



NEWSLETTER

Northern Tier Community Action Corporation Head Start Program January/February 2018



David Greene, Executive Director



From the Director . . .

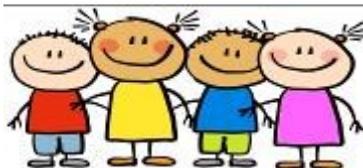
Dear Parents,

There are 3 areas where we need your help in the next few months. All of these are very important steps in helping your child be ready for school and get the most out of the Head Start Program.

ATTENDANCE- It is very important that your child attend the program regularly. This is a basic for school-readiness. If/when your child is not present they cannot learn what they need to be ready for school! The Office of Head Start expects individual children that attend center-based program to be present at least 85% of the time. This is why Family Advocates or Primary Caregivers call you when your child is absent. As a program we are expected to increase our overall attendance this year. The Office of Head Start wants our attendance higher because they know that if children are not present they are missing the opportunities of the classroom experiences. Also, those in the Home-based option are expected to have at least 85% of the visits over a year for the same reasons. As parents, it is your job to make sure your child attends regularly. We know that children get sick and there are guidelines for when a child should stay home due to illness. Except for child illness we are asking you to do everything possible to send your child to the program daily. This is also a good preparation for kindergarten. Children are expected to be in school regularly. Please help us increase your child's opportunities to learn and our program goal of increasing our attendance.

PARTNER WITH STAFF- In order to help your child learn all they can we need your help. Staff need your ideas about how your child is learning and growing at home. They need you to help re-set goals for your child for the rest of the year. You are the one who knows your child best. When staff call you on the phone, come for home-visits or ask you to send information back to them, please do all you can to respond. We know you are all busy but we can't do the best for your child without you helping us. Remember, you are always welcome in the classrooms/sites.

WORK WITH YOUR CHILD- Since you are the 1st and most important Teacher of your child, you also can be helping him/her learn every day at home. As a part of our school-readiness goals, we will be giving you more ideas of what you can do at home to work with your child. This may be in the classroom newsletter, on a separate piece of paper, or discussed during a home-visit. Please always make sure and check back-packs and pockets for information sent home. Not only will this help your child but we can use your hours for in-kind.



Debra Sidelinger, Head Start Director

POLICY COUNCIL

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Jacqueline Howard

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Next Policy Council Meeting:

February 8, 2018



Inside this issue:

Something To Talk About 2

Children's Oral Health 3

Cold Weather Safety 4

Make Reading Part of Your Family Time 5

Hello Everyone! 5

Self Assessment 6

Recruitment 6

Photo Sharing 7



Something To Talk About



Research shows that one of the best predictors of later reading (and school) success is a well-developed spoken vocabulary. Here are some ideas to get the conversation with your child going!



Make Time to Talk

- M** - Mealtimes can be good times to talk with your child.
- A** - Ask questions that encourage your child to think – questions involving predicting things that may happen, using imagination, explaining why things happen in a certain way.
- K** - Kneel or squat to be able to have good eye contact with your child.
- E** - Extend your conversation with your child. Conversations should go back and forth with each person responding to the other speaker at least a few times.

- T** - Tell stories to your child and ask them to tell stories to you.
- I** - Involve all of your family in group conversations every day. Talk with your family about what they are doing, ask your child about their play.
- M** - Make connections between books you & your child have read, recent family activities & your child's play to help build their understanding of word meanings.
- E** - Expand on your child's language by repeating it with extensions (adding descriptive words), adding to or building on your child's ideas.

- T** - Two-way conversations are best. Let your child talk at least half the talking.
- O** - One or more conversations with your child every day should be a goal.

- T** - Texts like books, posters, newspapers & magazines provide things to talk about with your child. Read them together, asking questions & discussing them as you go.
- A** - Act out stories with your child, re-using words from a book you read aloud with him/her. Encourage your child to retell the story with puppets, toys & in their art.
- L** - Language should include rich, varied words that you want your child to learn to understand & use.
- K** - Keep the conversations going through questions & comments.

(Adapted from Language Building Tips from the National Institute for Literacy)



Contributed by:
Debra Sidelinger, Head Start Director



Children's Oral Health



Tooth decay (dental caries) affects children in the United States more than any other chronic infectious disease. Untreated tooth decay causes pain and infections that may lead to problems; such as eating, speaking, playing, and learning.

The good news is that tooth decay and other oral diseases that can affect children are preventable. The combination of dental sealants and fluoride has the potential to nearly eliminate tooth decay in school-age children.

What Parents and Caregivers Can Do

Here are some things you can do to ensure good oral health for your child:

Protect your child's teeth with fluoride.

- * Use fluoride toothpaste.

If your child is younger than age 6, watch your child brush their teeth. Make sure your child only uses a pea-sized amount of toothpaste and always spits it out rather than swallows it.

If your child is younger than age 2, do not use fluoride toothpaste unless your doctor or dentist tells you to.

Talk to your pediatrician, family doctor, nurse, or dentist about putting fluoride varnish on your child's teeth as soon as the first tooth appears in the mouth.

If your drinking water is not fluoridated, ask your dentist, family doctor, or pediatrician if your child needs [oral fluoride supplements, like drops, tablets, or lozenges](https://www.cdc.gov/fluoridation/fluoride_products/index.htm) (https://www.cdc.gov/fluoridation/fluoride_products/index.htm).

- * Talk to your child's dentist about [dental sealants](https://www.cdc.gov/oralhealth/publications/faqs/sealants.htm) (<https://www.cdc.gov/oralhealth/publications/faqs/sealants.htm>). Sealants protect teeth from decay.

- * Have your child visit a dentist for a first checkup by age 1, as recommended by the [American Academy of Pediatrics](#).

Taken from Centers for Disease Control and Prevention



Contributed by: **Bonnie Halquist, Health & Nutrition Specialist**





Cold Weather Safety



Keeping Healthy Outdoors

- There's no set amount of time for children to play outside safely when the weather is cold. Use your best judgment. When the cold becomes unpleasant, it's time to go inside. If you are unsure if weather conditions are safe for outdoor play, check the [Child Care Weather Watch Chart](#).
- Have children come indoors periodically to prevent hypothermia or frostbite. A temperature of zero degrees Fahrenheit and a wind speed of 15 mph creates a wind chill temperature of -19 degrees Fahrenheit. Under these conditions, frostbite can occur in just 30 minutes.
- Frost nip is an early warning sign of frostbite. The skin may feel numb or tingly or appear red (on lighter skin).
- To prevent frostbite, check that mittens and socks are dry and warm. Frostbite occurs mostly on fingers, toes, ears, noses, and cheeks. The affected area becomes very cold, firm, and, depending on the color of the skin, turns white, yellowish-gray, or gray.
- Even though it's cold outside, it's important to use sunscreen and stay hydrated. Children are more

Infection Control

- Cold weather does not cause colds or flu. However, viruses that cause a cold and the flu are more common in the winter when children spend more time indoors.
- Keeping everyone's hands clean is one of the most important ways to avoid getting sick and spreading germs to others. Wash hands with soap and clean running water, and rub them together for at least 20 seconds.
- Teach children to cough or sneeze into their upper sleeve or elbow, not their hands. Adults should model this behavior.
- Review program policies on hand washing; cleaning, sanitizing, and disinfecting; and excluding children and caregivers who are sick.
- The U.S. Centers for Disease Control and Prevention and the American Academy of Pediatrics recommend that all children 6 months and older receive the seasonal flu vaccine every year. All early care and education program staff should also get vaccinated for the flu.

Staying Safe Indoors and In Vehicles

- Keep anything that can burn at least three feet away from heating equipment, including furnaces, fireplaces, wood stoves, and portable space heaters.
- Set up a three-foot "kid-free zone" around open fires and space heaters.
- Remember to turn portable heaters off when leaving the room.
- Test smoke alarms at least once a month.
- Vent all fuel-burning equipment to the outside to avoid carbon monoxide (CO) poisoning.
- Install and maintain CO alarms. Keep alarms at least 15 feet away from fuel-burning appliances.
- If you need to warm up your vehicle, remove it from the garage as soon as you start it to avoid the risk of CO poisoning. Don't leave a vehicle running inside a garage.
- If vehicles are parked outside, check to make sure the tailpipe is not blocked with snow, which can also cause problems with CO.



Make Reading Part Of Your Family Time!



Family reading time is an important piece to nurturing the importance of reading. Finding books that match your child's likes and interests will further their interest in learning and reading more. Here are some tips for integrating reading into your daily family activities:

- * Read bedtime stories
- * Play a board game
- * Visit your local library
- * Read a recipe and cook something yummy together!
- * Create a comfy reading space in your home.
- * Put your child in charge of reading the grocery list at the store.



15-20 minutes is plenty for a beginning reader!

An important part of reading with your early learning child is to check for their understanding. When you talk about a story with your child he/she will begin to ask questions about the stories. Below are some things to help you be sure your child understands what is being read.

- ◀ What do you think will happen in the story? Start the book by making predictions using the picture on the cover. Point out the details you see and help them understand pictures give you a further understanding about a story.
- ◀ What do you think will happen next? Ask questions and make your own comments during the reading process.
- ◀ What was the problem in the story? After reading a book, have your child tell you about the events within the story.
- ◀ How do you think this character feels? Talk about the character's feelings throughout the story. Identify the feelings using what you know about the events, the pictures and faces of the characters.
- ◀ Does this story remind you of anything that happened to you? Make connections to how you would feel if the events happened to you in real life. Help your child with making connections. Using words, such as:
 - ~ Remember when...
 - ~ This story reminds me of...
 - ~ This sounds similar to the story...

Tricia Juran, Professional Development Coordinator



Hello Everyone!



My name is Loren Wendel, I am going to be the new Education Manager along with Jodi. I will be taking over all of the Bradford sites, Kane sites, Johnsonburg, Ridgway, and St. Marys. I am a graduate of Mercyhurst University with a Bachelor's Degree in Early Childhood and Special Education, and a Master's Degree in Special Education. I am very excited to join the Head Start team, and I look forward to working with everyone!

“Every child deserves a champion – an adult who will never give up on them, who understands the power of connection and insists that they become the best that they can possibly be.” ~ **Rita Pierson**

Loren Wendel, Education Manager



Self - Assessment



Hello! Happy 2018!!! I hope you enjoyed a happy, safe, and healthy holiday. The New Year is a great time to refocus and set goals and expectation for ourselves for the year ahead. This is true for NTCAC Head Start as a program as well. We are always looking at how we can provide the best possible Head Start program for every child and family.

In the upcoming months, we will be assessing the many service areas of Head Start. The annual assessments are completed by Policy Council, parents, NTCAC board and staff. Once all this information is gathered the Management Team and Policy Council will evaluate the data. Goals will be formed in order strengthen our program. Long and short term goals will be developed to ensure that Northern Tier Community Action Head Start is an effective program that follows federal regulations and meets the needs of our parents. Thank you for your cooperation.



Marcy Boswell Community & Family Specialist



Recruitment



NTCAC Head Start is now accepting applications for its Head Start program for enrollment beginning in September 2018. Head Start is a comprehensive developmental and family service program that provides education, health, social services, and nutrition services for each enrolled child and their family. Children 3 and 4 years old can enroll in the program. Head Start invites children with disabilities to participate in all aspects of the program. Children are selected according to priorities set by the Northern Tier Community Action Corporation Head Start Policy Council. Priorities include children with disabilities and children from families with incomes below the federal poverty level. Only 10% of those enrolled may be over the income guidelines.

A minimum of ten percent enrollment are children with professionally diagnosed disabilities, which may be from over income families. Children with diagnosed disabilities are provided inclusion into the learning experience at Head Start. Efforts are made by Head Start and the family to locate other agencies to provide needed special services.

Please contact your local center or home based program. You can also call toll free (888)809-3704 Ext. 224- Marcy Boswell, Family and Community Specialist.

Marcy Boswell Community & Family Specialist



***“Give Your Heart To Head Start”
Come in and volunteer and warm your child’s
heart!***





PHOTO SHARING



Miss Mary Lee, Emporium Head Start Assistant Teacher, enjoying center snow fun day with the kids!

December Fun Day at the Ridgway Center !



Parents at St. Marys center helping the children make maracas!



Look at the fun Kane II had reading and acting out the book "The Wild Toboggan Ride!"