month and tag us on our social media platforms!

Instagram: [@guamheadstart](#) ♦ Twitter: [@GuamHeadStart](#) ♦ Facebook: [@GuamHeadStart](#)

- **Virtual Proclamation Signing: October 15 at 10am** - Join us and watch as Honorable Governor Lou Leon Guerrero proclaims October as Head Start Awareness Month on [October 15 at 10:00am live on the Governor's Facebook page \(https://www.facebook.com/govlougum\)](#), or via [Zoom](#) (link will be shared at a later date).
- **Get up and Move! October 6, October 13, October 23** - Head Start encourages regular physical activity for young children. Please join us for our live Zoom follow along activities scheduled for October 6th, October 13th, October 23. Please register to receive the Zoom link via email <https://form.jotform.com/jackiekahealani/fitness-clasFit>. Can't make it? We understand! In addition, we encourage you to utilize our physical activity handouts that list simple and fun activities for families to promote a healthy environment in your home.
- **Head Start DRIVE THROUGH Pride Day: October 9** - Support our Head Start children, families, and staff by joining in a Drive Through Pride Day Parade during your designated Hard copy/meal distribution days! Families are encouraged to decorate their cars and wear our Head Start colors of red, white, and blue when picking up Hard Copy Packets and Grab-N-Go meal distribution. Tag us on our social media.
- **Mental Health Day: October 10** - Take a break and relax. Use today to do your favorite self-care activities! Post a selfie or video of yourself doing your favorite self-care activity and tag us on social media.
- **Family Literacy volunteer: October 12-16** - Whether you read a bedtime story or talk about the news, you are helping to develop your child's language and literacy skills. Contact your child's teacher & volunteer to read a book or tell a story to children during virtual class time.
- **Virtual Family Story Hour: October 5 & October 19** - We encourage families to participate in this free biweekly online family read along with activities. Participants will eventually receive copies of children's books used at these virtual sessions. The recurring virtual sessions will be held every other Monday until December. Interested persons can register with Guam Humanities at bit.ly/ReadingMicronesia.
- **Parent-Child Literacy Project** - Participate in a parent-child project and create your own story for a chance to be featured in our Head Start website and/or social media! We encourage parents to work with your children in creating an original story book. Write and Illustrate a short story book, orally present an original story, or feature your child's art in a picture book! Video record you and/or your child presenting their original book or telling a story and submit it to awarenessmonthsubmit@gmail.com **by October 24**
- **Head Start Through Our Eyes Stories** - Did you attend Head Start as a child? Are you a current or past Head Start parent or family member? We want to hear your story about how Head Start has helped your child and family. Typed responses may be submitted **by October 17** to <https://forms.gle/qXCgARwmyAWJKmBG7> and may be featured on our website and/or social media! You may also post your stories on Facebook or Instagram, tag us [@GuamHeadStart](#), and use the hashtag [#MyHeadStartStory](#).
- **Parent Teacher Conference: October 20** - Check with your child's teacher for information on the 1st quarter Parent-Teacher Conference.
- **GHSPC transitioning meeting: October 21** - The first meeting for newly elected Parent Representatives will be held on Zoom at 6pm. Elections for GHSPC will be held at this meeting. As always, Parent Alternates, other interested parents & staff are welcome to attend.
- **HS Knowledge Series: October 26, 27, 28, 29, 30, and 31** - These workshops will provide families with information and activities to support positive child and family outcomes. Please register for the workshops at <https://forms.gle/BEKxzaiTkW64Z11L7>.



Celebrate with us!

Head Start
Awareness Month

OCTOBER

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Great minds begin
at Head Start



				<p>1 Join us at Mañe'lu Virtual Village on TUESDAY at 3pm on 10/6 to hear more about Head Start</p>	<p>2</p>	<p>3</p>
<p>4</p>	<p>5 5:30pm Virtual Family Story Hour Register at bit.ly/ReadingMicronesia</p>	<p>6 3pm Hot Hula with Jackie Register at https://form.jotform.com/jackiekahealani/fitness-clasFit</p>	<p>7 Social-Emotional Tip: "Help your child express and name emotions."</p>	<p>8 Fitness Tip: "Take time each day to play with your child!"</p>	<p>9 Head Start Pride Day and Drive-Thru Parade</p>	<p>10 Mental Health Day</p>
<p>11 Let's Read Together! Family Literacy Week</p>	<p>12 Literacy Tip: "Make reading fun with funny voices & animal noises."</p>	<p>13 3pm Hot Hula with Jackie Register at https://form.jotform.com/jackiekahealani/fitness-clasFit</p>	<p>14 Social-Emotional Tip: "Take time to talk and ^{Text} listen to your kids."</p>	<p>15 10am Proclamation Signing</p>	<p>16 Head Start Staff Appreciation Day</p>	<p>17 DEADLINE for HS Through Our Eyes Stories</p>
<p>18</p>	<p>19 5:30pm Virtual Family Story Hour Register at bit.ly/ReadingMicronesia</p>	<p>20 Parent Teacher Conference</p>	<p>21 6pm GHSPC Transition Meeting</p>	<p>22 Get Up & Move Activity: https://healthykidshealthyfuture.org/5-healthy-goals/get-kids-moving/classroom-activities/</p>	<p>23 3pm Mixxd Fit with Jackie Register at https://form.jotform.com/jackiekahealani/fitness-clasFit</p>	<p>24 DEADLINE for Family Literacy Project</p>
<p>25 Register for the workshops at: https://forms.gle/BEKxzaiTkW64Z11L7</p>	<p>26 2:30pm Knowledge Series: Stress Management</p>	<p>27 2:30pm Knowledge Series: Ready for PreK</p>	<p>28 2:30pm Knowledge Series: CSEFEL Parenting Workshop (Mañe'lu)</p>	<p>29 2:30pm Knowledge Series: You Can Make a Difference</p>	<p>30 2:30pm Knowledge Series: Nutrition & Wellness (EFNEP)</p>	<p>31 2:30pm Knowledge Series: Families as Partners</p>