



Northern Tier Community Action Corp. Head Start Program

March/April 2015

Kenneth P. Straub
Executive Director

From the Director . . .

There are many ways you can support your child in his/her Head Start journey. Being a part of that voyage is the most important. It means so much to a child when his/her Mom, Dad, or other family member takes part in school activities.

The Federal government requires Head Start programs to demonstrate the community's support by documenting donations of time and/or goods for which the program would otherwise have to pay. This is known as our Non-Federal Share; more commonly referred to as In-Kind. It is mandatory that we reach a goal equivalent to roughly one quarter of our annual funding.

When a Head Start parent helps out by doing something for which we would normally pay a staff person, we can convert the donated time into dollars by applying an amount equal to what we pay entry level employees, plus fringe benefits, per hour.

Time donated by volunteers on Policy Council and Advisory Committees is counted at a higher rate because they are actively involved in the administration of the program. A person who volunteers in a professional capacity, such as a carpenter, painter, or a secretary can be counted at his/her professional rate if those skills are being used to benefit Head Start.

Of course, there are stringent requirements for documenting all donations. We have developed what we hope are "user friendly" forms to meet the regulations. Any staff member can help you find and use those forms. We even have a form to record time you spend at home helping Head Start. If you are unable to come onsite or if your child is in our Home-Based option, ask his/her Teacher or Home Visitor about things you can do at home and how to document that time.

You can also donate goods to the program and tell us their current market value. Talk to your center's staff if you have items you would like to donate for use within the program. We will gladly give you a receipt for your donation if requested.

These are a just a few of the many things you can do to support our Head Start program. We need and appreciate your help. What's really great though is what you will get in return. Your child will be so proud of you and pleased that you are taking part in his/her school experience and you might just find yourself enjoying the experience like you were a child again!



Contributed by: Debra Sidelinger
Head Start Director

Policy Council:

Chairperson:
Ashley McKeirnan

Vice-Chairperson:
Vacant

Secretary:
Margaret Heiser

Treasurer: Vacant

Next Meeting:
April 9, 2015

Inside this issue:

Ideas for Using Positive Behavior At Home 2

Steps To A Healthy Plate Start Today To 3

Take Small Steps Toward A Healthier Tomorrow

Why Is Policy Council So Important? 4

Recruitment 4

Helpful Hints From Kindergarten Teachers 5

Get Ready To Write 6

Photo Sharing 7

Ideas for Using Positive Behavior at Home

Do This..... Not That

State "you can watch TV quietly or leave the room" **instead of** "If you don't cut that out, you'll have to leave the room."

Teach the Desired Behavior

Give clear steps to achieve what you want the child to do. Ask them to repeat those steps back to you.

Be Specific

Model the desired behavior. Let the child practice.

Praise Good Behavior

"Thank you for cleaning your room!"

"I like the way you said 'please and thank you.'"

"Wow! You put on your seatbelt on right away. Good job!"

Try a Rewards System

Set a goal with your child. This could be for doing their chores, finishing homework, or being kind. Clearly map out how and when they will reach the goal (try a chart they can fill in). Together choose a reward like going out for ice cream or extra time together.

"Don't worry that children never listen to you; worry that they are always watching you."

~ Robert Fulgh

"To be in your child's memories tomorrow you have to be in their lives today."

~ Barbara John

"Child give me your hand so that I may walk in the light of your faith in me."

~ Hannah Kahn

Contributed by: **Mike Kuleck**
Disabilities Specialist



Steps To A Healthy Plate

Make half your plate fruits and vegetables.

- Include fruits and vegetables in variety of ways on your plate-mix into dishes, added to sandwiches or tacos, as a side dish, a small garnish on your plate and/or eaten at the end of the meal.
- Eat a variety of colorful fruits and vegetables.

Make at least half your grains whole grains.

- Read the label and choose 100% whole grain breads, tortillas, cereals, rice and pasta.

Switch to fat-free (skim) or low-fat (1%) milk.

- Choose fat-free or low-fat milk for adults and children over the age of 2 years.
- Drink a glass of milk or enjoy yogurt at meals.

Eat a variety of protein foods.

- Eat lean meat and poultry. Use cooked dry beans and peas in a variety of dishes.
- Prepare meals with seafood at least twice a week.



Contributed by: Bonnie Halquist, Health & Nutrition Specialist

Start Today To Take Small Steps Toward a Healthier Tomorrow

Balance your Calories

- Enjoy your foods, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free (skim) or low-fat (1%) milk.

Foods to Decrease

- Compare sodium in foods like soup, bread, and boxed, canned and frozen foods- choose the foods lower in sodium.
- Drink water instead of sugary drinks.
- Eat fewer foods that are high in solid fats and added sugars.

Be Active your Way

- Find activities that you like to do—riding a bike, playing soccer, swimming, dancing, playing with a ball, hide and seek, walking in town, parks or nature trails.
- Be active with your children—if you are having fun being active, they will want to play too!

Create Family Mealtimes

- Offer 3 meals at about the same time each day.
- Avoid grazing or snacking on food throughout the day.
- Think before you eat-don't grab food if you feel stressed, bored, or upset. Find other ways to deal with feelings- go for a walk, have some quiet time, talk with friends and family.

Contributed by: Bonnie Halquist
Health & Nutrition Consultant



Why is Policy Council So Important?

Policy Council is the guiding body of Head Start and is involved with decisions concerning the *entire* program. For example, Policy Council must approve the annual budget, grant applications, and certain changes in the program.

Without parent's input at Policy Council, this program cannot function!!

All official business is documented by minutes that list the names of members who participate by giving reports or by making motions to vote on.



Debra Sidelinger
Head Start Director

Recruitment

NTCAC Head Start is now accepting applications for its Head Start program for enrollment beginning in September 2015. 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. Head Start invites children with disabilities to participate in all aspects of the program. Families who meet the income guidelines and whose children are 3 or 4 years old are eligible to apply. 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 must be 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

Helpful Hints from Kindergarten Teachers

If your child is going to Kindergarten this next school year I'm sure you have a lot of questions and concerns about what to expect. The following hints have been collected from kindergarten teachers in order to help families have a part in getting their child "ready" for school.

Kindergarten teachers stated that they would like parents/families to take the following more seriously:

- *Attendance
- *Tardiness
- *Updating emergency contact records
- *Checking the child's backpack for notes
- *Signing and returning papers
- *Asking their children about their school day

Help children develop listening skills and increase attention by:

- *Gradually increasing the length or number of stories you read to your child.
- *Turning off the television and talking with your child. TV does not help your child develop listening skills.
- *Asking questions about what you have read.
 - ~Ask factual questions such as, "What was the name of the dog?"
 - ~Ask prediction questions such as, "What do you think will happen when...?"
 - ~Ask personal opinion questions such as, "What would you have done if you were in that situation?"

Help your child develop social skills by:

- *Modeling decision making and fairness.
- *Providing social experiences for your child to be with other adults and children by joining play groups, going to story time at the library, playing on a team, and taking group lessons.
- *Modeling how to share and take turns.
- *Modeling how to get attention appropriately.
- *Allowing your child to become more independent.
- *Modeling problem-solving behavior by "thinking out loud."
- *Modeling persistence through trial and error.
- *Modeling good manners by using such words as "please", "thank you", and "excuse me".

Help your child develop self-help skills by:

- *Giving your child small responsibilities or chores such as:
 - ~Making the bed.
 - ~Picking up the toys.
 - ~Feeding/watering the pets.
 - ~Helping with yard work and/or housework.
- *Teaching your child personal hygiene skills such as:
 - ~Toilet habits – proper wiping.
 - ~Hand washing.
 - ~Brushing teeth



Adapted from: <http://www.terrifictransitions.org/TT/partip9.pdf>

Contributed by: Amanda Dempsey, Education/Transition Specialist

Get Ready to Write



There are a lot of fun and natural activities and materials you can use at home to help develop your child's fine motor skills and get them ready to write. The following activities can not only help to strengthen fine motor skills, but they will keep your child interested and having fun while they learn.

1. Work with play dough and clay. Let them roll, pinch and shape the dough to strengthen finger and wrist muscles.
2. Give children big pieces of paper and crayons, not markers. Markers are easier to use and don't work the small muscles as well as crayons.
3. Let them construct with LEGOS to work on hand muscles and pincer grasp.
4. Have children cut different patterns. Start with a straight, short line and then work on shapes and curved lines.
5. Provide stencils to trace.
6. Let children pour from small pitchers.
7. Have them use hole punchers on thin cardboard pieces.
8. Let them clip clothes pins onto a clothesline or side of a box.
9. Have them fold paper by first matching the corners of a square sheet of paper. You can then try more folds and create paper airplanes and other designs.
10. Have children practice throwing and catching small balls, bean bags or sponges
11. Let children follow a beam of light with their eyes and fingers. (use flashlight)
12. Practice zipping, buckling and snapping.
13. Set out puzzles, pegboards and small table toys for children to play with.
14. Provide beads, buttons and noodles that children can string together.

Remember to keep learning fun, and make it a part of your every day activities. How children feel about learning will be determined long before their first day of school; learning will always begin at home with you!

Taken from; www.earlylearning.com

Contributed by: **Jodi Guisto**
Education Specialist

PHOTO SHARING!



Parents making stress balls during a PBIS session in Port Allegany!



Kane I "Muffins With Mom"



Kane II "Muffins With Mom"