



Northern Tier Community Action Corp.
Head Start Program
September/October 2020
NEWSLETTER

Dave Greene
Executive Director

Dear Parent/Guardian,

Welcome to Northern Tier Community Action’s Head Start Program. Preschool provides a foundation for learning both socially and academically that will help your child succeed in elementary school. How does your child benefit from regular attendance?



Policy Council:
Next Meeting:
October 15, 2020
at 10:15 AM
Virtual Meeting

1. **Preschool is an opportunity for growth!**
2. **Preschool prepares children for kindergarten and boosts number and reading skills.**
3. **Preschool promotes social and emotional development** - High-quality preschool programs nurture warm relationships among children, teachers and parents, and teachers build a close personal connection with each child in their care.
4. **The preschool environment is structured, although it may not appear that way – Play time is learning!** Preschool-age children learn through make-believe play.
5. **Children practicing making choices** - Children select activities that interest them~
6. **Children learn to take care of themselves and others** -. Teachers appeal to a young child’s desire to engage in “real work” by offering him chances to help out in the classroom, for example, by setting the table for lunch, cleaning up after play time, and putting things away in his/her cubby!
7. **Preschool promotes language and cognitive skills** - Between the ages of 3 and 5, a child’s vocabulary grows from 900 to 2,500 words, and sentences become longer and more complex.
8. **Preschool teachers nurture a child’s curiosity** - Correct” answers are not the goal! The play area in a high-quality preschool is well-stocked with “props,” and child-size household items such as stoves, sinks and cupboards so children progress from playing alone to playing with a group.
9. **Preschool helps develop motor skills** - Children are challenged through a variety of activities to build their hand-eye coordination and balance.

Inside this issue:

COVID—How To Protect Yourself 2,3

Messages From Marcy 4

Social Media

Raising Your Kids Using Positive Speech 5

Naming Emotions 6

Free and Fun Websites 7

Fall Fun! 8



When you choose a high-quality program like NTCAC Head Start, you can feel assured that your child is well cared for, is enjoying activities and making friends — and is building the knowledge, skills, and confidence to do well in kindergarten. We are looking forward to a great year! Thank you for joining us!



Debra Sidelinger - Head Start Director

COVID-19 How to Protect Yourself & Others

Know How It Spreads

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- It's especially important to wash:
 - * Before eating or preparing food
 - * Before touching your face
 - * After using the restroom
 - * After leaving a public place
 - * After blowing your nose, coughing, or sneezing
 - * After handling your mask
 - * After changing a diaper
 - * After caring for someone sick
 - * After touching animals or pets
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Inside your home:** Avoid close contact with people who are sick. If possible, maintain 6 feet between the person who is sick and other household members.
- **Outside your home:** Put 6 feet of distance between yourself and people who don't live in your household. Remember that some people without symptoms may be able to spread virus.



Stay at least 6 feet (about 2 arms' length) from other people.

Keeping distance from others is especially important for people who are at higher risk of getting very sick.

(cont'd)

COVID-19 How to Protect Yourself & Others (cont'd)

Cover Your Mouth And Nose With A Mask When Around Others

- You could spread COVID-19 to others even if you do not feel sick.
- The mask is meant to protect other people in case you are infected.
- Everyone should wear a mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain. Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Do NOT use a mask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.
- Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.
- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, door-knobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common EPA-registered household will work.



Monitor Your Health Daily

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- **Take your temperature** if symptoms develop. Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.

Taken from CDC website

**Contributed by: Bonnie Halquist
Health & Nutrition Manager**

Messages From Marcy

Changing Times

We have seen so many changes –at home, and in our community. This is also true at NTCAC Head Start. We are cleaning, disinfecting, and taking temperatures on a regular basis.

We miss the parent participation that we used to have. We are going to try to continue as safely as we can. Policy Council will look a little differently this year. Instead of staff transporting parents to meetings in Emporium, we will hold the meetings remotely. If you do not have access to a device or a current email address, please let us know, in some cases parents can go to the center to participate.

What is Policy Council?

Policy Council is a group of parents and community representatives that meet once a month, generally a Thursday morning. The group talks about and votes on Head Start policies, funding, and activities. The group helps us do better.

If you are interested, in being a part of Policy Council please let your Family Service Worker or Home Visitor know. Our next Policy Council meeting is Thursday, Oct 15 at 10:15 AM.

Locally, Head Start has monthly PCC (Parent Center Committee) meetings. These may look a little differently. Each site has their own situations. Some sites are in schools and not allowed to have extra people in classrooms. Some sites are small due to social distancing it is impossible to have a meeting. The list goes on and on. Our main focus is to keep parents informed on a local level.

Head Start also provides home activities for you to complete with your child. Home activities help to reinforce the information that your child is learning at Head Start. Please take a few minutes to complete the home activities that are sent home with your child.

Remember to look in your child's backpack daily. Staff sends information and you may even find a special picture draw just especially for you!



Contributed by: Marcy Boswell, Family & Community Manager

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”

Raising Your Kids Using Positive Speech

Positive Speech is a powerful tool in raising your children. Without realizing it, parents easily fall into the habit of saying “no” and “don’t” often to children. Before long, children can feel negative or tune -out what the parents are saying. Save “no” for the important, emergency situations. Tell your child what to do, rather than what not to do. Instead of “Don’t slam the door!” say “Please, close the door gently.” Exchange “Don’t talk with your mouth full!” with “Finish chewing your food, then you can tell me.” Children who are treated with respect, tend to become respectful to others.

Ask a question only if you are willing to accept any answer. A parent asks a child if she wants to pick up her toys. The child says, “NO!” Where does the parent go from here? If you want your child to pick up toys, tell her “It is time to put away the toys.”

Here are a number of positive options which are often successful:

Humor - Make a game out of your requests.

Ignore your child - If your child is trying to get your attention with negative behaviors and there is no harm or damage being done, you can try withholding attention until there is a positive behavior.

Redirect your child – Redirecting is telling a child what to do in place of what she is doing.

Restructuring the situation – This method is often effective. The parent changes the people, the time or the place of the situation you are having problems with.

Offer choices to your child – Young children don’t respond well to unlimited choices. However, offering a choice between two options is frequently successful. Going to bed or not is not an option, however letting them pick the red pajamas or the blue ones.

Compromise often works well when time is of the essence – Tell your child you will do part of the task while she does the other. You can also tell them first we need to do ___ and then you can do ___. Knowing they will be able to do what they want in the near future helps them to comply with your request.

Problem solve together – When you have time and your child is not tired, hungry or sick, you can brainstorm together what to do about your problem. Children who have opportunities to problem-solve become adept at generating solutions. They are also invested in the solution they have played a part in finding.

Your young child will probably not stop testing limits soon. That is part of her achieving ultimate autonomy. Despite her testing, she needs some limits. Children who have no consistent limits feel confused and out of control. In the long run your child will be more secure if she knows that the adults in her life will continue to have reasonable limits for her as well as guide her in positive ways to meet those limits.



Information taken from www.wordscanheal.org

Contributed by: **Jodi Guisto**
Education Manager

Naming Emotions

It is important to be able to talk about and manage emotions for all people young and old. When you can manage emotions goals can be reached. Why is this important to your preschool child? The ability to understand feelings and identify emotions begins when they are a baby. Talking about emotions will help your child excel in life. Here are a few ideas to help your child learn about feelings.

Emotion Faces

Create feeling faces by drawing them or cutting them out of magazines. Ideas for emotions may include surprised, happy, sad, angry, tired, scared/frightened, frustrated, curious. Lay 4 or 5 of the emotional faces on the floor face down. Play some music. You and your child march around the faces. When the music stops, pick up the paper closest to you. Have your child identify the emotion they see. Ask your child simple questions such as, "What makes you feel the same as the picture?" Now you identify your emotion and name something that makes you feel the emotion on your card.

Selfie Faces

Have your child make a face. You mirror the emotion. Take a selfie. Identify the emotion together. Your child will enjoy going back through the pictures. Talk about when you felt the emotion or saw them feel the emotion

in the past. If you don't want to use your cell phone, use a mirror instead.

Sing When You're Happy, and You Know It

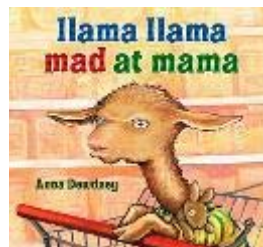
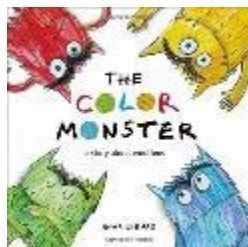
Instead of clapping, stomping feet, and yelling hurray. Make facial expressions, sounds, or body gestures to go with the emotion. For example, when you're happy, give a smile. When you're sad, wipe your tear. When you're excited, jump up and down. Have your child generate ideas for a variety of emotions.

Explore Empathy through Reading

While reading stories, have children identify how characters in the story are feeling. Ask questions such as:

- How is the character feeling?
- What clues from the story makes you think that is the way the character is feeling?
- Show me how you might look if you felt insert feeling.
- What did the character do when he was feeling insert feeling?
- What else might you do if you felt insert feeling?

Books about Emotions



Contributed by: Tricia Juran, Professional Development Coordinator

Free and Fun Websites



Your children can learn something new today in a safe online environment. These free learning websites are fun and have online teaching games, printables, videos, and so much more.

PBS Kids

Each of the educational shows your children watch on PBS has its own learning section through PBSKids.org. Try sing-a-long songs, sorting and counting games, watch videos, and more.

Sesame Street

Younger children will love everything about Sesame Street's online home. They can choose from hundreds of the show's video clips and play games that help them learn letters, animal sounds, rhymes, colors, and more.

Nick Jr.

If you can look past the ads, you'll find printables, games and other activities your kids will enjoy at NickJr.com. The games allow your children to explore their creativity, play dress-up, learn new music, put together puzzles and work on numbers and shape recognition.

Disney Jr.

Fans of Mickey and friends will love visiting Disney Jr. Educational. Games, coloring pages, and videos are a few of the highlights. The games focus on memory, hand-eye coordination, color matching and other important skills for developing minds.

ABCYA

The educational games for grades **PreK through 6** are designed by parents and educators, who understand that children learn better if they are having fun. Games for children prek cover many topics to prepare your child for kindergarten. You are sure to find something your child will enjoy!

Links to enjoy:

<https://pbskids.org/>

<https://www.sesamestreet.org/>

<http://www.nickjr.com/>

<https://lol.disney.com/games/disney-junior-games>

<https://www.abcya.com/grades/prek>

Contributed by: Tricia Juran, Professional Development Coordinator

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.