



Northern Tier Community Action Corp.  
**Head Start Program**  
**September/October 2016**  
**NEWSLETTER**

Dave Greene  
 Executive Director

**From the Director . . .**

An effective early childhood education program is accomplished through balanced program activities that are planned for the development of concepts and skills. This is accomplished through a comprehensive, balanced curriculum in which a child is actively involved in his or her own learning. It provides the foundation to build future development.

Intellectual, physical, social and emotional development must be given priority in the program. The family must be involved as part of the total developmental program. The results will broaden the child's experience, reflect positively in all future learning, and will help unify the child, family, and community.

**Every Head Start is unique. We create a safe and nurturing environment that sets the stage for individualized learning experiences. While each focuses on family development, our Head Start operates with the following beliefs. We believe that:**

- \* We are all unique.
- \* We all have strengths and areas for growth and are entitled to respect, acceptance and compassion.
- \* We are all interconnected as a community; therefore, our actions impact each other.
- \* Parents are their child's first and most important teacher.
- \* Parents want what is best for their children.
- \* Knowledge is empowering and expands personal vision.
- \* We strengthen families by expanding their knowledge and use of personal and community resources.
- \* We strengthen communities by building authentic partnerships that are mutually beneficial.
- \* We are responsible for all children; children are our future.
- \* Early childhood education embraces the unique potential of the whole child.

Debra Sidelinger, Head Start Director

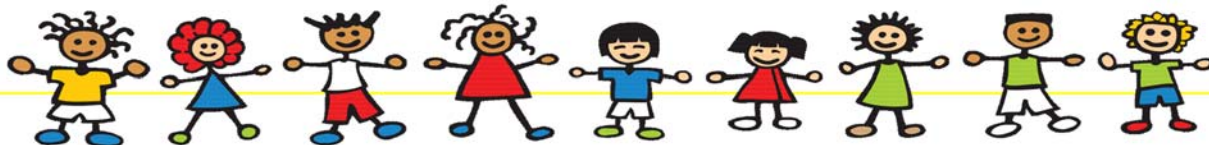
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**Policy Council:**

**Next meeting:**  
**October 13, 2016**

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## Welcome to Head Start!

**You are always welcome in the classroom!** Don't miss out on the enjoyment that it will bring to you to act as a classroom volunteer on a regular basis! It is a very rewarding and enjoyable experience!

We welcome each of you to our Head Start Program, and we look forward to working with each child and family throughout this program year.

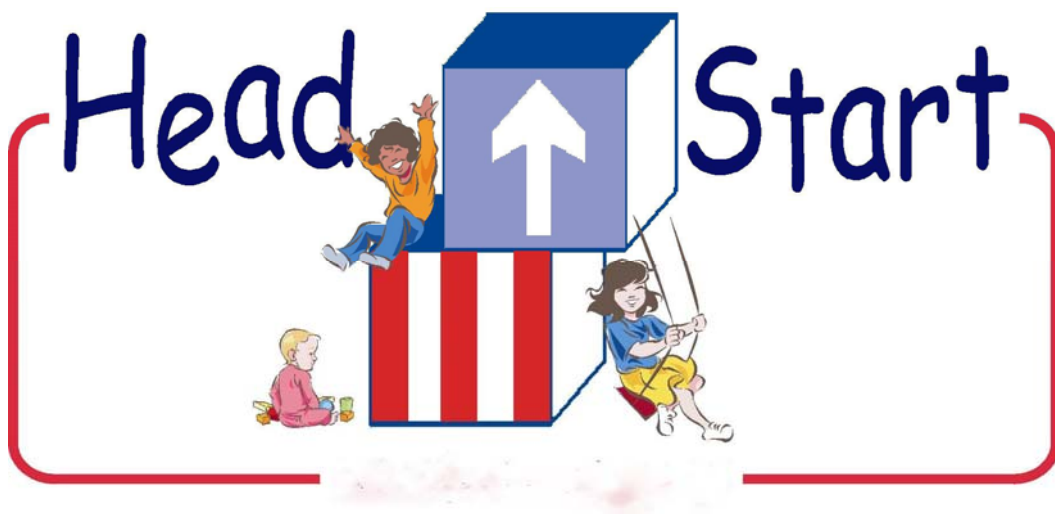


Choosing your son or daughter's first education experience is one of the most important decisions you will make for your child. A good preschool setting can have a positive impact on the development of your child.

Head Start is a family development program. The overall goal of the program is to increase the social competence of children, and to achieve that, Head Start provides the child and his/her family with comprehensive services.

### In the Northern Tier Community Action Head Start program we provide:

- Education services to help improve the child's skills
- Medical services and health education
- Dental services and dental education
- Mental health services to ensure healthy emotional development
- Nutrition services and nutrition education
- Services to families through linkages to appropriate community agencies
- Parent involvement in the classroom and home visits; in making decisions about the program and in carrying through activities which parents develop for themselves and their families.



**Deb Sidelinger, Head Start Director**

## Volunteering, In Kind, and Local Match

There are several reasons volunteers are needed to work with the Head Start staff person in the classroom:

- ~ Head Start must have 20 percent of volunteer time, materials or goods for every dollar awarded us by the Federal Government to operate the Head Start program.
- ~ Head Start must provide opportunities for parent involvement at anytime during hours of operation.
- ~ Parents who volunteer also benefit from their volunteer time.
- ~ Children look forward to having their parents or other important people in their lives as the teacher.
- ~ Children enjoy teaching the parent about classroom rules and routines.
- ~ The parent then has a chance to see firsthand how the child operates in a classroom setting.
- ~ To prove that there is community support for Head Start, each Head Start program is required to keep records of the amount of time and/or goods donated to the program. Each donation is given a dollar value. These "imaginary dollars" add up throughout the year until our local match requirement has been met.
- ~ Head Start must match every dollar awarded the program by the Federal government with 20% match through volunteer time, space, materials or goods.



**Deb 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"

## Messages from Marcy

### Welcome to Northern Tier Community Action Corporation- Head Start !



I am Marcy Boswell, Family and Community Spec. We at Head Start encourage you to be involved in a variety of ways, such as volunteering in your center or for home based joining in the fun on socialization days, being involved in the decision making aspect (PCC and Policy Council), and a many more ways.

Parents are one of Head Start's most valuable resources- not only as primary educator of their children but also policy makers of their children's local Head Start program.

PCC is Parent Center Committee. Each parent / guardian, who has a child enrolled in Head Start, is automatically a member of their center/ home base PCC. At PCC, we discuss center/ socialization activities. There is also trainings and discussions. The Head Start Policy council is made up of parents and community representatives. Members review and vote on the operations of Head Start, including the establishment of enrolment criteria, budgeting and other functions of Head Start. If you have an interest in participating in Policy Council, please let your Family Service Worker or Home Visitor know. The next meeting is scheduled for **Thursday, October 13<sup>th</sup>** at 10:15am in Emporium. For more information, please contact your Family Service Worker or Home Visitor.

The following are tips adapted from the Nation Education Association:

Getting your child ready for Back to School!

- ~ Help your child start the day off right. Make sure your child get the proper amount of sleep. Be prepared for the day- choice clothes, and pack backpacks the night before.
- ~ Create a home environment that encourages learning. Limit your child's time in front of the TV. Remember outside play is important. Spend some time reading to your kids.
- ~ Express high (but not unrealistic) expectations for your child. Kids are more likely to succeed when their parents believe in them. Encourage and support your children, help them to aim for high goals, and always let them know how proud you are of them.
- ~ Become involved in your child's school. Go to meetings with the teacher, participate in class activities, and volunteer in the class room and on socialization days.

**I am looking forward to meeting all of you!**



**Marcy Boswell**  
**Family & Community Specialist**

## What is the Home-Based Program?

**The Head Start home-based program was created to help you help your child reach the goals that you want for your child.** I know you have heard this before but the following statement can have a significant impact on your child's development: *You are your child's first teacher.* Sometimes you may not know what to do in your home to help your child be successful. That's where the Head Start Home-Based program comes in. The home visitors in our program will support and guide you in helping your child be successful.

**Once a week, a home visitor will come to your home for 90 minutes.** You, your spouse or partner, your child's siblings, or any person who has guardianship over a child can participate in the home visit. You will talk together about your child and how things are going for your family. Together, you will plan activities for you to do with your child during home visits and during the week between visits. Over time, as you get to know one another, you will become partners in helping your child grow and learn. Twice a month, the home base program holds socialization days where all of the children will attend a preschool classroom for 2 hours with the other children in the program. This is a great opportunity for you to observe your child and see how they interact with other children!

**Our home visitors provide services to Cameron, Elk, McKean, and Potter County.** If you would like more information or know of a family that could benefit from our program, please call Amanda Dempsey at 1-888-809-3704, ext. 231.

Amanda Dempsey, Education/Transition Specialist

## A Family Affair



Working together for the success of ALL

## 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. If you start working on these things now, the transition will be less stressful next year!

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:

- o Making the bed.
- o Picking up the toys.
- o Feeding/watering the pets.
- o Helping with yard work and/or housework.

Teaching your child personal hygiene skills such as:

- o Toilet habits – proper wiping.
- o Hand washing.
- o Brushing teeth

Contributed by: **Amanda Dempsey**  
Education/Transition Specialist

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

## LICE Prevention & Control

Head lice are spread most commonly by direct head-to-head (hair-to-hair) contact. However, much less frequently they are spread by sharing clothing or belongings onto which lice have crawled or nits attached to shed hairs may have fallen. The risk of getting infested by a louse that has fallen onto a carpet or furniture is very small. Head lice survive less than 1-2 days if they fall off a person and cannot feed; nits cannot hatch and usually die within a week if they are not kept at the same temperature as that found close to the scalp.

### **The following are steps that can be taken to help prevent and control the spread of head lice:**

- ~ Avoid head-to-head (hair-to-hair) contact during play and other activities at home, school, and elsewhere (sports activities, playground, slumber parties, camp).
- ~ Do not share clothing such as hats, scarves, coats, sports uniforms, hair ribbons, or barrettes.
- ~ Do not share combs, brushes, or towels. Disinfest combs and brushes used by an infested person by soaking them in hot water (at least 130°F) for 5-10 minutes.
- ~ Do not lie on beds, couches, pillows, carpets, or stuffed animals that have recently been in contact with an infested person.
- ~ Machine wash and dry clothing, bed linens, and other items that an infested person wore or used during the 2 days before treatment using the hot water (130°F) laundry cycle and the high heat drying cycle. Clothing and items that are not washable can be dry-cleaned OR sealed in a plastic bag and stored for 2 weeks.
- ~ Vacuum the floor and furniture, particularly where the infested person sat or lay. However, spending much time and money on housecleaning activities are not necessary to avoid reinfestation by lice or nits that may have fallen off the head or crawled onto furniture or clothing.
- ~ Do not use fumigant sprays or fogs; they are not necessary to control head lice and can be toxic if inhaled or absorbed through the skin.

To help control a head lice outbreak in a community, school, or camp, children can be taught to avoid activities that may spread head lice.



Taken from: Center for Disease Control and Prevention

**Bonnie Halquist**  
**Health & Nutrition Specialist**