

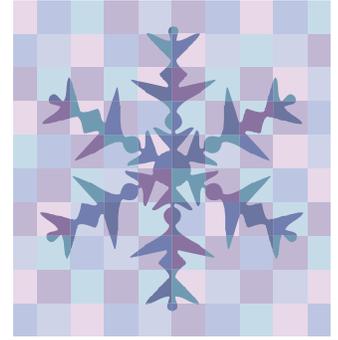


NEWSLETTER

Northern Tier Community Action Corp.
Head Start Program

November/December 2014

Kenneth P. Straub
Executive Director



From the Director . . .

With the many family gathering opportunities that will be occurring, this is a great time to involve your child in helping to prepare meals. When children cook, they learn about nutrition and it teaches many academic skills such as math, literacy and science. Do you use recipes? Let your child read them with you, count the number of eggs, cups of needed items, and the number of teaspoons or tablespoons needed. And not to mention the vocabulary words they learn; mixing, heating, stirring, pour, beat, blend and combine. Children learn a lot about science when they observe what happens when you add a liquid to a solid and when you add heat to make it cook.



Cooking with children may take a little more time and can be messy, but look at the rewards for your child. When your child helps prepare food, they are more likely to eat what they have made.

What a great way to introduce new healthy foods to their diet!

5 Ways to Encourage a Love of Learning

Read, read, and read to your child for at least 15 minutes every day. Take turns reading with your older child — you read one page, she reads the next. Establish a family reading time when everyone reads her own book.

Encourage him to express his opinion, talk about his feelings, and make choices. This will build his confidence to participate in school discussions and activities. Be sure to establish parameters for his choices, since you don't want to criticize his decisions.

Help her develop hobbies and interests, and ensure she has the tools she needs to pursue them. For example, if she loves to check the mailbox, give her a magnifying glass and album and show her how to start a stamp collection.

Provide him with play opportunities that support different kinds of learning styles - from listening and visual learning to sorting and sequencing.

Stock your closet with supplies that will encourage him to be creative and express himself. Point out the new things you learn with enthusiasm.

Discuss the different ways you find new information, showing her that learning is both fun and challenging.

Debra Sidelinger
Head Start Director



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Policy Council Meeting: December 11, 2014 @ 11:00 AM at Hoss's Restaurant in

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Tips for Getting Kids to Eat Healthy

Getting children excited about healthy eating can be one of the hardest challenges for parents! Some children (no matter how hard you try) just don't like healthy food and turn their noses up at even the freshest fruit and vegetables.

There are some tricks to getting your children on board with healthy eating though - and one of the most effective ways is embracing recipes that children find fun and appealing. The trick is, to cook these fun meals, and include the healthy food. Hopefully - the excitement of the meal will distract them from the fruit and vegetable hidden inside!

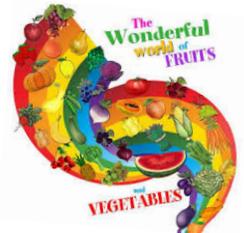
Healthy Pizza!

Pizza is one of those great meals that can so easily be disguised as something much cooler than what it actually is! For kids, pizza is the ultimate treat food - so by making it healthy, you're really latching onto something great. Hand-make the pizza dough and use whole-wheat flour instead of the processed white flour to start with. Then, use low-fat cheese and top with very finely cut vegetables. You could even blend the vegetables into the tomato sauce - that way the children won't even be able to see them - but they'll still be getting their 5-a-day!

Offer a Variety of Foods

As a parent or caregiver you play an important role in helping your child learn about food. It is your responsibility to provide a variety of healthy foods for your child.

Offering a variety of foods helps preschoolers get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When preschoolers develop a taste for many types of foods, it's easier to plan family meals. **Snack Ideas from Each Food Group**



Grains: dry cereal, whole grain crackers, mini rice cakes, sliced bread, mini bagels, graham crackers, whole wheat tortillas.

Vegetables: veggie "matchsticks" (thin sticks) made from fresh carrots* or zucchini,* bell pepper rings, cherry tomatoes*, steamed broccoli, green beans, sugar peas, avocados.

Fruits: apple slices, tangerine sections, strawberry halves, bananas, pineapple, kiwi, peach, mango, nectarine, melon, grapes, berries, dried apricots. **Dairy:** low-fat cheese slices or string cheese, mini yogurt cups, fat-free or low-fat milk, low-fat cottage cheese. **Protein Foods:** egg slices or wedges, peanut butter, bean dip, hummus, slices of lean turkey or chicken, shelled pumpkin seeds.

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

Helpful Hints from Kindergarten Teachers

The following hints have been collected from kindergarten teachers in order to help families and children successfully meet the challenges of transitions from preschool environments to the kindergarten environment.

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>

Submitted by: **Amanda Dempsey, Education/Transition Specialist**

Parent Pointers to Encourage Positive Behaviors

All parents are at some time challenged by the behaviors of their children. The following are suggestions to help you positively connect to your child:

- *Follow a consistent daily schedule, so that your child knows what to expect each day.
- *Make sure your child is getting the recommended amount of sleep for his age. This can make a very big difference in your child's behavior!
- *Make sure your child is getting a healthy diet with enough vitamins and nutrients
- *Avoid food with artificial coloring.
- *Rule out any allergies or side effects from medications as a possible cause for your child's challenging behavior.
- *Spend at least 15-30 minutes of "one on one" quality time with your child every day doing what your child wants to do
- * The ability to communicate is very important. Spend a lot of time talking with your child. Talk with your child-not at them!
- ***Teach** the child what he needs to do rather than punish.
- *...and most importantly "**catch your child being good**". Praise your child when they are behaving appropriately and ignore as much "inappropriate behavior" as you can. This will increase the "good" and decrease the behaviors that you may find challenging.

If you haven't time to respond to a tug at your pants leg, your schedule is too crowded. ~Robert Brault

Submitted by: Mike Kuleck, Disabilities Specialist

Taken from: SEFEL

Create Fun Crafts With Kids!

Crafts! Crafts! Crafts! It's (almost) the best way to spend cold-as-ice afternoons. Cut mittens out of doilies and string them up with yarn; grab glitter and printer paper for homemade snow flakes; slide photos or drawings inside empty snow globes; fill old tights with cotton, grab googly eyes and felt and you've got a silly door sweep. That, or go to crafty sites like orientaltrading.com (split a few orders with friends) and order all the glue stick-worthy goodness you could possibly need and create away.

Add some kid-friendly decoration to your home with these button snowflakes.



TREAT OTHERS WITH RESPECT

I am sure your child is coming home with so many stories of all the fun and educational experiences they are having at Head Start. But did you know that your child is developing skills to build friendships? Young children begin to experiment with friendships by observing the caring and sensitive action of adults. As adults, we must remember that children model many of our actions; so we must treat others with respect. By doing so, young children see how their actions affect others.



Treating people with respect makes your world a nicer place to live in, whether it's at home, at school, or out in your community. Basically - all you have to do is treat people the way you like to have them treat you. Here are a few ideas.

- Don't insult people or make fun of them.
 - Listen to others when they speak.
 - Value other people's opinions.
 - Be considerate of people's likes and dislikes.
- Don't mock or tease people.
 - Don't talk about people behind their backs.
 - Be sensitive to other people's feelings.
 - Don't pressure someone to do something he or she doesn't want to do.

We live in a diverse nation made up of many different cultures, languages, races, and backgrounds. That kind of variety can make all our lives a lot more fun and interesting, but only if we get along with each other. And to do that we have to respect each other.

Excerpts from: goodcharacter.com Submitted by: **Marcy Boswell**

Reminder—No Fundraising

Just a reminder, Northern Tier Community Action Corporation does not authorize any fundraising activity. All Head Start employees are to restrain from participating in fundraising. In addition, Head Start funds should not be involved in fundraising activities. This would include paper, copying cost, or distribution of fundraising materials during or on Head Start premises.

Each year, Northern Tier Community Action Corporation receives federal money to provide for the needs of the Head Start program. These federal funds provide Head Start programs with the necessary monies to provide a meaningful experience for our children and families.

Submitted by: **Marcy Boswell, Family & Community Specialist**

Foster the Home to School Connections- Parent-Teacher Conferences

Make the most out of your Parent-Teacher Conferences by sharing what you know about your child and what your goals are for them. You as the parent are always your child's first and most important teacher. Please share with your child's teacher some of the following information:



To help your child learn at school, share...

What are your family's strengths?

What are your goals for your child and your family?

What do you want us to know about your child?

How does your child learn best?

What do you love about your child?

What do you find challenging?

Are there ways we can help you?

To help your child learn at home, find out...

What is my child learning at school?

What does my child like at school?

What is my child doing well?

How does my child get along with other children?

How can I support my child's learning?

Are there challenges we can work on together?

For more information, contact: NCQTL@UW.EDU or 877-731-0764.

This document was prepared for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start, by the National Center on Quality Teaching and Learning under Grant # 90HC0002 in collaboration with the National Center on Parent, Family and Community Engagement under Grant #90HC0003. SPRING 2.

Submitted by: Jodi Guisto, Education Specialist