

Northern Tier Community Action Corp.
Head Start Program
September/October 2021
NEWSLETTER

Dave Greene
Executive Director



Welcome to an exciting school year!!

Policy Council:

Next meeting:
October 14, 2021

Since its beginning, Head Start's central purpose is to prepare children for Kindergarten. Our goal is to help families understand the importance of early literacy and language development with their children and getting parents to understand they are their child's first and primary teacher.

Our School Readiness Goals are clearly posted in all classrooms. Head Start views school readiness as children possessing the skills, knowledge, and attitudes necessary for success in school and for later learning and life. We have established school readiness goals that are appropriate for the ages and development of enrolled children in the following areas:

- * Approaches to Learning
- * Social and Emotional Development
- * Language and Literacy
- * Cognition
- * Perceptual, Motor, and Physical Development

Program Goals are statements of long range intended outcomes of the program and the curriculum. They describe the knowledge, skills, and values expected of program participants and should be consistent with the mission of the program and the mission of Northern Tier. Our program goals are as follows:

- * NTCAC will enhance child development and school readiness through the provision of high-quality early education.
- * NTCAC will provide continued education and training to recruit and retain qualified individuals committed to a long-term career.
- * NTCAC will utilize and fully integrate the Positive Behavior Interventions and Support (PBIS) Framework/ Pyramid Model to foster social-emotional competence in children, families, and staff.
- * NTCAC will provide the resources to improve the well-being and quality of health for children and their families.

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There will be many opportunities for you to become engaged in your child's learning experiences. Learning activities, events, parents meeting and committees are some of the ways you can involve yourself in the program and help through your child's Head Start journey.

Debra Sidelinger, Head Start Director



Back to School

Welcome back to preschool! We are so excited to have you and your family be a part of our program.

Coming back to school can be a trying and difficult time for both children and families alike! There are a lot of changes going on and sometimes it is hard to cope with these changes.

Back to School Tips:

- * Keep a routine! Kids need plenty of rest to prepare for the next day! Have a nighttime routine that helps them stay in the swing of things: bath, brush teeth, and read a book! Have a morning routine: make bed, brush teeth, and get dressed for the day! Routines help keep everything in order and running smoothly.
- * Stay positive. Encourage your child and support them throughout this new journey. Remind them of their past accomplishments and how you know they will succeed in school, too!
- * Create a special goodbye. When dropping off at school or putting them on the bus, having your own special way to say goodbye will keep it a positive and comforting experience.
- * Encourage reconnections and friendships. Allow your child to spend time with classmates outside of school. Attend back to school events. This will help your child make connections that make school better.
- * Communicate! Maintaining communication with your child's teacher is so important. Share information about your child, their likes, dislikes, and what things work for them. This allows for your child to transition well and have the supports they need within the classroom.

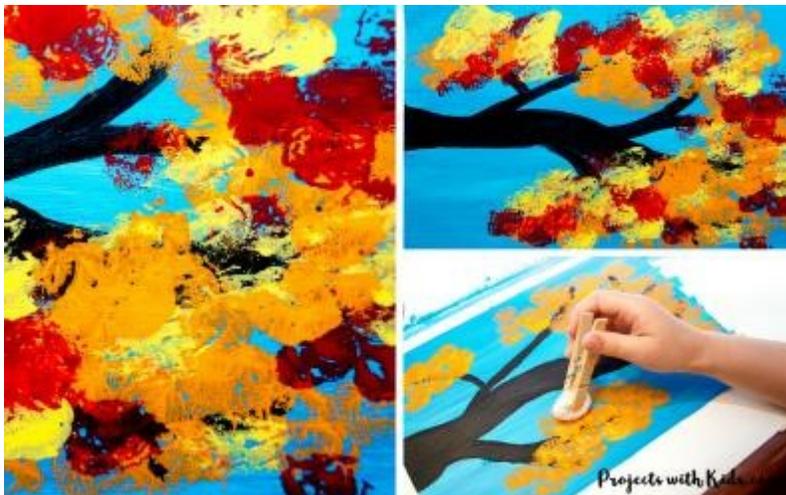
Back to school is an exciting but scary time of year. Following these tips will help you and your child have a successful start, or return, to school!

We hope everyone has had a great start to the year!

Hali Schloder
Education Services Manager



Fall Crafts



Messages From Marcy . . .

Welcome to Head Start!

Enrollment -I want to make you aware that we are still accepting application for enrollment. Although most sites are full, but not all. We also need a waiting list, just in case there is an opening throughout the year. Another advantage, families that complete an application prior to the year the child is enrolled get additional selection points. Children are selected through a point system, which includes income, age, and social factors. Children must be 3 years old to enroll in the program.

“At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents.”
- Jane D. Hull

Parent Involvement- Head Start is alphabet soup of programs. Below are just a few:

PCC-Parent Center Committee- Center and home based programs have monthly parent meetings. Parents that have a child enrolled are automatically a member of parent group. This group will discuss activities for the center/home-based program. Many studies show that children do better in school when their parents are involved in their education.

PC- Policy Council- Representatives from centers and home based programs discuss policies, Head Start budget, ERSEA (eligibility, recruitment, selection, enrollment, and attendance), and procedures. Must be voted by PCC to represent their site. We do not expect you to know everything about Head Start and Policy Council. We will teach you! We are looking for your great ideas to improve our program. Our next meeting is Thursday, September 23. It is a Zoom meeting. For more information, contact your local Family Service Worker or Home Visitor.

We appreciate your commitment to Head Start!

Marcy Boswell
Community & Family Specialist

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”

Tips to Help Kids Focus

#1 MOVING THE BODY STIMULATES THE BRAIN

Have your kid do a physical activity before you get them to do a task that requires them to focus. Doing jumping jacks before reading a book, or running around outside before doing math or have a dance party before sitting down to do a focused task.

#2 TURN OFF ALL ELECTRONICS

Turn off all electronics to limit distractions. Electronics, such as cell phones, tend to provide too much information for children at once, so they can no longer focus on one set thing. Removing or turning off electronics before working on Home Activities or playing games with your children will help both you and your child stay on task and spend quality time together.

#3 MAKE A LIST

Make a list of activities or tasks you want to complete. Then, let your kid cross off the tasks as they complete them. The use of a visual schedule makes life easier for everyone as young kids can understand it and know exactly what to expect. You can also use this for simple chore charts, so kids can remember and mark off each task.

#4 SET TIME LIMITS/EXPECTATIONS

Try to let children know how long activities will take or what they will do next. Children feel more comfortable when they know what to expect.

#5 TAKE BREAKS

Give your kid the chance to take quick breaks to move around and relax. Brain breaks are an amazing concept teachers often use in the classroom. For example, teachers use their tablet to play a quick video that incorporates music and movement when she notices the class becoming restless.

#6 USE SENSORY TOOLS

Sensory tools are popular among the special needs community, but they are also helpful to all kids who have difficulty focusing. Having a variety of sensory tools on-hand so you can choose what works for your child or what works at different times of the day.

Taken from May Lakikid newsletter 2021

Contributed by:

Jodi Guisto, Education Manager



Fall Recipe Ideas!



GOBBLE! GOBBLE!
Thanksgiving Breakfast
Bagel

