

# HEAD START



## Director's Note

### Welcome to the New School Year

We are so excited to have your child(ren) in class this year! Our staff is committed to making a difference in the lives of our students and strive to serve all of their families. It takes all of us (teachers and parents), working together to provide high quality, early learning services to our students and also equipping them with a strong foundation for lifelong learning and success. We know these are challenging times due to COVID-19 and we appreciate all your efforts to keep your child(ren) engaged in learning. We cherish and support your role as parents and also as the students first and most important teacher. SCICAP Early Childhood Program strongly believes that with a strong partnership with parents, we will continue to strive and share a common purpose to empower our students to succeed.



*Joseph Okoduwa*

Early Childhood Program  
Director  
641-774-8133 ext. 236  
jokoduwa@scicap.org

## ERSEA

(Eligibility, Recruitment, Selection, Enrollment, Attendance)

### Your Opinion is Valued

Welcome to Head Start! I hope that your family has enjoyed being in our program so far this school year. If you are the parent or guardian of a Head Start student and would like to be more involved with the program, you have the opportunity to serve on our Policy Council. It doesn't require a lot of your time, but you would be able to help make important decisions about the program. If you are interested in hearing more details, please ask your child's teacher or give me a call!



*Kelli Curtis*

ERSEA  
Specialist  
641-774-8133 ext. 246  
kcurtis@scicap.org

OCT 2020



South Central Iowa  
Community Action Program

# Education & Disabilities

## Developing Confident Readers

Reading to your child is a very important part of their development. It allows them to hear new words, interact with the pictures on the pages, and allows bonding time between child and parent. Below are some things to do when reading to your child.

### TIPS | for parents of Preschoolers

Read early and read often. The early years are critical to developing a lifelong love of reading. It's never too early to begin reading to your child! The tips below offer some fun ways you can help your child become a happy and confident reader. Try a new tip each week. See what works best for your child.

■ **Read together every day.**

Read to your child every day. Make this a warm and loving time when the two of you can cuddle close.

■ **Give everything a name.**

Build your child's vocabulary by talking about interesting words and objects. For example, "Look at that airplane! Those are the wings of the plane. Why do you think they are called wings?"

■ **Say how much you enjoy reading.**

Tell your child how much you enjoy reading with him or her. Talk about "story time" as the favorite part of your day.

■ **Read with fun in your voice.**

Read to your child with humor and expression. Use different voices. Ham it up!

■ **Know when to stop.**

Put the book away for awhile if your child loses interest or is having trouble paying attention.

■ **Be interactive.**

Discuss what's happening in the book, point out things on the page, and ask questions.

■ **Read it again and again.**

Go ahead and read your child's favorite book for the 100th time!

■ **Talk about writing, too.**

Mention to your child how we read from left to right and how words are separated by spaces.

■ **Point out print everywhere.**

Talk about the written words you see in the world around you. Ask your child to find a new word on each outing.

■ **Get your child evaluated.**

Please be sure to see your child's pediatrician or teacher as soon as possible if you have concerns about your child's language development, hearing, or sight.

*Tricia Cobb*

Education & Disabilities  
Specialist  
641-774-8133 ext. 243  
tcobb@scicap.org



# PFCE

(Parent, Family & Community Engagement)

## Supporting Young Learners

Back-to-school time can mean a lot of changes for students and their younger siblings, parents, and teachers. Even when the change is positive and brings along new opportunities, it can often bring about stress. Here are some ideas to help get you through the transition whether you are a teacher, parent, or a person who loves them. Reducing stress and strengthening relationships keeps kids safe and connects families and their community.

### Talk to Your Kids

Some children aren't able to articulate how they are feeling when changes occur, which can lead to showing their stress through behaviors. If you notice your child seems anxious or withdrawn, or that their appetite or sleeping patterns have changed, it may help to ask them questions.



**Tip:** Take a few minutes on school days, before or after, to ask if your child is nervous or excited about school, if they feel safe, and if there is something that they learned or want to learn.

### Talk to Your Community

Your community may be family, friends, neighbors, coworkers, or a mix of all the above. However, you identify community, they are often the best at helping us handle stress. Including teachers and parents in your community can help with the back-to-school transitions.

**Tip:** Building a parent-teacher relationship can be key in helping a child be successful. Communication between parents and teachers about skill building, appropriate developmental expectations, and helping children regulate emotions and behaviors will help adults in the child's life learn from each other. Most importantly, understanding appropriate expectations and how to help a child cope with their emotions can be a stress reducer for everyone.

### Offer to Help

With stress comes a need for respite. Worn out teachers, parents, and caregivers could use a hand, especially during times of transition. Even if you are one of those worn out caregivers or teachers, you can work with others to help everyone get a chance to relax.

**Tip:** As a teacher or a parent, self-care is important. Whether you have fifteen minutes or a night off, be sure to take the time to take care of yourself. Stretching, exercising, or mindful breathing can be the difference between a calm response to stress or a total meltdown. As a friend or family member—be sure to encourage self-care.



The above information was provided by Stacy Haas.

### Natalie Pettit

PFCE Specialist/Mental Health Consultant  
641-774-8133 ext. 230  
npettit@scicap.org

### Sarah Stewart

PFCE Specialist  
641-774-8133 ext. 246  
sstewart@scicap.org



# A Note from Becky...

## New Beginnings



Welcome to the 2020-2021 school year! My name is Becky Hysell and I have been with the SCICAP Early Childhood Program for **34 years!** I have seen many changes of the years and I believe this will be a year that we will all need to have the following:

**A little bit more** understanding,  
**A little bit more** flexibility,  
**A little bit more** patience,

**A little bit more** humor,  
**A little bit more** support for one another,  
**And a lot more** love for the children!

The areas that I will be focusing on for our program are:

### Quality Assurance

I will make sure child files are audited.

I work with other agencies and schools to assist with child transportation where it is offered.

### Transportation

### Facilities

I am responsible for making sure your children and the staff have a safe environment.

I ensure that all sites have plans for fire evacuation, weather hazard plans, lock down in place drills and any other type of emergency situations.

### Emergency Preparedness

### American Red Cross Certified Trainer

I certify staff in CPR/First Aid/Bloodborne Pathogens.

I am looking forward to getting to see your child(ren) grow throughout the school year!



# In-Kind

## Your Time is Valuable!

It's important to remember that you are your child(ren)'s first and most important teacher. Did you know that the time that you already spend teaching your child at home can help our program reach our required In-Kind goal? Every hour spent equals \$12.00 towards our program goal. Below are two forms that will help you track your achievements.



### Bear-y Good Reader Log

Month \_\_\_\_\_

I'm helping \_\_\_\_\_  
become a Bear-y Good Reader!

Your child will receive a free book monthly, and you will receive 15 minutes of volunteer time for each day that you read your child a book. You can earn up to 7.5 volunteer hours for each sheet you turn in for In-Kind.

Together, we read these books:

TITLE	AUTHOR
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____
21. _____	_____
22. _____	_____

**DON'T FORGET THE BACK!**

06/2020 - Data Entry End of Month



### Monthly Objectives Calendar

Month/Year: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Center Name: \_\_\_\_\_

Child's Goal & Activities: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Signature: \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date:							
Minutes:							
Date:							
Minutes:							
Date:							
Minutes:							
Date:							
Minutes:							

Objective(s): \_\_\_\_\_ Parent Observation(s): \_\_\_\_\_

**Please See Objectives on Back**

06/2020 - Data Entry End of Month

Please ask your child(ren)'s teacher for these forms if you do not currently have them. If each of these forms is completed and submitted monthly, you alone can contribute at least **\$4,000** toward our annual requirement!

***Nikki Desmond***

Data Entry & Network  
Coordinator  
641-774-8133 ext. 239  
ndesmond@scicap.org

# Health & Nutrition

## Screenings

Welcome back! All of us here at SCICAP Early Childhood Program are so excited to be starting off a new year!



Keeping your child healthy and up to date on health-related screenings and immunizations is important! During the first 45 days several health screenings are taking place. Your child(ren)'s hearing, vision, height, weight and developmental screenings are completed. We also take a look at hemoglobin and lead screenings. Did you know that your child should have a lead screening done at both age 12 months and 24 months? All children will need a current physical on file. It is important to make sure



your child has a dental exam performed each year, as well! Parental consent is obtained for all screenings upon enrollment.



It is important to establish a medical home and a dental home for your child. If you need assistance finding either one of these, please let us know. We are also able to help you secure medical insurance if needed.

If you have any questions about your child's health or screening results, or if you need help finding a medical/dental home, please contact me.

## COVID-19



We realize this year there are many concerns with the COVID-19 pandemic. We'd like you to know that several precautions are in place. We are allowing 1 extra hour per day for cleaning and disinfecting our centers and adding in additional health procedures such as temperature screenings to ensure the health and safety of our students and staff. We are here to support your family in any way we can!

*Taylor Grgurich*

Health & Nutrition  
Specialist

641-774-8133 ext. 233  
tgrgurich@scicap.org



# Talking with children about Coronavirus Disease 2019

Messages for parents, school staff, and others working with children

CDC has created **recommendations to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.**

Children may worry about themselves, their family, and friends getting ill with COVID-19. Parents, family members, school staff, and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear.

## Tips for Talking to Children

- **Remain calm.** Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.
- **Reassure children** that they are safe. Let them know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- **Make yourself available to listen and to talk.** Let children know they can come to you when they have questions.
- **Avoid language that might blame others** and lead to stigma.
- **Pay attention to what children see or hear** on television, radio, or online. Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.
- **Provide information that is truthful and appropriate** for the age and developmental level of the child. Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information. Children may misinterpret what they hear and can be frightened about something they do not understand.
- **Teach children everyday actions** to reduce the spread of germs. Remind children to wash their hands frequently and stay away from people who are coughing or sneezing or sick. Also, remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.
- **If school is open, discuss any new actions that may be taken** at school to help protect children and school staff.



(2020). Talking with children about Coronavirus Disease 2019. Retrieved September 03, 2020, from [https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC\\_AA\\_refVal=https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html)



# November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings Ends	2	3 Mary Davis Home Visitor HB3 Election Day	4 Health Advisory Committee Meeting	5	6	7
8 Kylee Francisco Teacher Asst. Humeston 	9	10 Connie Kuhns Nutrition Mgr. Leon EHS 	11 Veterans Day*	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day* 	27 Dacia Gutcher Teacher Albia 	28
29	30				Day After Thanksgiving*	

- Nov.....Annual Professional Development Plan Fall Progress Check  
 Nov 11<sup>th</sup>.....Veterans Day (Head Start Holiday Observed)  
 Nov 16<sup>th</sup>.....Teaching Strategies GOLD checkpoint data finalized  
 Nov 30<sup>th</sup>.....Parent/Teacher Conferences completed - discuss goal, screenings & referrals  
 Nov 30<sup>th</sup>.....Parent Meeting/Family Activity completed and written up  
 Nov 30<sup>th</sup>.....Parent Evaluations completed and sent to Central Office  
 Nov 30<sup>th</sup>.....Family referral for holiday needs  
 5 days before.....EHS Socialization lesson plan sent to Central Office

## Events



### Health Advisory Committee Meeting For South Central Iowa

November 4<sup>th</sup>, 2020 - 10:00am via Zoom

**Guest Speaker**  
*Shelley Bickel*



For additional information, please contact **Taylor Grgurich** at  
tgrgurich@scicap.org or 641-774-8133 ext. 233