

# Berkshire County Head Start



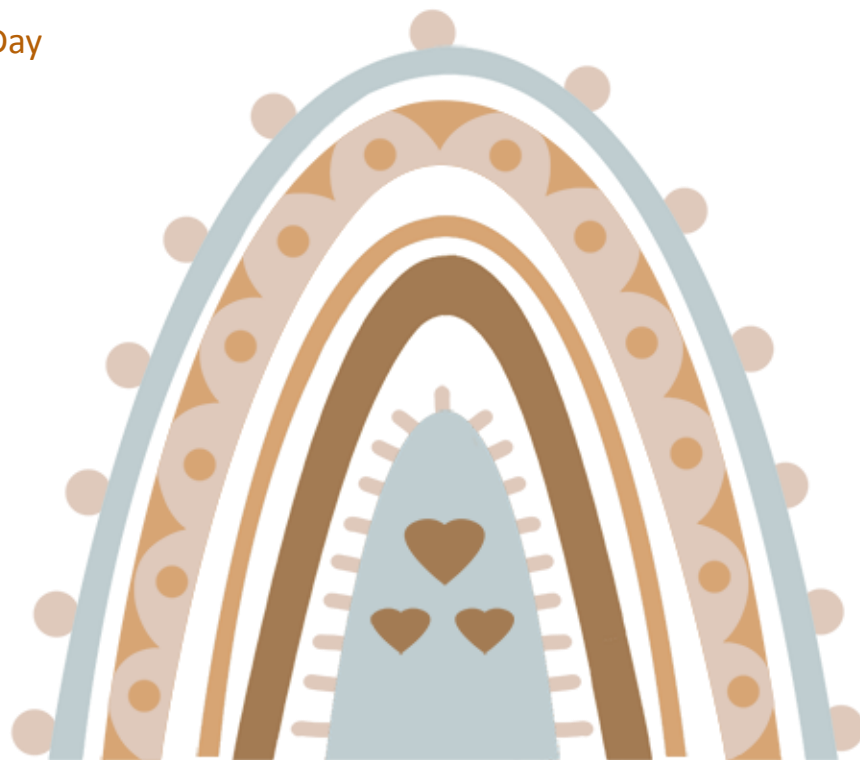
**2021-2022  
Program Calendar**

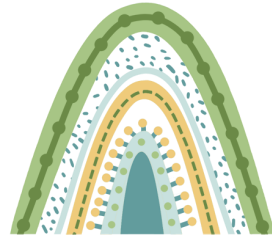
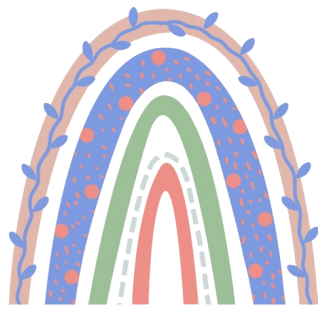
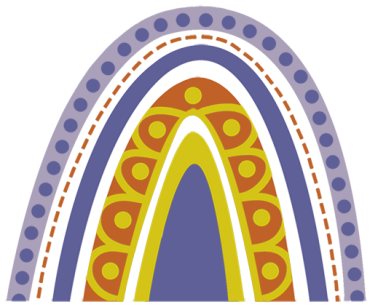
**It is our goal to work with families and assist children to develop socially, cognitively, physically, and emotionally while fostering a positive self-image and love for learning that will help them succeed in our program, in public school and later in life.**

# Berkshire County Head Start 2021-2022

July 5, 2021	All Programs Closed—Independence day
September 2, 2021	All Programs Closed—All Staff Training Day
September 3, 2021	All Programs Closed—All Staff Training Day
September 6, 2021	All Programs Closed—Labor day
October 11, 2021	All Programs Closed—Columbus Day
November 11, 2021	All Programs Closed—All Staff Training Day
November 25, 2021	All Programs Closed—Thanksgiving
November 26, 2022	All Programs Closed—Day after Thanksgiving Day
December 24, 2021	All Programs Closed—Christmas Eve
December 31, 2021	All Programs Closed—New Year's Day Eve
January 17, 2022	All Programs Closed—Martin Luther King Day
February 21, 2022	All Programs Closed—Presidents' Day
March 18, 2022	All Programs Closed—All Staff Training Day
April 18, 2022	All Programs Closed—Patriots' Day
May 30, 2022	All Programs Closed—Memorial Day
June 3, 2022	All Programs Closed—All Staff Training Day
June 20, 2022	All Programs Closed—Juneteenth Day

Make sure to look at the blue colored days each month for some fun program wide activities!





**Meadow Lane**  
1 Meadow Lane  
Pittsfield, MA  
413-499-0137

**Head Start at Conte**  
200 W Union St  
Pittsfield, MA  
(413) 496-9494

**Head Start at Becket  
Washington**  
12 Maple Street  
Becket, MA  
(413) 623-6489

**North County**  
535 Curran Highway  
North Adams, MA  
413-499-0137

**Head Start at Brayton**  
20 Barbour St  
North Adams, MA  
413-664-0384

**Head Start at Muddy Brook**  
318 Monument Valley Road  
Great Barrington, MA  
413-644-0005

**Head Start at Lee**  
310 Greylock St  
Lee, Ma  
413-243-2003

**This year's calendar theme is social and emotional health! Throughout the calendar you will find ways in which you can instill social and emotional development in your child! Children's social and emotional health affects their overall development and learning. Research indicates that children who are mentally healthy tend to be happier, show greater motivation to learn, have a more positive attitude toward school, more eagerly participate in class activities, and demonstrate higher academic performance than less mentally healthy peers.**

# Music

The simple and enjoyable act of making music with your child naturally fosters important social and emotional skills, such as self-regulation, self-confidence, leadership skills, social skills, and socio-emotional intelligence.



Use music at home by singing songs with your children, using pots and pans to make music, be sure to select songs appropriate to their age and even ones that use instructions to teach them certain skills and transitions.





# AUGUST

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Inside Out Day! Where your clothes inside out!	25	26	27	28
29	30	31				



## Joint Play

During play, children also increase their social competence and emotional maturity... It enables children to do the following: Practice both verbal and nonverbal communication skills by negotiating roles, trying to gain access to ongoing play, and appreciating the feelings of others.





# SEPTEMBER

# 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
				All Staff Training-all programs closed	All Staff Training-all programs closed	
5	6	7	8	9	10	11
	Labor Day—all programs closed					
12	13	14	15	16	17	18
	ML 3&4 Parent Activity Head Start Programs Begin: Lee, North County, Brayton, Muddy Brook, Meadow Lane	Color Day! Wear all one color of clothing!	Board of Directors Meeting			Lee and Muddy Brook Parent activity: Apple Picking!!!
19	20	21	22	23	24	25
		10 am North County Parent meeting 5:30 pm ML 6 parent meeting 6 pm Brayton Parent meeting	10 am ML 1&2 Parent meeting	5:30 pm ML 5 parent meeting		
26	27	28	29	30		

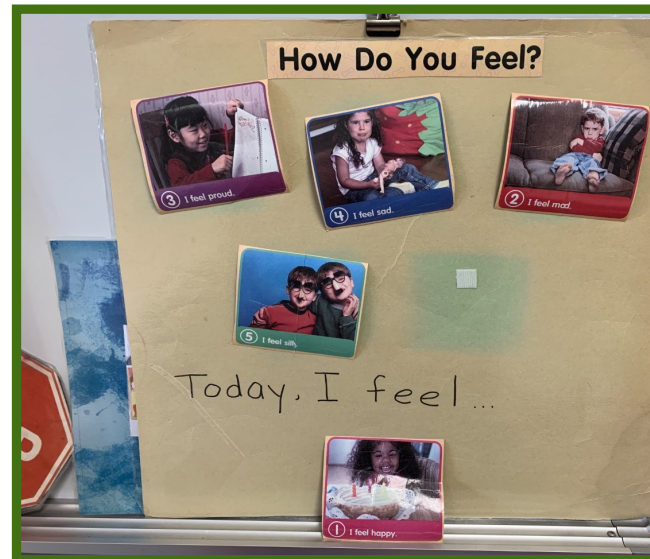


## Emotions

Children who learn how to understand emotions in themselves and others are better able to regulate their own responses to strong emotions. Helping children to identify and label emotions is an important first step. Adults support children's social-emotional development when they label and talk about emotions.

Ways you can help teach emotions at home:

- ◆ Establish routines and intentionality
- ◆ Presence is not the same as being present
- ◆ Commit acts of service or kindness for others
- ◆ Engage in creativity together
- ◆ Celebrate what you can
- ◆ Practice active listening
- ◆ Help your child express and name emotions







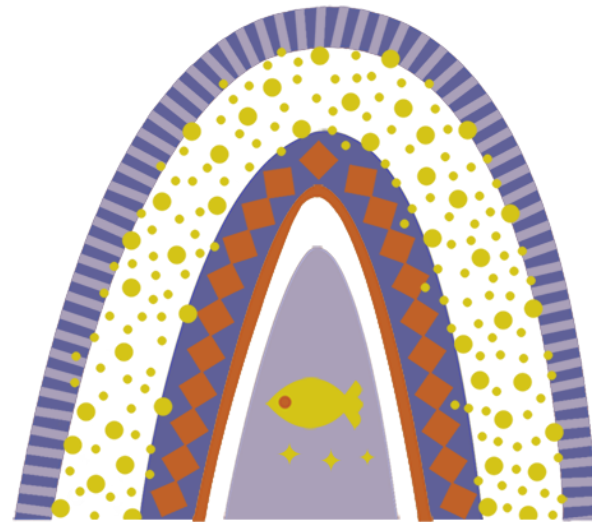
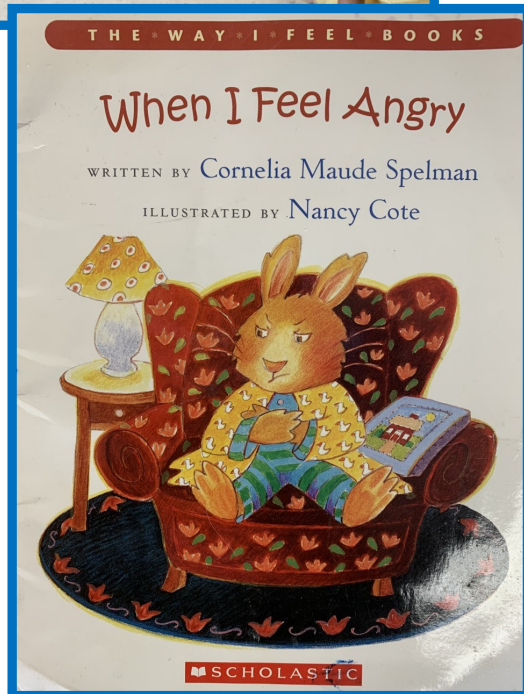
# OCTOBER

# 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6 5:30 pm Lee & MB Parent meeting	7 10-12 pm Home-based Socialization	8	9
10	11 Columbus Day- all programs closed	12 ML 3&4 Parent Activity Becket and Conte Programs Begin	13 4 pm North County Parent meeting	14 5:30 pm Policy Council	15	16
17	18	19 8 am Brayton Parent meeting 5:30 pm ML 1&2 Parent meeting 5:30 pm ML 6 parent meeting	20 Board of Directors Meeting	21 10-12 pm Home-based Socialization 5:30 pm ML 5 parent meeting Crazy hat day!	22 12:30 pm Conte Parent meeting	23
24	25	26	27	28	29	30
31						

# Reading

Through books and stories, children can learn skills and watch other characters go through emotions similar to those they experience themselves. Reading and hearing stories about emotions, interactions with friends and family, and ways to work through difficult situations is a positive and fun way for children to learn behavioral and social-emotional skills.



Parents: If your child throws her toys, tell a story about a child who learns how to treat her toys nicely. Or when your preschooler is worried about going to kindergarten, read a story about what kindergarten is like and how another child also felt worried but had a great first day of school.



# NOVEMBER

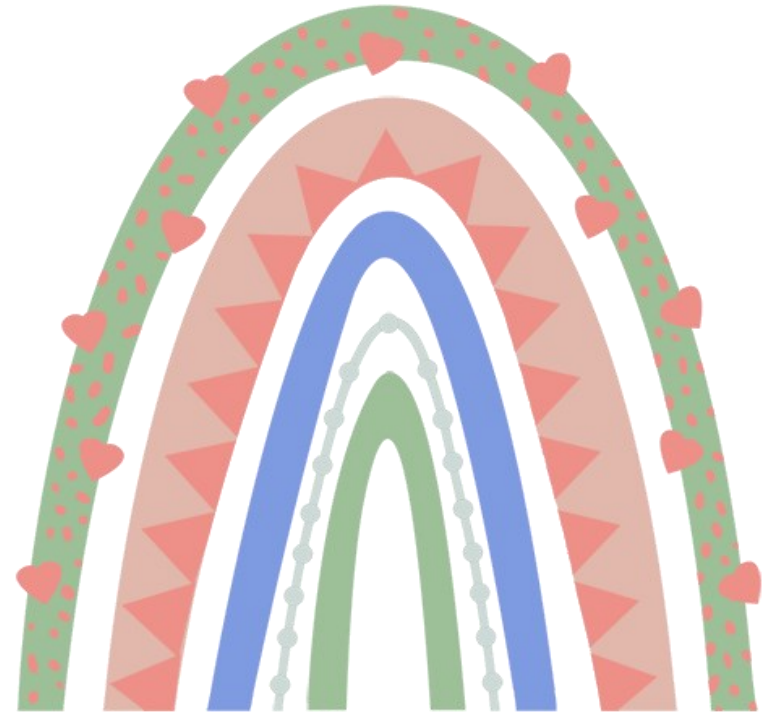
# 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  ML 3&4 Parent Activity	2	3  6 pm North County Parent meeting	4  10-12 pm Home-based Socialization	5	6
7	8	9	10  10 am Lee & MB Parent meeting 11 am ML 1&2 Parent meeting	11  5:30 pm Policy Council All Staff Training-all programs closed	12	13
14	15	16 11 am Brayton Parent meeting 5:30 pm ML 6 parent meeting Wear tie dye day!	17  ML 3&4 Zoom with OBS Board of Directors Meeting	18  10-12 pm Home-based Socialization 5:30 pm ML 5 parent meeting	19  12:30 pm Conte Parent meeting	20
21	22	23	24  Morning Program Closed	25  Thanksgiving Day— all programs closed	26  Day after Thanksgiving- all programs closed	27
28	29	30				

# Responsibilities

Giving kids responsibilities and jobs helps build their sense of self-worth and gives the message that we are all part of a larger community. It's important that every student has some type of responsibility, whether it is a class librarian, lunch counter, or part of a "clean up crew".

Responsibilities at home can include putting away their toys after they use them, putting their dirty clothes in the right place, and helping pour pet food/water in the pet bowl. Kids at this age also love to dust!



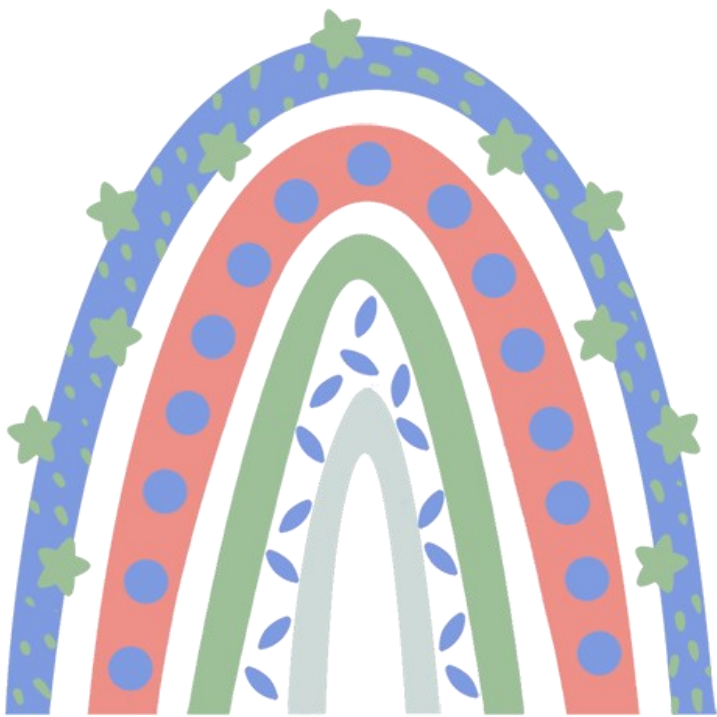




# DECEMBER

# 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 10-12 pm Home-based Socialization	3	4
5	6 Lee & MB Parent activities: STEAM I	7	8	9 5:30 pm Policy Council	10 12:30 pm Conte Parent meeting	11
12	13	14 4 pm Brayton 4 pm North County Parent meetings 6 pm ML 1&2 Parent meeting Wacky Sock Day!	15 ML 3&4 Parent Zoom Board of Directors Meeting	16 10-12 pm Home-based Socialization	17	18
19	20	21 5:30 pm ML 6 parent meeting	22	23 5:30 pm ML 5 parent meeting	24 Christmas Eve—all programs closed	25
26	27 RECESS—Morning programs closed	28 RECESS—Morning programs closed	29 RECESS—Morning programs closed	30 RECESS—Morning programs closed	31 New Year's Day Eve—all programs closed	



## Puppets

Similar to stories and role play, using puppets to act out social situations and emotions is a good way to develop children's recognition and understanding of emotions as well as explore ways for managing social scenarios and feelings.



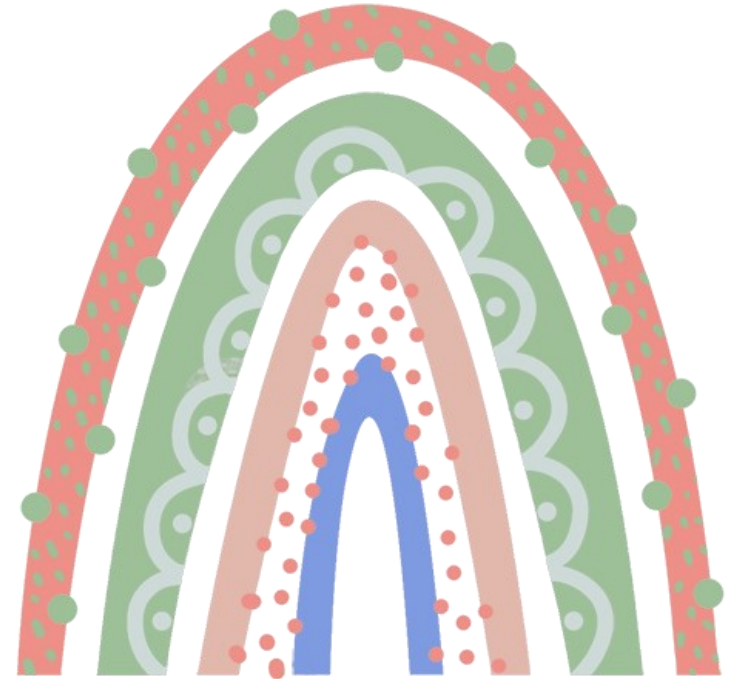


# JANUARY

# 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Lee & MB Parent activities: STEAM II	4	5	6	7	8
9	10	11	12 10:30 am ML 1&2 Parent meeting	13 5:30 pm Policy Council Pajama Day!	14 10 am North County Parent meeting	15
16	17 Martin Luther King Day—all programs closed	18 5:30 pm ML 6 6 pm Brayton Parent meetings	19 Board of Directors Meeting	20 5:30 pm ML 5 parent meeting	21 12:30 pm Conte Parent meeting	22
23	24 ML 3&4 Parent Activity International Day of Education!	25	26	27	28	29
30	31					





## Celebrate Diversity

Spend time discussing and learning about people from diverse cultures, backgrounds, and ability levels. Kids need to hear, see, discuss, and understand that we are part of a larger community within our countries and world. Early discussions about diversity can help promote tolerance, acceptance, and inclusion for everyone.





# FEBRUARY

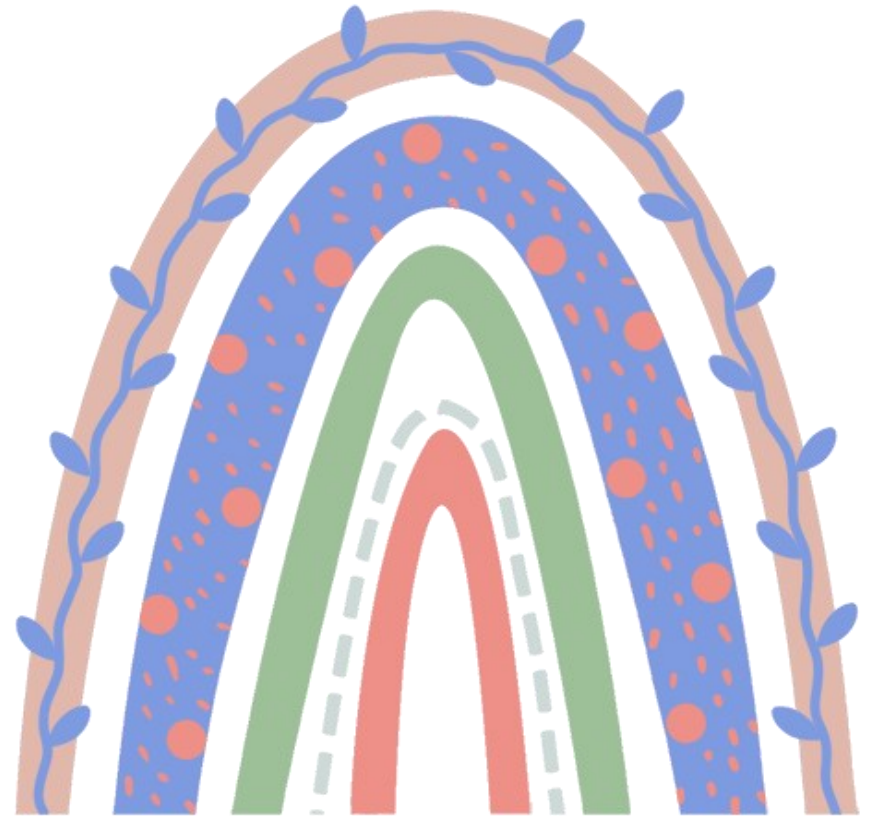
# 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7 Lee & MB Parent activities: Friendship ML 3&4 Parent Activity	8 11 am Brayton 6 pm North County Parent meetings	9	10 5:30 pm Policy Council	11	12
13	14 Wear Red Day!	15 5:30 pm ML 6 parent meeting	16 5:30 pm ML 1&2 Parent meeting Board of Directors Meeting	17 5:30 pm ML 5 parent meeting	18 12:30 pm Conte Parent meeting	19
20	21 President's Day—all programs closed	22 RECESS—Morning programs closed	23 RECESS—Morning programs closed	24 RECESS—Morning programs closed	25 RECESS—Morning programs closed	26
27	28					

# Sport Activities

Encouraging an active lifestyle through playing sports is valuable in and of itself but sports also offer fantastic opportunities for social-emotional development.

Sports that are played as a team are especially encouraging of social development. In playing as a team, children begin to understand that their actions have an effect on others, and that humans rely on each other.

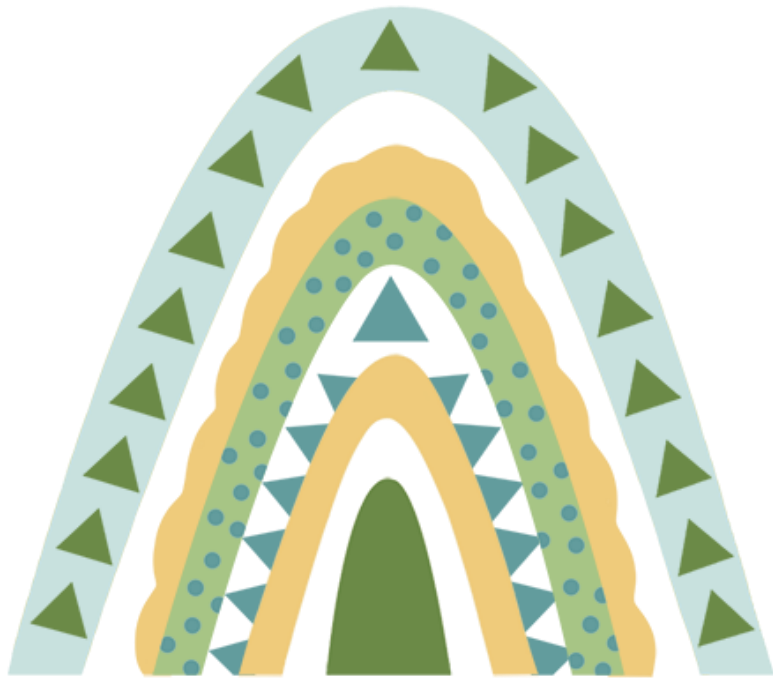




# MARCH

# 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Dr. Suess Day!	3	4 Maintenance Worker Appreciation Day!	5
6	7 Lee & MB Parent activities: Literacy I	8	9 6:30 pm ML 3&4 Parent Activity	10 5:30 pm Policy Council	11	12
13	14	15 5:30 pm ML 6 6 pm Brayton Parent meetings	16 6 pm North County Parent meeting Board of Directors Meeting	17 10 am ML 1&2 5:30 pm ML 5 parent meeting	18 All Staff Training—all programs closed	19
20	21	22	23	24	25 12:30 pm Conte Parent meeting	26
27	28	29	30	31		



## Practice Mindfulness

Using mindfulness in the classroom can help teach kids how to calm down before a big test, manage their emotions when they are upset, and just feel happier in the moment. Sometimes, kids don't really know how to calm down on their own. Teaching mindfulness can help kids learn breathing strategies, how to focus on just one thing at a time, and relaxing our bodies.







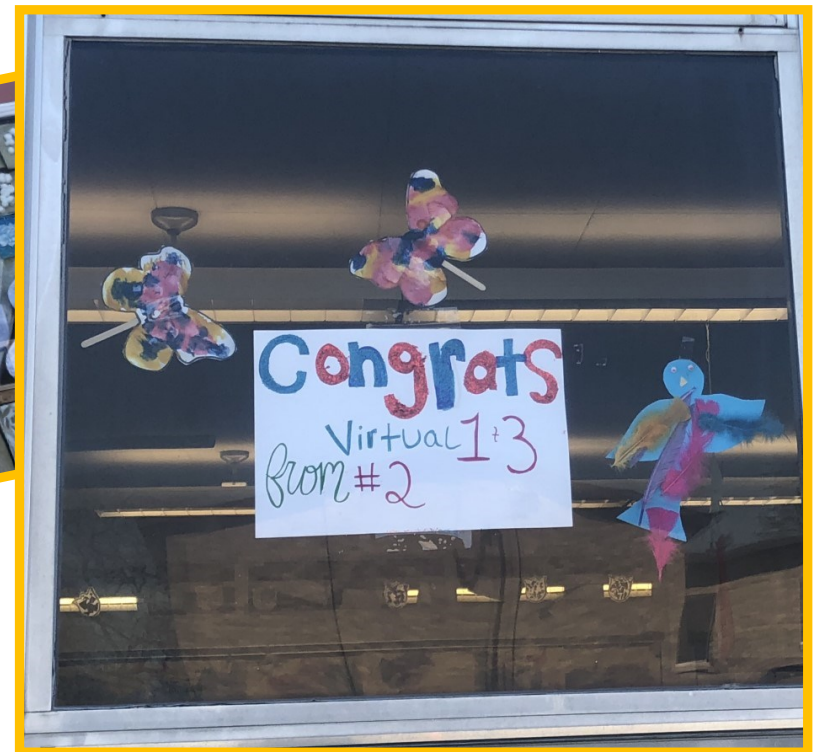
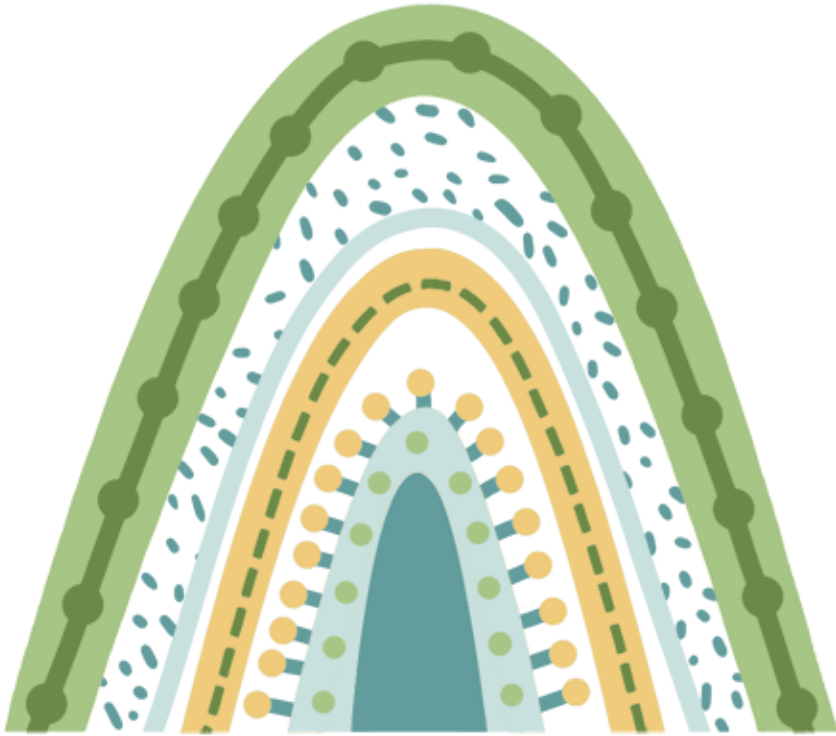
# APRIL

# 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Lee & MB Parent activities: Literacy II ML 3&4 Parent Activity	5	6	7	8	9
10	11	12 4:30 pm North County Parent meeting	13	14 5:30 pm Policy Council Crazy Hair Day!	15 12:30 pm Conte Parent meeting	16
17	18 Patriot's Day—all programs closed	19 4 pm Brayton 5:30 pm ML 6 Parent meetings RECESS—Morning programs closed	20 Board of Directors Meeting 6 pm ML 1&2 Parent meeting RECESS—Morning programs closed Administrative Professionals Day!	21 5:30 pm ML 5 parent meeting RECESS—Morning programs closed	22 RECESS—Morning programs closed	23
24	25	26	27	28	29	30

## Encourage Kindness

It's proven that kindness and giving act like a natural anti-depressant because they release serotonin in the brain. Serotonin plays an important part in learning, memory, mood, sleep, health and digestion. It provides children (and adults) with a heightened sense of well-being, increases energy and gives wonderful feelings of positivity and self worth.





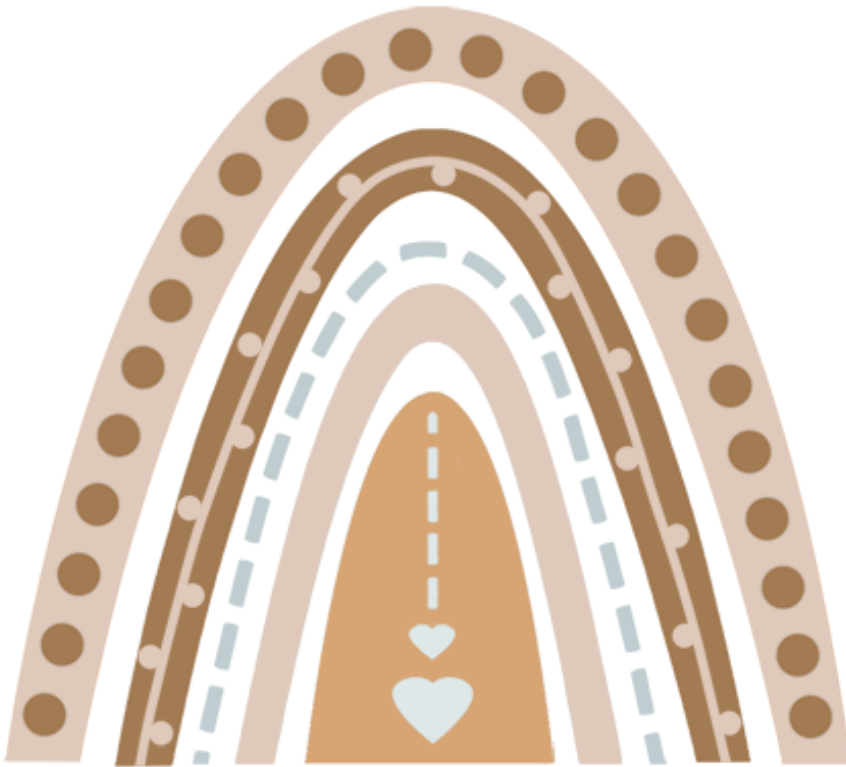
# MAY

# 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Lee & MB Parent activities: Kindergarten Readiness Teacher Appreciation Week!	3	4	5	6 National Nurses Day!	7
8	9 ML 3&4 Parent Activity	10	11	12 5:30 pm Policy Council	13	14
15	16	17 5:30 pm ML 6 6 pm Brayton Parent meetings Mismatch Day!	18 Board of Directors Meeting	19 10 am North County 5:30 pm ML 1&2 5:30 pm ML 5 Parent meetings	20 12:30 pm Conte Parent meeting	21
22	23	24	25	26	27	28
29	30 Memorial Day—all programs closed	31				

# Relationships

Young children develop and learn in the context of relationships. A trusting and caring teacher–child relationship is essential for children’s optimum development.



When children arrive at school they might be happy to see friends, sad to see their dad leave, tired because it is early in the morning, or hungry because they did not eat breakfast yet. When children leave they might be feeling excited to get home, or sad to leave friends, etc. Model the use of emotion words to talk about other children. For example, “Jenny, Molly looks sad. Let’s ask her what is wrong.” Or “Ayita, Penny is smiling! Do you think she is excited to see her mom?”





# JUNE

# 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 All Staff Training—all programs closed	4
5	6	7 ML 3&4 Parent Activity	8	9 5:30 pm Policy Council	10 12:30 pm Conte Parent meeting Head Start Programs End	11
12	13	14 Sunglasses Day!	15 6 pm North County Parent meeting Board of Directors Meeting	16	17	18
19	20 Observance of Juneteenth Day—all programs closed	21 8 am Brayton 5:30 pm ML 6 Parent meetings	22	23 5:30 pm ML 5 parent meeting	24	25
26	27	28	29	30		



My child's family advocate:

Family advocate's contact information:

My child's room number:

My child's teachers: