



HEAD START FAMILY NEWSLETTER

DECEMBER 2019 - FEBRUARY 2020

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



What a
great
year!

Many things have been happening with your child since entering into the Head Start Program. They have had screenings, such as hearing, vision, heights and weights, as well as visits to the dentist for exams and cleanings. There have been parties, field trips and parent trainings. If you have not been able to attend one of these events, I encourage you to do so. Your child enjoys having mom, dad, grandma, granddad or other significant persons in their life visit their classroom on these special days.

Attending classes every day is very important for your child. This will help them get ready for public school when they transition into Kindergarten. When children do not attend class, they miss out on so many things, such as medical and dental screenings. Children also score lower on assessments. They need the daily routine of coming to school. Of course, if your child is ill, we would ask you to keep them at home. But once they are better, they should return to the classroom.

If you have any concerns or questions, please contact your Social Service Advocate. They are your line of communication.

I hope you and your family have a wonderful holiday season. Throughout this newsletter, you will see information about traditions. Your family may have a holiday tradition that has been handed down through the generations. This might be the year to start a new tradition with your family. Remember, traditions are not just for the holidays, they can be any time of the year. These will be memories your child will remember forever.

Deborah Nagle
Head Start Director



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SCHOOL CLOSINGS

DECEMBER 20 Early Head Start / Head Start Centers
Early Release at 11:00 AM

DECEMBER 23-JANUARY 6 Early Head Start / Head Start Centers
Closed for Winter Break

JANUARY 7 Early Head Start / Head Start Centers
Children Return to School

JANUARY 20 Martin Luther King Jr. Holiday

FEBRUARY 14 Teacher Planning Day

FEBRUARY 17 President's Day Holiday



*Title I will follow the School District Calendar
*Child Care Network will follow their school's calendar

Programs for Parents



CAPC Pensacola offers a Personal Finance Empowerment Program. This program provides financial information that is crucial for financial stability. The program is web-based and interested parents can take the courses at their own pace. Once parents complete a course, they will obtain a certificate of completion.

CAPC also offers funding for individuals who would like to enroll in the new CDL class offered at PSC. This is an eight-week program and is perfect for anyone looking to enter the lucrative world of freight transportation.

If you are interested in either of these programs, please speak to your Social Service Advocate.

ADMISSIONS

EARLY HEAD START

Will your child will be 3 years old on or before September 1, 2020?
If so, they will be age eligible to attend Head Start for the 2020/2021 school year. Please ask your Social Service Advocate to assist you with completing a Head Start application.



HEAD START

Will your child be returning for the 2020/2021 school year? Please be on the lookout for the Returning Student Form that will come from your Social Service Advocate. It is important that you complete this form and return it as soon as possible so that your child will have a seat for the upcoming school year. If you do not plan on your child participating in our program for the upcoming school year, please let us know so that a child who is waiting can have that seat. Also, we know that a lot can change over the summer. If your contact information changes (if you move or change phone numbers) please contact us and let us know. If we are not able to get in contact with you, we will not be able to have a guaranteed seat for your child. If you have any questions, please speak with your Social Service Advocate so that they can assist you.

It's All About PEER (E)!

1. Pause 2. Engage 3. Encourage 4. Reflect 5. Extend

Head Start PEER Activity Card is a great Parent Curriculum activity for Family Engagement.

Why do we have this wonderful Parent Curriculum?

1. Opportunities for modeling and practice
2. School readiness connection
3. Focuses on high quality parent-child interactions
4. Connects Family Community Engagement Framework

Family Learning Parties will begin in December for each Head Start Center.

1. Families join their children, teachers and advocates to model and practice the PEER (E) cards interactively.
2. Classroom and center-based; planned and co-facilitated by teachers and advocates together.
3. Fun way to get families excited, comfortable and motivated.

Contact your Center Directors, Advocates & Teachers for more information.

FUN FAMILY TRADITIONS

for the Winter Months

There's no disputing that when you have children, winter can be the hardest time (especially because it gets dark at 4:30 p.m.)! With a little planning and creativity, you might just realize that winter is the perfect time to start some of your favorite family traditions.

Creating family rituals and traditions can help strengthen bonds, contribute to your children's well-being and provide cherished, long-lasting memories. Family rituals can be as simple or as elaborate as you choose to make them.

The following family-focused traditions are guaranteed to make winter more bearable and a whole lot more fun. When the weather is cold and rainy for days on end, these activities will give you something to look forward to.



Get to Reading! Pull out all of your Christmas and winter themed books and cozy up under a blanket. The holidays have inspired some favorite books of all time, and now's the time to enjoy.

Make Friday night movie night! Order pizza and fire up the Netflix; there are Christmas movies galore to watch! After the tree comes down, we recommend you go old school and introduce the '80s movies you loved as a kid to your little ones.

Camp out at home! Make a tent out of blankets and furniture, turn on the Christmas tree lights on, make some hot chocolate, and you've got a super fun indoor camping experience.

Make New Year's resolutions for your family! Resolutions aren't just for adults. Sit down with your kids and talk about their goals for the upcoming year, both individually and for your family. You might be surprised by what they come up with.

Start thinking about summer! When winter is really dragging, you can at least transport your mind to sunnier times ahead by starting to plan some summer family fun. The warm weather will be back before you know it!

Judy Dickinson
Education Specialist



Creating Healthy Holiday Traditions

by Melissa Halas, MA, RD, CDE

Keep Christmas and holiday traditions alive by spending time together and creating family activities filled with fun and love! What's your favorite childhood family holiday tradition? What traditions do you have with your kids today that are healthy? Traditions can be passed on for generations, so why not create some healthy traditions for your family that they can enjoy that include good nutrition, an active yet relaxing lifestyle, and family bonding. You'll stay rested, fueled and healthy during the holidays.

Host a Holiday Cookie Swap!

The ground rule will be that all parties agree to cut the sugar by 1/3 or 1/2. Try applesauce or bananas to replace a portion of the sugar. You can also substitute Greek yogurt for part of the butter or oil, or flaxseed meal for part of the oil or eggs. Try using whole grains in part or for all of the recipe. You can have a competition, too, for the cookies with the best nutritional value and taste.

Eat with Mindfulness!

Be sure to slow down and really enjoy some of your holiday favorites with the kids. Sit down together in the kitchen and take your time to eat a dessert, cookie or treat mindfully. Be present to the cookie and enjoy its crunch, sweetness, flavor and taste! It's easy to gobble down 5 or 6 cookies and think, "where did they go?" Learn steps to teach your children to eat with awareness.

Go Caroling or Enjoy Family Holiday Game Night!

This may seem old-fashioned, but the fun still continues. Singing Christmas carols gets your family moving and is an opportunity to make long-lasting memories! Have the kids help decide which songs to choose, print out the words or find them on your smartphone. Don't have the energy to bundle up and go outside? Play a game of holiday charades. Act out or draw, charade or Pictionary style your favorite carols or holiday movies. Break up into teams and the winning teams get served homemade healthy cocoa. Let the kids experiment with it to make their own family cocoa holiday recipe.

Stocking Stuffers!

Instead of packing your children's stockings with candy and other sweets, offer them nuts in the shell and a fun-themed nutcracker. Kids will love breaking the shells open to find the treasure inside.

Go Dark: if chocolate is a tradition, opt for one at 71% dark or more. It has less sugar and has health-promoting flavonoids. If you buy dark chocolate with mint or cherries, your kids may find the flavor more acceptable to their blossoming tastes.

Christmas in January?

Worried about what to do with all those holiday leftovers? Pack them up and store them in the freezer to revisit the holidays at a later date. Leftovers are an easy solution for lunch! As a general rule, cooked foods are good for about one month in the freezer. Be sure to mark the date with a permanent marker.



Winter Traditions

A new year, a new experience

In the first month of the year, celebrate with your own “first” as a family! Take your first Polar Bear Swim, make sushi as a family for the first time ever, or plan to attend your first music festival together later in the year – the possibilities are endless. What will you choose for your “family first?”



Who loves you?

Delight kids with this bedtime routine: Start by asking, “Who loves you?” Keep asking, “Who else?” until your munchkin has listed everyone they can think of. When they finally name you, tickle them silly! It’s wonderful for kids to fall asleep reminded of just how many people love them.

Family show-and-tell night



Looking for something new to do on family night? Have everyone spend a few minutes teaching other members of the family a special skill. It can be any skill that’s age appropriate to the presenter, from how to politely blow your nose, to how to update privacy settings on social media. Add some extra fun by allowing drama lovers to demonstrate the wrong way first!





GRANDPARENTING

That Was Then: Sharing Family Traditions with Your Grandchildren

Traditions - routines and rituals that we repeat across time and across generations - provide a sense of family connection and family identity. Young children, who already thrive on routines, seem to especially enjoy participating in family traditions. Also, traditions are special times, usually full of love and a sense of closeness and nurturing. Here are some tips to including young children in your family traditions:

Share family stories and songs. Sing a lullaby your mother or father sung to you. Choose stories about when you were a child--games you played, places you visited, funny things your pet did.

Remember that it's the journey, not the destination. For example, you and your grandchild might have a ball baking a special family recipe together, but then your grandchild won't take a bite. The memory of pouring, stirring and mixing is more important than the tasting.

Set your grandchild up for success. Think about what role your grandchild might have in a particular family ritual. If decorating your home is a holiday tradition, look for child-safe decorations that your grandchild can help you hang.

Linger. One of the most special things about grandparents is that they are often happy to let young children take their time. Think about how good it feels to be with someone who enjoys being with you and doesn't rush you.

STARTING NEW TRADITIONS

Remember that it's never too late to begin a new tradition--one that is unique and special to you and your grandchild. Here are some ideas:

Enjoy a special mealtime tradition. Blueberry pancakes on Sunday morning or creating a special way to show thanks at the dinner table.

Tell a story you've made up especially for your grandchild. The memory of shared stories can last a lifetime.

Look for ways to make an everyday routine memorable. Turn a regular bathtime into a tub full of bubbles or have a winter picnic inside.

Embrace technology to create new traditions.

For grandparents who talk to their grandchildren over the Internet, create a ritual for saying hello and goodbye, for example, a special way that you blow a kiss at the webcam.

THINKING ABOUT TRADITIONS

What qualities or values do you believe your family "stands for"? Why?

What traditions do you remember from your own childhood?

What songs or books do you remember from your childhood?

What family traditions did you establish as a parent?

What family traditions do you want to share with your grandchildren?





CURRENT POSITION OPENINGS

PRE-SCHOOL TEACHERS / TEACHER ASSISTANTS

Experience / Credentials: at least one year of experience working with children 3 to 5-years-old and supervisory experience is also needed. Center Director Credential is preferred.

Pre-School Teacher II \$13.83 per hour - 37.5-40 hours/week - 41-44 weeks/year - benefits eligible
Must have an Associate degree or higher in Early Childhood Education or a related field with classes equivalent to a minor in Early Childhood Education.

Pre-School Teacher III \$15.18 per hour - 37.5-40 hours/week - 41-44 weeks/year - benefits eligible
Must have a Bachelor degree or higher in Early Childhood Education or a related field with classes equivalent to a minor in Early Childhood Education

Pre-School Teacher Assistant \$11.37/\$11.65 per hour - 35-40 hours/week - 41-44 weeks/year - benefits eligible
National Child Development Associate Credential or Florida Child Care Professional Certification (FCCPC) or enrolled in a CDA program to be completed within 2 years from the time of hire.

INFANT-TODDLER TEACHERS

Experience / Credentials: At least one-year experience working with children ages 6 weeks to 3 years old and supervisory experience is also needed.

IT Teacher I \$12.46 per hour - benefits eligible
NCDA or FCCPC with an emphasis in Infant Toddler development.

IT Teacher II \$13.83 per hour - benefits eligible
Associate Degree in ECE with an emphasis in Infant/Toddler development.

IT Teacher III \$15.18 per hour - benefits eligible
Bachelor Degree in ECE with an emphasis in Infant/Toddler development.

Bus Drivers / Program Support Workers \$11.50 per hour - benefits eligible

Requirements: Must have a high School Diploma or GED. A CDL license, Class B or above with airbrake endorsement. Additionally, must have Passenger and School Bus endorsement. Must provide the Agency with proof of a clean driving record and must complete the forty-hour child care class.

Contact David Powell in HR, 438-4021 ext. 106 or d.powell@capc-pensacola.org for more information or visit our website at www.capc-pensacola.org to apply.