



HEAD START FAMILY NEWSLETTER



SEPTEMBER - NOVEMBER 2017

WELCOME TO THE 2017-2018 SCHOOL YEAR!

We are glad to have you and your child attend our program this year. By now your child should be settled into his/her classroom and you should have met your Social Service Advocate or Home Visitor. Your Social Service Advocate or Home Visitor (*for EHS Home Based Program*) should be your link to other services within the program and agency as well as outside agencies. Keep their name and contact information close at hand.

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 being in class. We do not want them to miss out on dental or medical screenings and appointments or any of the wonderful things going on in their classroom. They must be in school 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.**

We are looking forward to an exciting year. Thank you for selecting our program for you and your child.

Deborah Nagle

Director of Compliance, Governance and Head Start



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Head Start is part of
Community Action Program
Committee, Inc. (CAPC).



Welcome To The Wonderful World of **Preschool!**



Relationship-building is the process of establishing emotional connections with others, starting from birth, which are based on trust and intimacy. Through relationships, children discover who they are and learn to understand others. When young children experience people helping, understanding, and enjoying them, they approach the world with openness and enthusiasm, and they grow to be responsive and caring people. Babies are born with a drive to relate to and connect with others, and they continue to develop the social skills necessary to form strong, healthy relationships throughout their lives. As children move into the preschool years, they become increasingly interested in forming relationships with peers. Critical social skills such as compromise, cooperation, and sharing are developing at this time. Young children need support from adults as they learn and practice these skills. Below are some ideas for nurturing relationship-building skills in children ages birth through five:

- Allow for unstructured, uninterrupted time with your child each day
- Let your child know you're interested in his/her activities
- Encourage children to express their feelings in age-appropriate ways
- Respect your child's feelings
- Play games that explore feelings
- Provide opportunities for your child to develop relationships with peers
- Limit TV and other "screen time". and measuring



We are so glad you have chosen Head Start to be part of your child's developmental years. Our goal is to help each child create a sense of identity and belonging by helping them to gain self-confidence. When children feel good about themselves and are able to relate well with peers and adults, they engage more fully in learning opportunities and start school ready to learn.

Judy Dickinson,
Director of Education

Healthy Habits: Nutrition Tips



We would like to welcome all of you to the new School year. The Nutrition Department would like you to know that there are some things you can do for us to ensure that your child is receiving the nutritious meals they need throughout the year.

If your child has a Food allergy /we are required to have a medical statement on file for your child in order to make any substitutions to the menu. Please get with your Social Service Advocate to receive a Medical Statement form for the child's Doctor to fill out and return. It will list foods your child is allergic to and then what we can serve as a substitute.

If your child has a milk intolerance all you need to do is provide a written statement stating the milk intolerance and what the child can have in place of the milk. We provide a soy base and a lactaid substitute.

If your child does not eat pork for religious reasons all we need is a hand written note from you stating child is to receive no pork products for religious reasons and a substitute will be sent.

We look forward to working with you this year. Beth Price is the Nutrition Specialist and she will be glad to answer any questions you may have. Her number is 850-432-2992 extension 453

Good News from Health Management



From the Health Management Team:

Just a reminder: Parents, please be sure to turn in your child's doctor's physical as soon as possible to your Social Services Advocate. Federal Law states that all children receiving Medicaid must have a lead screening before the age of 24 months. Please ask your doctor for lead and hemoglobin results in addition to blood pressure, hearing and vision.

Terri Poff RN & Constance Bell LPN
(850)432-2992 x417

CAPC Job Openings

CAPC is currently seeking applicants for the following job openings:

School Bus Drivers:

- The Community Action Program has a **critical** need for school bus drivers. Applicants **must** have a CDL license with School Bus and Air Brake endorsements.

Teachers:

- Applicants must have an Associate's or Bachelor's degree in Early Childhood Education or be enrolled in a program leading to the above credential. Can also have an Associate's or Bachelors' degree in a related field with coursework in Early Childhood Education.

Teacher's Assistants:

- Applicants must have a National or Florida CDA or be enrolled in a program leading to the above credential. Can also have either an Associate's or Bachelor's degree or be enrolled in a program leading to the above credential.

If you have, or you know someone who has, the above credentials and is interested in one of the above positions, please contact the Human Resources Department at 850-438-4021 or email d.powell@capc-pensacola.org





3RD ANNUAL
**TRUNK OR
TREAT!**

Location #1:

Gibson Head Start
710 N. C Street

Location #2:

Molino Center
6460 N. Highway 95
A

Date:

Friday, October 27

Time:

4:30 pm-6:30 pm



Volunteers Needed!

We need your help! We will need volunteers to decorate their cars, candy and cupcake donations, and face painters.

Parent Success Stories

The following parents obtained their GEDs:

Katelyn Gulley
Makisha Holi-Arrington
Tempest Benson
Shelby Witt

Parent highlight:

One parent, Mrs. Sledge, began the year living in between the homes of her mother and friends. Now, she has purchased her *own* home and is going to Virginia College to become a Medical Assistant. We are proud of her accomplishments and commend her on her efforts!

CDL Graduates:

Congratulations to the recent August CDL class graduates! All of these graduates are currently seeking employment, with some taking other classes at Pathways for Change.



FREE Classes: For Head Start / Early Head Start Parents



Because you are a Head Start or Early Head Start parent, we offer you Adult Education and a

GED program free of charge. Students must attend an orientation, complete the TABE assessment at Pensacola State College, and complete an application in order to receive a voucher for classes.

Your education is just as important as your child's education!

The TABE assessment can be taken at the following locations:

- PSC Pensacola Campus at 1000 College Blvd., Building 1, Room 190 on Mondays at 5:30 p.m. or Wednesdays at 9:00 a.m.
- PSC Warrington Campus at 5555 West Highway 98, Building 3100, Room 3142-L on Tuesdays at 5:30 p.m. or Thursdays at 1:00 p.m.

Contact your Social Service Advocate for more information.

Volunteer Opportunities!

- Your involvement helps them grow.
You are your child's first teacher.
You can make the difference.
You can make the choice.
- Parents, grandparents, and guardians are always welcome in the classroom, on field trips, and to assist during medical/dental visits. Ask your Social Service Advocate or your teacher about how to become more engaged with Head Start or Early Head Start
- Every Child A Reader (ECARE) needs volunteers to spend one hour per week reading to children at our Gibson center.

Contact your Social Service Advocate for details.

Upcoming Meeting

Health and Education Advisory

Committee Meeting

September 26, 2017

10:00 am - Gibson Center

710 North "C" Street

Upstairs in room #2206

d.robinson@capc-pensacola.org

Head Start School Closings

Sept 4, 2017 – Labor Day

Sept. 29, 2017 – Teacher Planning Day

October 9, 2017 – Columbus Holiday

October 27, 2017 – Teacher Planning Day

November 10, 2017 – Veteran's Holiday

November 20 – 24, 2017 – Fall Break

*Title I centers follow the ECSD calendar, and Child Care Network centers follow their own calendar.

All Smiles: Dental Updates



Off to a very good healthy start this year at CAPC Head Start. We are providing our children with dental hygiene care. We appreciate our parents for your involvement in this process. Thank you to our community partners for your services.

Oral Health Tips

Tooth decay is the most common childhood disease. It is caused by bacteria that can be shared from person to person. Brushing twice daily with fluoride toothpaste is one of the most effective ways to prevent tooth decay and promote good oral health. Effective oral health practices vary depending on the developmental skills of each child. When children have a healthy mouth, they can speak more clearly, eat healthy foods, and feel good about themselves. A healthy mouth also means children can better focus and learn, have a pain-free mouth, and incur fewer dental costs.

Making it look easy!



The dental van team was ready for a full day of helping our Head Start and Early Head Start students.



All smiles after a great check-up!



How Does My Child Stack Up?



It may seem like a lot of fun and games, but your child is learning a lot of important skills in Preschool.

Physical, Social, Intellectual, Behavioral, and Language development include skills such as making friends, sharing and taking turns, coloring and painting, imaginative play, counting, identifying sounds at beginning of words, recognizing rhymes, following rules and increasing attention span.

Often a child's entrance into Head Start is the first opportunity for parents to discover if their child has special learning needs.

Questions parents and teachers may ask are:

- How does my child go about learning? Is she eager and receptive when presented with new tasks and ideas? Or slower and lagging behind in one or more areas?
- How does my child interact with other kids? Is he joining in groups when asked, playing cooperatively? Or hanging around the edges or overly aggressive?
- How does my child communicate his wants and needs? Can unfamiliar adults understand most of what he says? Is he able to put together 3-4 words in a sentence?

Head Start is committed to providing special services families and children who may have a developmental delay.

Last year, the most common Disability identified in Head Start children was speech & language impairment. Children with disabilities that were identified and received special services through Head Start also included vision impairment, mild to severe developmental delay, hearing impairment, and autism.

If you have a concern or need referral assistance contact the Disability Department at 432-2992 ext 425 C. Floyd Or A. Ross ext 454 located at Gibson center.



Teaching Kids Self Control



When kids melt down in the middle of a crowded store, at a holiday dinner with extended family or at home, it can be extremely frustrating. But parents can help kids learn self-control and teach them how to respond to situations without just acting on impulse.

Teaching self-control skills is one of the most important things that parents can do for their kids because these are some of the most important skills for success later in life.

Helping Kids Learn Self-Control

By learning self-control, kids can make appropriate decisions and respond to stressful situations in ways that can yield positive outcomes.

For example, if you say that you're not serving ice cream until after dinner, your child may cry, plead or even scream in the hope that you will give in. But with self-control, your child can understand that a temper tantrum means you'll take away the ice cream and that it's better to wait patiently.

Here are a few suggestions on how to help kids learn to control their behavior:

Up to Age 2

Infants and toddlers get frustrated by the large gap between the things they want to do and what they're able to do. They often respond with temper tantrums. Try to prevent outbursts by distracting your little one with toys or other activities.

For kids reaching the 2 year old mark, try a brief timeout (one to two minutes) in a designated area – like a kitchen chair or the bottom stair – to show the consequences for outbursts and teach that it's better to take some time alone instead of throwing a tantrum.

Ages 3 to 5

You can continue to use timeouts, but rather than enforcing a specific time limit, end timeouts once your child has calmed down. This helps kids improve their sense of self-control. And praise your child for not losing control in frustrating or difficult situations.

When Kids Are Out of Control

As difficult as it may be, resist the urge to yell when you're disciplining your kids. Instead, be firm and matter of fact. During a child's meltdown, stay calm and explain that yelling, throwing a tantrum and slamming doors are unacceptable behaviors that have consequences – and say what those consequences are.

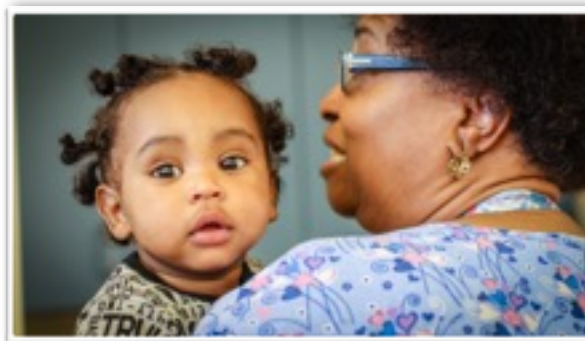
Your actions will show that tantrums won't get kids the upper hand. For example, if your child gets upset in the grocery store after you've explained why you won't buy candy, don't give in – demonstrating that the tantrum was both unacceptable and ineffective.

KidsHealth.org from Nemours

Monthly Lap Sits

Simple stories, finger plays, and songs for toddlers accompanied by an adult.

Designed for our pre-school students; toddlers and more play and grow together, fostering a love for stories and reading.



Volunteer Opportunity!

Contact your
Social Service Advocate

Lap Sits Schedules

Cantonment Sept. 21 (6 pm) Oct. 31 Nov. 17	Century Sept. 21 (6 pm) Oct. 26 Nov. 16	Ferry Pass Sept. 21 (6 pm) Oct. 31 Nov. 30	Gibson Sept. 21 (6 pm) Oct. 19 Nov. 16
Gonzalez Ct. Sept. 21 (6 pm) Oct. 31 Nov. 30	O.J. Semmes Sept. 21 (6 pm) Oct. 31 Nov. 17	Langley Sept. 21 (6 pm) Oct. 20 Nov. 15	Lincoln Park Sept. 21 (6 pm) Oct. 31 Nov. 16
Molino Sept. 21 (6 pm) Oct. 26 Nov. 16	Myrtle Grove Sept. 21 (6 pm) Oct. 18 Nov. 15	Oakcrest Sept. 21 (6 pm) Oct. 16 Nov. 16	Pine Meadow Sept. 21 (6 pm) Oct. 31 Nov. 16
Pleasant Grove Sept. 21 (6 pm) Oct. 27 Nov. 17	Sherwood Sept. 21 (6pm) Oct. 20 Nov. 17	Child Care Network Sept. 22 Oct. 27 Nov. 17	If your child's center is not listed, please contact your Social Service Advocate for dates.