

Head Start

Director's Note

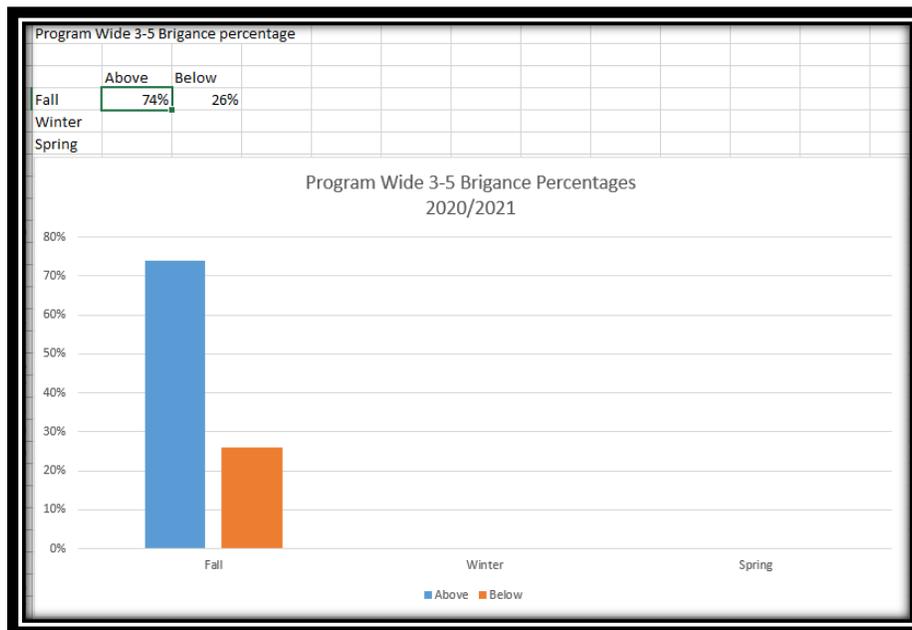
HAPPY FEBRUARY! ❤️

Greetings!

It is so exciting to think that spring is just around the corner! I am excited to see the sun stay in the sky a little bit longer each day. With the new year brings a renewed sense of hope for brighter days and a world with less Covid related stressors!

I have included our fall assessment scores below. The initial scores were slightly lower than we normally see them. We feel this is related to having our centers closed in the spring related to Covid. We are getting ready to do our mid-year assessments and are confident we will see great strides with all our students.

Figure 1. 45-Day Brigance Summary Fall 2020-2021

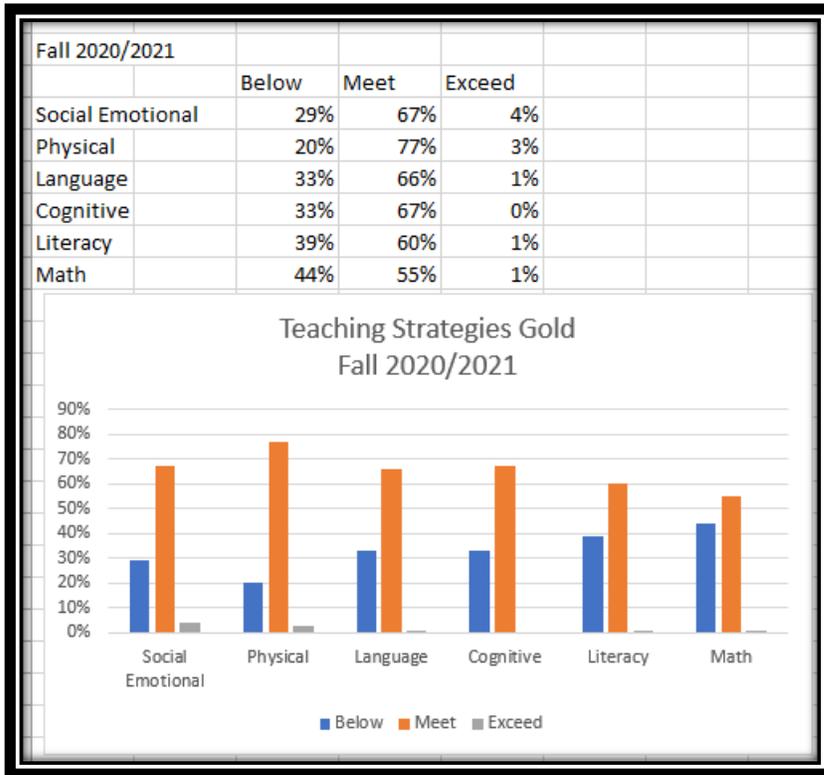


The graph shows we had 74% of students ages 3-5 score at or above the cutoff for their ages. This is a great percentage to start the year off with! We expect to see growth during our next assessment period in just a couple of weeks.



Head Start

Figure 2. Teaching Strategies Gold Fall 2020-2021 Finalization



This graph reflects the loss of growth our returning students had when we closed centers related to Covid last spring. Our teachers are working hard to get them to make the gains needed before they transition to kindergarten.

By looking at this graph, it shows that math and literacy were the two main areas where students did not make the growth we would typically like to see. Math showed that 44% of our students were below expectations for their age, and literacy shows that 39% of students were below expectations.

We expect to see growth during our next assessment period in just a couple of weeks.

Teachers continue to get activities that reflect all areas out to their virtual learners.



Please see the informational handout on the following page on Conscious Discipline Parent Curriculum. Our staff are currently being trained on implementing Conscious Discipline in the classrooms. We are forming a committee to give input to adding the parent piece for our families. Please look and let me know if you would like to be a part of this group.

Please don't hesitate to reach out to me if you have questions or feedback!

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School to Heart to Home

Alignment of the *Conscious Discipline*® Parent Education Curriculum with the Head Start Parent, Family & Community Engagement Framework

The *Conscious Discipline Parent Education Curriculum* is a comprehensive guide for increasing the social-emotional intelligence of all families of children ages 0-7 through the use of Conscious Discipline. Conscious Discipline provides evidence-based, systematic change in the way adults and children perceive behavior, rather than simply targeting specific behaviors. This shift allows us to access the higher centers of the brain to apply a diverse range of skills like problem-solving, empathy, teaching and learning. Adults are able to see the need underlying a child's behavior and then address the deficiency. As a result, children, schools and families report higher levels of social and academic success, as well as a greater sense of connection, fulfillment and support. (To review related research, visit www.ConsciousDiscipline.com.)



The *Conscious Discipline Parent Education Curriculum* brings the strength of the Conscious Discipline methodology to parent programs, systematically teaching the perceptual shift that allows adults to interpret the need behind children's behavior more accurately. It then provides foundational skills so adults can problem-solve and implement effective solutions. In this way, the *Conscious Discipline Parent Education Curriculum* meets families where they are, empowering **all** families to experience increased success.

Key Findings

In the spring and summer of 2018, Child Trends conducted a descriptive study of the Conscious Discipline Parent Education Curriculum. This is a summary of their findings.

Review the full report at ConsciousDiscipline.com.

PARENTS REPORTED:

- Improved parenting knowledge and skills
- Improvements in how they responded to their children's challenging behaviors
- Improvements in how they managed their OWN emotions
- Using more of the skills two months after the classes were completed
- Improvements to children's behavior and emotion management

BEHAVIOR & EMOTION MANAGEMENT IN CHILDREN REPORTED:

- Better able to identify and communicate their emotions
- Better able to calm
- Fewer behavioral issues

HOME-SCHOOL CONNECTION

- Parent conversations with staff increased around Conscious Discipline strategies and skills
- Conscious Discipline was used more consistently across home and school



Health & Nutrition

February is Children's Dental Health Month!



Coronavirus Disease and Oral Health: Information About Promoting Good Oral Health at Home

It is important for parents to serve healthy foods and drinks and promote good oral hygiene habits to keep children's mouths healthy during Covid-19 pandemic and always. Here are tips for some simple things to do at home.



*If your child hasn't visited the dentist within the last 6 months, I strongly encourage you to make an appointment for a checkup. If you have questions or need help finding a dentist, please contact me.

Eating Healthy Foods & Drinks

- Serve your child healthy foods that are low in natural and added sugar.
- Serve milk or tap (faucet) water with meals and snacks.
- Give your child a variety of healthy snacks, such as cheese and crackers, at scheduled times during the day.
- Give your child tap water several times a day.
- Avoid serving drinks that are high in natural or added sugar, such as fruit juice, fruit drinks, and pop/soda.

Practicing Good Oral Hygiene Habits

- Brush your child's teeth with fluoride toothpaste twice a day.
- For children under age 3, use a rice-size amount of fluoride toothpaste.
- For children ages 3 to 6, use a pea size amount of fluoride toothpaste.
- After toothbrushing, rinse the brush and store it upright in a holder to air dry. Do not let toothbrushes touch each other.
- Do not share toothbrushes. Sharing toothbrushes can transfer disease-causing germs from one person to another.
- If anyone in the family is sick, keep their toothbrush away from everyone else's toothbrushes. Replace the toothbrush after the family member is better.

<https://eclkc.ohs.acf.hhs.gov/publication/coronavirus-disease-oral-health-information-parents-about-promoting-good-oral-health-home>

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Feb2021



South Central Iowa
Community Action Program

Education & CLASS



At Home Table Activities for Kids

I think back to my own childhood as well as my children's and a positive memory is the warmth, fun and security felt by playing simple games at the kitchen table. What I did not know at the time was the amount of active learning going on in pre-school minds that can help fire up a child's ability to understand, think, reason, problem-solve and think outside the box. Kids see plenty of screen time these days but the benefits of learning from hands-on manipulatives with a caring adult are invaluable.

Table activities do not have to be fancy or complicated. The simpler the better! There are several ideas on-line that require little or no preparation using common supplies from home. Kitchen-table learning provides excellent cognitive development for your child as well as a sense of love and interest. What a wonderful childhood memory for them!

Play a matching game using familiar pictures, match the names of people in your family!

Sort and glue a variety of macaroni into a picture for a family member!

Use blocks to create a maze, blow a marble through the maze with a straw!

Find a fun picture from a magazine and let your child dictate a story about it while you write it out.

Play games like Candyland, Dominoes or Go Fish and keep a running "tab" of how many times your child beats you. Kids love this!



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March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Daylight Savings Starts	15	16	17 St. Patrick's Day	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

March 31stParent/Teacher Conferences Completed

March 31stParent Evaluations completed

March 31stHeights and weights completed



*We are PROUD to announce the SCICAP Early Childhood Program is a **Finalist** for the Healthiest State Award for Large Early Childcare!*



Feb2021



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Community Action Program