



## Northern Tier Community Action Corp. Head Start Program

### January/February 2019

David Greene  
Executive Director

### *From the Director . . .*

I would like to start off the New Year by offering a special thank you to our Staff, Parents, Board of Directors, and Policy Council who all worked tirelessly in 2018 to make our Head Start Program successful. They have all put in many hours and a lot of hard work dealing with issues that affected the development of our program. Everyone has done a wonderful job. These individuals should be commended for their dedication!

We are now starting the program's annual self-assessment process and everyone's input will be most important. Self-Assessment involves a specified time for a program to stop and evaluate the program's effectiveness. Ongoing monitoring helps programs answer the question, "Are we doing things right?" Self-Assessment focuses on the big-picture question, "Are we doing the right things?" It is Self-Assessment that helps a program determine if it is doing everything it can to benefit the children and families it serves.

Thank you for taking the time to complete and return your self-assessment questionnaire!

#### Policy Council:

Chairperson:  
**Adam Harp**

Vice-Chairperson:  
**Phaedra Steele**

Secretary/Treasurer:  
**Karen Simons**

Next meeting:  
**February 14, 2019**

#### Inside this issue:

Social Media	2
Outdoor Activities	3
Messages From Marcy	4
Make Getting Ready for Kindergarten A	5



### Self-Assessment

*Debra Sidelinger*  
*Head Start Director*

## Social Media



Follow us on Facebook to stay connected with program news and happenings!  
Like "Northern Tier Community Action Corporation Head Start"



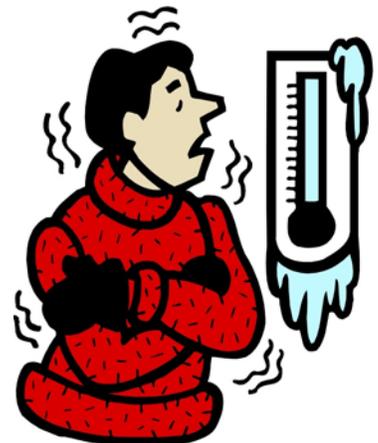
Also, follow us on Pinterest to get new ideas!  
Follow "NTCAC Head Start"

## Energy Assistance

Northern Tier Community Action Corporation implements several different energy assistance programs through both utility donated and private funds throughout our four counties. These programs are available to those customers that are experiencing difficulties in paying for or restoring utility service. Clients are able to apply for funds one time during the funding year. The energy assistance programs use the Federal Poverty Guidelines for eligibility, along with client need. If you find yourself in this position, please contact our offices directly, or go to your County Assistance Office. If you are having difficulty ask your FSW or Home Visitor for assistance in obtaining the information you require to help you keep up with your utility costs.

In addition, if you are eligible, the County Assistance Office may also refer you for CRISIS and/or Low Income Home Energy Assistance Program (LIHEAP) services for your residence. You may also be eligible for weatherization services for your dwelling, with landlord approval if you rent, which are available through Northern Tier Community Action programs currently in operation.

Debra Sidelinger  
Director



## Outdoor Activities

There are plenty of free things you and your child can do around your home and neighborhood:

- Put on coats, hats and gloves and head outside.
- Build a snowman!
- Take your child to see how the flow of rivers, creeks and streams changes after it freezes.
- If it's darker, let your child play with a flashlight when you go out for a walk.
- Gather leaves, sticks, shells and stones from outside. You can take them inside and use them for sorting, painting or building.
- On a windy day, you can try flying kites!

Build a snow sculpture and paint it with watercolors!



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:

- Encourage your children to eat regular nutritious meals and avoid frequent between-meal snacking.
- Protect your child's teeth with fluoride.

Use a [fluoride toothpaste](#). If your child is less than 7 years old, put only a pea-sized amount on their toothbrush.

If your drinking water is not [fluoridated](#), talk to a dentist or physician about the best way to protect your child's teeth.

Talk to your child's dentist about [dental sealants](#). They protect teeth from decay.

If you are pregnant, get prenatal care and eat a healthy diet. The diet should include folic acid to prevent birth defects of the brain and spinal cord and possibly cleft lip/palate.

Taken from Centers for Disease Control and Prevention

Bonnie Halquist, Health/Nutrition Manager

## Messages From Marcy . . .

### Program Self-Assessment:

Every year our program conducts a self-assessment of our program. The purpose of this evaluation is to form long and short term goals for our program. We are asking all staff members and parents to contribute your thoughts and ideas. More information will be given at Policy Council, PCC (parent center committee), and through surveys. Our ultimate goal is to provide the best possible successful program for our families and their children. Thank you for your cooperation.

### Recruitment for 2019-2020:

We are currently recruiting for the 2019-2020 year. If you know any children who will be 3 or 4 years old and not age eligible for kindergarten, please contact your Family Service Worker or Home Visitor. We appreciate you getting the good word about our program.

### Kindness and Respect Matters:

I am so touched by the kindness and respect that I observed in one of our centers. The other day I was at a center and a little boy had to go home because he was not feeling well. The other children were so caring and concerned about their friend. "Hope you feel better!" "Get better" "I love you." These children truly appreciate one and another's friendship.

### Thought for the New Year:

#### **Children Learn What They Live by Dorothy Law Nolte, Ph.D.**

If children live with criticism, they learn to condemn.  
If children live with hostility, they learn to fight.  
If children live with fear, they learn to be apprehensive.  
If children live with pity, they learn to feel sorry for themselves.  
If children live with ridicule, they learn to feel shy.  
If children live with jealousy, they learn to feel envy.  
If children live with shame, they learn to feel guilty.  
If children live with encouragement, they learn confidence.  
If children live with tolerance, they learn patience.  
If children live with praise, they learn appreciation.  
If children live with acceptance, they learn to love.  
If children live with approval, they learn to like themselves.  
If children live with recognition, they learn it is good to have a goal.  
If children live with sharing, they learn generosity.  
If children live with honesty, they learn truthfulness.  
If children live with fairness, they learn justice.  
If children live with kindness and consideration, they learn respect.  
If children live with security, they learn to have faith in themselves and in those about them.  
If children live with friendliness, they learn the world is a nice place in which to live.



**Marcy Boswell, Family & Community Manager**

## Make Getting Your Child Ready for Kindergarten a Game!

Turn every day play experiences into a bridge for learning essential kindergarten readiness skills. Play some of the following classic games with your kids and help them master and love learning.

**Duck, Duck, Goose-** Can reinforce letter concepts by having children say the name of letters in place of the word duck, and a word that begins with that letter in place of the word, goose.

**Hide and Seek-** Hide numbers, letters, colors, your child's name, phone number, address, etc. around the house and ask your child to find them.

**Simon Says-** Helps practice following directions and positional words such as on, above, below, etc.

**Bingo-** Can be used to reinforce number recognition, letter recognition, differentiation between upper and lowercase letters, letter sounds, colors, etc.

**Treasure Hunt-** While shopping, driving, or at home see how many letters, numbers, colors, or shapes your child can find.

**I Spy-** Play "I spy with my little eye something that is..." and you can describe a letter, number, shape, color, etc. that you can plainly see. Your child can also take a turn describing something to you.

**Blocks and Legos-** Can be used to teach patterns, sorting, counting and fine motor coordination.

No matter what games you decide to play and learn with your child, remember the most important thing is to make it fun. You want your child to associate positive feelings and success with learning.

**Jodi Guisto, Education Manager**





