



2018

NEWSLETTER

Northern Tier Community Action Corp.
Head Start Program

November/December



Dave Greene
Executive Director

From the Director . . .

we're
Thankful

We are grateful for quality early childhood education programs like Head Start that promote the possibilities of approaching young minds with a comprehensive range of tools designed to foster strong social, emotional and physical growth. When children are given the benefit of early childhood education, risk factors can be identified and addressed early, stronger communities forged, and positive early life experiences created so students enter school eager and ready to learn.

Children in our program exhibit increased independence, improvement in language and communication skills, more self-confidence and improved relationships with other children. So, while many of our families are struggling to make ends meet, the smiling, giggling, energetic children our parents bring to our center locations every day fill all of us with joy and gratitude. We should all be thankful that Northern Tier Community Action can offer eligible children a range of educational, health and nutrition services.

All of us should be thankful for the chance to be a small part of keeping the Head Start educational door open so that children can access endless possibilities and embark on an adventure-filled journey to lifelong success.

Deb Sidelinger, Head Start Director

POLICY COUNCIL

Chairperson:
Adam Harp

Vice Chairperson:
Phaedra Steele

Secretary/Treasurer:
Karen Simons

Policy Council Meeting:

December 13, 2018
@ 11:00 AM at
Hoss's Restaurant in
St. Mary's.

Inside this issue:

| | |
|---|-----|
| Attendance | 2 |
| Breakfast Ideas | |
| Early Literacy in Preschool Aged Children | 3 |
| Head Lice: What Parents Need to Know | 4,5 |
| Messages From Marcy | 6 |
| Building Positive Relationships | 7 |
| Piggy Bank Craft | 7 |
| Kid's Craft Corner | 8 |



Attendance



It is very important that your child attend school every day unless he/she is ill. The children need to get used to getting up and spending the day in a classroom situation. Remember to arrive at the classroom around five minutes before class starts. This allows the teacher time to prepare for the morning activities and breakfast. Please try to be

prompt when picking your child up at the end of the year.

We do not want them to miss out on dental or medical screenings and appointments or any of the wonderful activities going on in their classroom. They must be in the classroom on a regular basis to receive the full benefit of the program which is getting them ready to succeed in kindergarten and beyond.

We want to see you involved in the program as well. You are always welcome in your child's classroom. There are many volunteer opportunities available in our program. Please consider volunteering a few hours each month in your child's classroom or other areas of the program.

Deb Sidelinger, Head Start Director

Breakfast Ideas!



Early Literacy in Preschool Aged Children

Parent involvement is the number one predictor of early literacy success and future academic achievement. However, recent research has focused specifically on cognition within early childhood development and on how parent involvement fits into Pre-K literacy development. Past early literacy research emphasized the importance of daily adult/child reading time, as well as having 100 or more books in one's home, and its link to a child being academically ready and successful in kindergarten. Recent research has proved that reading as a stand-alone activity is not the only way to help children with pre-literacy skills. The latest research on parent involvement in early literacy has stressed that children need to be given more specific skills while being read to in order to be successful with early literacy skills.

Parent Involvement: What Skills Need to be Part of a Daily Routine?

Children need parents to be their reading role models with daily practice in order to navigate successfully through beginning literacy skills. According to research, parents should focus on the words on the page while reading with their child.

Here are some strategies for beginning and seasoned readers' literacy success:

- * **Point to each word on the page as you read.** This beginning literacy strategy will assist children with making print/story/illustration connections. This skill also helps build a child's tracking skills from one line of text to the next one.
- * **Read the title and ask your child to make a prediction.** Beginning and seasoned readers alike need to make predictions before reading a story. This will go a long way to ensure that a child incorporates previewing and prediction in his or her own reading practices both now and in the future.
- * **Take "picture walks."** Help your child use the picture clues in most early readers and picture books to tell the story before reading.
- * **Model fluency while reading, and bring your own energy and excitement for reading to your child.** Both new and seasoned readers struggle with varying pitch, intonation and proper fluctuations when they read aloud. Older readers will benefit from shared reading (taking turns).
- * **Ask your child questions after reading every book.** Reading comprehension is the reason we read - to understand.
- * **Connect reading and writing if possible.** The connection between reading, writing and discussion should be incorporated with daily literacy practice. Have a young child dictate to a parent who writes in a journal or on a sheet of paper. Modeling the formation of sentences aligned with the words of a story is crucial for a child to begin making connections between reading and writing. A child's process of drawing pictures brings his or her personal creativity toward the story. Sharing these illustrations of experiences and individual interpretations related to the sentence he or she has created on the page is yet another step toward this early balanced literacy approach.

Beginning and lifelong literacy is constantly growing. However, the process must begin when initially learning to read, and must be as natural to a child as when he or she learned to speak. This can happen through incorporating repetition, proper skills and modeling. NTCAC Head Start holds a book club three times per year for all Head Start parents. Parents will receive books and ideas for activities that they can carry out at home with their child to improve their literacy skills. Please contact your family service worker or home visitor to get more information!

Adapted from: <http://www.edutopia.org/>

Jodie Guisto, Education Manager

Head Lice: What Parents Need to Know

Head lice are a common problem that usually affects school-aged children and their families. They can attach to the hair of anyone's head. It doesn't matter if the hair is clean or dirty. Head lice are also found worldwide in all different places, such as in homes or schools or the country or city. And it doesn't matter how clean, dirty, rich, or poor the place or person is.

Though head lice may be a nuisance, they don't cause serious illness or carry any diseases. Head lice can be treated at home, but it's important to check with the doctor first.

What are head lice?

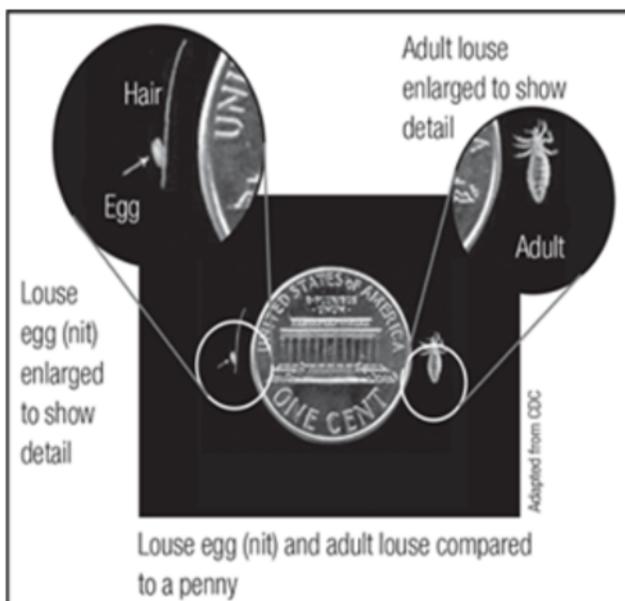
Head lice are tiny bugs about the size of a sesame seed (2-3 mm long [mm stands for millimeter]). Their bodies are usually pale and gray, but their color may vary. One of these tiny bugs is called a louse.

Head lice feed on small amounts of blood from the scalp. They can usually live 1 to 2 days without blood meal. Lice lay and attach their eggs to hair close to the scalp. The eggs and their shell casings are called nits. They are oval and about the size of a knot in threads (0.8 mm long and 0.3 mm wide) and usually yellow to white. Some nits may blend in with some people's hair color, making them hard to see, and are often confused for dandruff or hair spray droplets. Nits attach to the hair with a sticky substance that holds them firmly in place. After the eggs hatch, the empty nits stay on the hair shaft.

What is the life cycle of head lice?

Head lice live about 28 days. They develop in 3 phases: egg (also called a nit), nymph, and adult louse.

- **Egg or nit.** Eggs or nits hatch in 6 to 9 days. Eggs are usually found within 4 to 6 mm of the scalp and do not survive if they are farther away.



- **Nymph.** The nymph looks like an adult head louse but is much smaller (about the size of a pin-head [1.5 mm]). Nymphs become adults about 7 days after hatching.

- **Adult louse.** An adult louse can multiply fast and lay up to 10 eggs a day. It takes only about 12 to 14 days for newly hatched eggs to reach adulthood. This cycle can repeat itself every 3 weeks if head lice are left untreated.

(cont'd)

Head Lice: What Parents Need to Know (cont'd)

How do head lice spread?

Head lice are crawling insects. They cannot jump, hop, or fly. The main way head lice spread is from close, prolonged head-to-head contact. There is a very small chance that head lice will spread by sharing items such as combs, brushes, and hats.

How do you check for head lice?

Regular checks for head lice are a good way to spot head lice before they have time to multiply and infest (are present in large numbers) your child's head.

- Seat your child in a brightly lit room.
- Part the hair.
- Look for crawling lice and for nits on your child's scalp a section at a time.
- Live lice are hard to find. They avoid light and move quickly.
- Nits will look like small white or yellow-brown specks and be firmly attached to the hair near the scalp. The easiest place to find them is at the hairline at the back of the neck or behind the ears. Nits can be confused with many other things such as dandruff, dirt particles, or hair spray droplets. The way to tell the difference is that nits are firmly attached to hair, while dandruff, dirt, or other particles are not.

Use a fine-tooth comb to help you search the scalp section by section.

How do you treat head lice?

Check with your child's doctor before beginning any head lice treatment. The most effective way to treat head lice is with head lice medicine. After each treatment, using the comb-out method every 2 to 3 days for 2 to 3 weeks may help remove the nits and eggs.

Head lice medicine should be used only when it is certain that your child has living head lice. Remember, check with your child's doctor before starting any head lice medicine. Also, when head lice medicines are used, it is important to use them safely.

Taken from healthychildren.org

Bonnie Halquist
Health/Nutrition Manager



Message from Marcy

Inkind – Each site is required to earn In-kind. In-kind is either a donation of hours, materials, or space. Examples of donated hours is time in the center (especially at meal time), PCC (parent center committee) meeting, PC (Policy Council) meeting, home activities- which will be given to you by teachers and home visitors. Donated materials are supplies that we would otherwise purchase- please talk to your staff about allowable items. Donated space - allowable space is donated of space for Home Based program, for parent meetings, any space Head Start will typically pay for. Last month, we had an in-kind contest. I am pleased to report that the following centers achieved the in-kind goal: Coudersport, Emporium, Johnsonburg, Kane 1, Kane II, and St. Mary's. Congratulations! They will be honored with a special party. Emporium and St. Mary's will also receive a special prized for exceeding \$4000. Way to go!

Volunteer Training Program- This volunteer program that parent will complete 70 mandatory hours throughout this year. The hour that the volunteers earn are used for In-Kind. The individual that successfully completes the program may be eligible as a paid substitute for the classroom.

I am pleased to report that currently we have 21 volunteers in the program. Yeah!

Policy Council- Policy Council is made up of current parents and community representatives who provide direct participation in the planning and administrating policies in accordance with the Head Start Performance Standards. Members serve as a link between Head Start and your site. Members of Policy Council will have input in programming, grant approval, budget, policies, procedures, ERSEA (Eligibility, Recruitment, Selection, Enrollment, and Attendance). We do not expect you to know every thing about Head Start/Policy Council. We'll teach you! We are looking for your great ideas! Being an active parent volunteer means everyone wins; child, parent, family and the Head Start program.

Officers for this year are: **Adam Harp - Chairperson, Phaedra Steele-Vice-Chairperson, Karen Simons-Secretary/Treasurer.** Good Luck!

We are still looking for representative at some sites. If you are interested in becoming a Policy Council member contact your Family Service Worker or Home Visitor.

Parent Activity Fund- Parent Activity Fund is money set aside in the program budget to provide parent the opportunity and experience in planning, developing and implementing their own project. Each site is allotted \$3.00. The Parent Committees will decide how they want to spend the funds and would then report to Policy Council.

TEAM WORK

Alone we can do so little.
Together we can do so much.
~ Helen Keller

Marcy Boswell
Family & Community Manager



Building Positive Relationships

A positive relationship with your child will provide you with more cooperation and motivation. Some key ingredients to build a positive relationship with your child are:

In order for adults to build meaningful positive relationships with children, it is essential to gain an understanding of children's preferences and interests. Through sharing your own interests and stories about your childhood, you are developing your child's language skills. Create an all about me book at home using paper folded in half. Draw pictures and tell stories together as you make this book you will have for years to come.



Think of the words you speak as a coin being put into a piggy bank. Children speak to us using their actions when they do not have the words to say what is bothering them. We must ask ourselves if we are giving too many demands or nagging them. They are no different than you and I as adults, when someone nags us we tend to become frustrated and short tempered. When buttons are pushed anger, raised voices, and escaping the situation become important. The efforts of our children are priceless. We want to be sure we acknowledge their ability to hold the scissors, make an entire picture, share or take turns with the toy, or even know they must find something else to do before they become angry.

Please know we are really proud of our Head Start families. Putting deposits into children can be very difficult when they are throwing a tantrum in Walmart or arguing over what shoes to wear to school.

Piggy Bank Craft

This is perfect to help us remember to make deposits to our children's emotional needs. You may customize it according to your preference. If you wish to be really creative, you can do away with the usual pink color. Paint your bottle piggy bank any color you want - go crazy! Your imagination is the limit. Gather your tools and materials and start creating!

Materials: EMPTY soda bottle (choose your preferred size) for the body
4—20 oz soda or water bottles for legs
Paint (whatever your preference is)
Sharpie
Glue

Tools: Construction paper (if you prefer, rather than paint)
Sharp knife or blade (parents only)
Scissors
Paint brush



Tricia Juran, Professional Development Coordinator

Kid's Craft Corner

