

Northern Tier Community Action Corp.
 Head Start Program
 September/October 2018
NEWSLETTER

Dave Greene
 Executive Director



Choosing your child'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 your child's development.

What Makes our Program Special?

Head Start is more than just preschool; it is a family development program. The overall goal of the program is to increase the social skills of children by providing the child and 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
- ☺ Making decision about the program by participating in Policy Council

**WHERE
 Parents
 ARE ALWAYS
 WELCOME**

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!

Debra Sidelinger, Head Start Director

Policy Council:

Next meeting:
 October 11, 2018

NTCAC Conference
 Room, Emporium

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Volunteering, In Kind and Local Match

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

- ✓ Volunteering in the classroom is FUN!
- ✓ 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.



Debra Sidelinger, Head Start Director

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 Jodi Guisto at 1-888-809-3704, ext. 230.

A Family Affair



Working together for the success of ALL

Attendance is Super Important !

Attend Today ~ Achieve Tomorrow!

Too many absences—excused or unexcused—can keep students from succeeding in school and in life. How many are too many? 10 % of the school year- that is 18 missed days or 2 days a month- can knock students off track.

GOOD SCHOOL ATTENDANCE MEANS . . .



Preschoolers

Build skills and develop good habits



Elementary Students

Read well by the end of third grade



Middle and High Schoolers

Stay on track for graduation



College Students

Earn their degree



Workers

Succeed in their jobs

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”

HOW YOU CAN USE PLAY TO DEVELOP FINE MOTOR SKILLS



Some children are given little time for free play yet the first three years are when a child's core muscle control and strength develop. Fine motor skills are built through opportunities of hands on activities. Play time is the best time for our preschool children to learn by

doing things on their own with guidance from their loved ones.

Here's a list of some 'kid approved' hands on activities to build fine motor control during the preschool ages 3-5.

- ~ Rolling and squeezing playdough
- ~ squeezing small glue bottles
- ~ using clothes pins
- ~ coloring or painting
- ~ stacking small cups
- ~ using scissors
- ~ tearing paper
- ~ using tweezers or tongs to pick up objects
- ~ picking up marbles
- ~ using stickers
- ~ folding paper
- ~ stacking or threading buttons
- ~ bending pipe cleaners
- ~ using stamps on paper
- ~ painting with Q-tips
- ~ using hole punches
- ~ stretching rubber bands
- ~ using LEGOs
- ~ tightening nuts on bolts
- ~ threading noodles or large beads
- ~ getting dressed-buttons/zippers



Tricia Juran
Professional Development Coordinator

Messages From Marcy



Welcome to Northern Tier Community Action Corporation Head Start!

I am Marcy Boswell, Family and Community Manager. 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 11th** at 10:30 am in Emporium. For more information, please contact your Family Service Worker or Home Visitor.

In the near future, you will be receiving information about the Volunteer Training Program. This program is designed to promote personal growth, develop skills, self-confidence and gain valuable experience. Volunteers must complete 70 hours throughout the school year. The hours that the volunteer earns will be used for in-kind. The volunteer that successfully completes the program may be eligible to complete a substitute employee file.

I am looking forward to meeting all of you.



Marcy Boswell, Community & Family Manager

Good Food Habits Are “Caught Rather Than Taught”



When it comes to nutrition and eating habits, parents are their children's first and most important teachers. We know that children are great imitators and this is particularly true with eating. When children see their parents and teachers eating and enjoying nutritious foods, they are more likely to develop similar habits. These early experiences with food are very important in forming lifelong habits and attitudes that affect health and well being.

Meal time is a good time to learn more than good nutrition. Family style food service that we use at Head Start allows the children to make decisions on how much food to put on their plates. By serving themselves, they are developing muscle control and hand-eye coordination. Children and staff, including volunteers, eat together sharing the same menu and pleasant table conversation in a relaxed atmosphere. Food is never used as a reward or punishment and the children are always encouraged but never forced to eat or taste.

When children are eating in the Head Start center, we ask that you be willing to try new foods and always have a good, positive attitude toward the foods that are being served. Discourage talk about personal dislike of food by directing the table conversation toward the children's total experiences (not limited to food and nutrition). We eat in small groups that make conversation and interaction easy. All the adults should set a good example by their attitude toward acceptance of the food served. Because at Head Start we believe that good food habits are “caught rather than taught.”

Bonnie Halquist
Health / Nutrition Manager



~ IMPORTANT ! ~

Screening due dates for those children who were enrolled 9/4/18:

Immunizations-11/2/18

Dentals & Physicals-12/3/18

If enrolled after 9/4/18, please check with your Family Service Worker or Home Visitor for your child's screening due date.

Promoting Healthy Social-Emotional Development in Your Child

From the moment your child is born they are developing a sense of self and the world around them. They begin to learn to trust you. As you build a bond with them they feel secure in their world. This sets the stage for their entire developmental future. You help them develop socially and emotionally. *Social development* is our interaction with others. It is the ability to form secure relationships. *Emotional development* is regulating and expressing emotions. It involves the way one feels about themselves, others and the world.

SOCIAL EMOTIONAL



Recent research shows a direct connection between healthy social-emotional development and academic success. The National Academy of Sciences identified three qualities children need to be ready for school: intellectual skills, motivation to learn, and strong social/emotional capacity. The report states:

Strong social-emotional development underlies all later social, emotional, and academic success. Young children who develop strong early relationships with parents, family, caregivers, and teachers learn how to pay attention, cooperate, and get along with others. They are confident in their ability to explore and learn from the world around them.

- ➔ A person's life experiences, genetic make up, and temperament can affect their social-emotional development. As your child's first role model, you can send a positive message to them. Start by being supportive.
- ➔ Love your child and show your affection for them. Hug, cuddle, read, and talk with them throughout the day.
- ➔ Encourage your child to try new things. Help them see what they are capable of. Let your child know you are pleased with their accomplishments.
- ➔ Give your child opportunities to play with other children their age. Help them explore their world and get to know the people in it. Model kind and generous behaviors when interacting with other adults and children.
- ➔ Show your feelings. Let your child see when you are happy or sad. This helps them to develop empathy for others.
- ➔ Establish daily routines. Your child will feel confident and secure. They will learn that events can happen in an organized way. Create routines that are predictable but flexible.

Acknowledge your child's feelings. Help them talk about what they feel and how they are feeling. Comfort your child when they are upset. Hold them and speak softly and calmly.

Provide positive social-emotional opportunities for your child. They will feel good about themselves and develop confidence. Your child will form secure relationships with others and ultimately will be able to focus and learn. This strong and healthy foundation will lead to future academic success.

Taken from Childtime Learning Centers

Loren Wendel, Education Manager

Coping With Change

Children react differently to change depending on their temperament and age. Some children find change difficult when they are young, but many still struggle over the years. Only you know how your child will react and preparing for this can help to ease the anxiety for both you and your child.

Children that are very sensitive to change can be affected by even the smallest change:

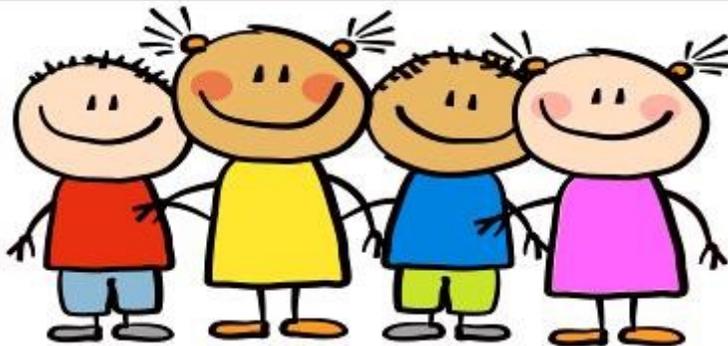
- ~ A new food, change in routine or even a new cup.
- ~ They thrive on daily learned routines and feel safe when they know exactly what to expect.
- ~ They need a lot of time and support to become comfortable with new situation and or people.
- ~ Talk positively about new experiences and frequently.

For these more sensitive children there are a few tricks to help ease the transition:

- ~ *Use familiar objects* like a picture of family or a small item from home, to help ease the anxiety.
- ~ *Ease into new activities.* Talk about the new activity or place before actually doing it or going there. Let the child know in advance notice when an activity is about to begin or end.

Other children go with the flow and tend to accept anything that you throw at them whether it is a new friend, place or schedule. These children make the transition much simpler:

- ~ Offer a variety of experiences. Try new parks, visit libraries and join play groups as available. Children who enjoy new things also enjoy talking about them and sharing stories about their experiences.
- ~ Be sensitive to their signals. When a child is easy going, we sometimes take for granted that any change is okay. But these children still need some structure and routine to count on.



Jodi Guisto
Education Manager

Fall Fun!



Fall Wreath

Have your children collect leaves and glue down on a paper plate ring. Add a pretty bow ribbon and hang on your door to welcome visitors!

Your little one will love painting leaves on a tree using a cotton ball & clothes pin paintbrush!



Spread out the ripped pieces & put into a pile. Give your child a glue stick & explain to them to glue the pieces into the middle of the drawing.

