



NEWSLETTER

Northern Tier Community
Action Corporation
Head Start Program
January/February 2022



David Greene, Executive Director

From the Head Start Director . . .

Happy 2022!

I hope that everyone had a great holiday and enjoyed special time with your family and friends.

We are halfway through the school year and the children and teachers have been busy learning about the different studies in the classroom and helping our little ones learn socialization skills that will help them as they transition into kindergarten!

Just a few friendly reminders, when dropping off or picking up your child, please remember that you must wear a mask during these times. Please remember to drop off and pick up your child promptly.

If you want to come in and help out in the classroom, read a story or join during circle time, we would love to have you. Please see your child's teacher to set up a time. If you have any questions or concerns, please feel free to reach out to me.

I hope you all have a great January; stay safe & warm!



Debra Sidelinger
Head Start Director



POLICY COUNCIL



Chairperson:
Chalina Henning, Eldred

Vice Chairperson:
Mia Gee, Coudersport

Secretary:
**Jennifer McLaughlin,
Ridgway**

Next Policy Council
Meeting: 2/10/22

Inside this issue:

A Child's Smile	2
Helpful Hints from Kindergarten	3
Messages From Marcy	4
Recruitment	4
Program Self Assessment	5
Indoor Play	6



A Child's Smile



Nothing is sweeter than seeing your child smile. This smile starts with healthy baby teeth. When will my child get all his baby teeth?

- Most children have a full set of 20 baby teeth by the time they are 3 or 4 years old.
- Children lose baby teeth.



Are baby teeth important? Yes !!

- Baby teeth help your child eat a wide variety of foods without choking.
- Your child also needs baby teeth to learn how to talk and sing. And baby teeth make a beautiful smile.

Are cavities a problem? Yes—cavities hurt!

- A child with cavities will have a hard time learning and eating because he is in pain.
- He may not smile as much.
- He could develop a serious infection.

My child sucks his thumb. Should I worry?

- Many babies suck on their thumb and stop by age 2. If your child continues to suck on his thumb after age 2 or 3, talk to your doctor or dentist.

Brushing . . .

1. Teach your child to brush his teeth twice a day—usually in the morning after breakfast, and before bedtime.
2. Brush your teeth with your child—he learns by watching you.
3. Give a soft child size toothbrush to your child.
4. Put a small amount of toothpaste on your child's toothbrush—the size of a little green pea. Using too much toothpaste may be harmful to their teeth.
5. Teach your child to spit out the toothpaste after brushing.

Healthy Foods and Drinks for Healthy Teeth . . .

- Drink water between meals.
- Drink milk at meals.
- Limit juice to half a cup (4 ounces) or less each day. Avoid sugar sweetened drinks such as soda & fruit drinks.
- Sipping on juice or sweet drinks often during the day can cause cavities.

Have Planned Snacks . . .

- Snack on fresh fruit—apple slices, bananas, oranges, kiwi, pears
- Yogurt with berries or granola
- Whole grain breakfast cereals
- Carrot slices

Snacking all day long can cause cavities. Your child's teeth are constantly being exposed to foods or drinks that bacteria can use to make cavities.

- Offer one planned snack between breakfast and lunch.
- Offer one planned snack between lunch and dinner.
- Offer one planned snack before bedtime—and brush your teeth last before going to bed.



**Bonnie Halquist
Health & Nutrition Manager**





Helpful Hints from Kindergarten Teachers



If your child is going to Kindergarten this next school year I'm sure you have a lot of questions and concerns about what to expect. The following hints have been collected from kindergarten teachers in order to help families have a part in getting their child "ready" for school.

Kindergarten teachers stated that they would like parents/families to take the following more serious:

- *Attendance
- *Tardiness
- *Updating emergency contact records
- *Checking the child's backpack for notes
- *Signing and returning papers
- *Asking their children about their school day

Help children develop listening skills and increase attention by:

- *Gradually increasing the length or number of stories you read to your child.
- *Turning off the television and talking with your child. TV does not help your child develop listening skills.
- *Asking questions about what you have read.
 - ~Ask factual questions such as, "What was the name of the dog?"
 - ~Ask prediction questions such as, "What do you think will happen when...?"
 - ~Ask personal opinion questions such as, "What would you have done if you were in that situation?"

Help your child develop social skills by:

- *Modeling decision making and fairness.
- *Providing social experiences for your child to be with other adults and children by joining play groups, going to story time at the library, playing on a team, and taking group lessons.
- *Modeling how to share and take turns.
- *Modeling how to get attention appropriately.
- *Allowing your child to become more independent.
- *Modeling problem-solving behavior by "thinking out loud."
- *Modeling persistence through trial and error.
- *Modeling good manners by using such words as "please", "thank you", and "excuse me".

Help your child develop self-help skills by:

- *Giving your child small responsibilities or chores such as:
 - ~Making the bed.
 - ~Picking up the toys.
 - ~Feeding/watering the pets.
 - ~Helping with yard work and/or housework.
- *Teaching your child personal hygiene skills such as:
 - ~Toilet habits – proper wiping.
 - ~Hand washing.
 - ~Brushing teeth

Adapted from: <http://www.terrifictransitions.org/TT/partip9.pdf>





Messages From Marcy . . .



Attendance is very important to the Northern Tier Community Action Head Start program. Every day that your child misses a day at Head Start, your child misses out on the activities that have been planned for their growth and development. Children with good attendance do better in school. You can help your child get a good start in school and in life by teaching him/her the importance of attendance.

It is essential that each center maintain an 85% attendance rate each month. Attendance is monitored closely. A written excuse must accompany your child, when your child returns to the center.

I do understand that children may become ill and need to miss class from time to time. **Please contact the center so that we know that your child will not be attending class.** If we are not available, please leave a message on the answering machine. If you do not call, a staff member will contact you. If you pick up your child at the end of the day, please be on time. It is very upsetting to your child not to be picked up on time. Please be sure that the list of individuals your child can be released to is up to date at all times. We will make every effort to contact the people on your most recent "Release to Others" form. If we are unable to contact anyone, Children and Youth Services will be contacted.

It is very important that your child attend each and every day. I know it can be hard to get your child ready and to Head Start in the morning, especially since the weather has been so cold, wet, and icy.

Please make a New Year resolution to maintain perfect attendance.



Marcy Boswell, Family & Community Manager



Recruitment



NTCAC Head Start is now accepting applications for the 2022-2023 school year beginning in September! Head Start is comprehensive developmental and family service program that provides education, health, social services, and nutrition services for each enrolled child and their family. Children 3 and 4 years old can enroll in the program. Head Start invites children with disabilities to participate in all aspects of the program. Children are selected according to priorities set by the Northern Tier Community Action Corporation Head Start Policy Council. Priorities include children with disabilities and children from families with income below the federal poverty level. Only 10% of those enrolled may be over the income guidelines. Children with professionally diagnosed disabilities are provided inclusion into the learning experience at Head Start.

As a current parent/guardian, if you refer an eligible family for Head Start and their application is accepted, you BOTH will receive a recruitment prize! Please talk to your Family Service Worker for more information! We need your help!

Please contact your local center or home based program. You can also call toll free (888) 809-3704, Ext. 224—Marcy Boswell, Family and Community Specialist.

Marcy Boswell, Family & Community Manager



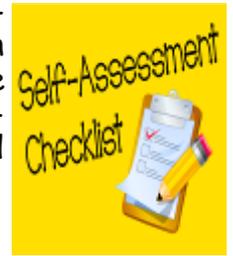
"Give Your Heart To Head Start"



Program Self Assessment



Annually, Head Start programs must conduct a Self-Assessment of their effectiveness and progress in meeting program goals and objectives and in implementing Federal Regulations. The Self-Assessment must measure the program's strengths and areas for growth, allowing for continuous improvement of the program to increase impact for children, families, and communities.



Our Head Start program will complete an annual "Self-Assessment" beginning in January and ending in March. This is a formal process used to measure our Head Start's effectiveness in meeting program goals and objectives. Self-assessment helps identify program strengths and opportunities for improvement, particularly relating to the school readiness of children.

The self-assessment is part of the planning cycle for the Head Start program. The following information and/or documentation are used: community assessment, previous self-assessment, data points, program goals, action plans, policies and procedures, existing reports, surveys, and student data. Information is shared with Policy Council and the Board of Directors. Staff also completes a survey to gain their input.

Where do you come in?

First, Visit this site and review what the self assessment is:

<https://eclkc.ohs.acf.hhs.gov/>

Secondly, please complete the Parent Survey, which will be sent home and posted on FACEBOOK also. This will help us gain your valuable input so that your voice is heard!

The self-assessment is a reliable way to gain program information for our organization and create an action plan to prioritize and resolve concerns. This will generally facilitate the beginning of next year's planning, and it will help us address any immediate concerns so that our program can grow and flourish.



Debra Sidelinger, Head Start Director



Indoor Play!



Winter is upon us and children will be spending more time indoors. How can we keep them entertained and keep their little minds growing?

This is the perfect time to dive into art (or science) work. Children can work with their family as well as work on projects independently. When our children create, their "Art" is not right or wrong, but more about their self-expression; imagination, fine motor development and exploration. Supporting a budding artist is easier than you think:

- ~ Parents should provide children with a variety of materials to create from. (paint, markers, crayons, ribbon, tape, paper,....)
- ~ Provide a safe area that children can be free to explore without you having to stress about the floor, table or their clothes getting ruined.
- ~ Find a large area that you can put down an old table cloth or mat; have them wear old clothes or cover their clothes with an apron or oversized shirt.
- ~ Join in the fun! Sit with your child and create something too!
- ~ Comment on their creations and remember to keep it positive. "I see that you used 3 colors" or "That looks interesting, can you tell me about your picture?"
- ~ Start collecting boxes, tubes and material scraps to help fill up cold days indoors.
- ~ Make sure to find a place to display their art work.
- ~ If you don't have a lot of room you can take pictures of the art projects and make a small scrapbook for you and your child to look at and discuss as their creativity grows over the years.



A little creative time can go a long way towards building your child's mind, curiosity, fine motor skills and supporting self-confidence.

Your child's not into art??? Mix it up a little. Literally. Why not try some science experiments you can do at home?

<https://www.paperscissorscraft.com/easyscienceexperiments/>

<https://www.greenkidcrafts.com/dancing-rice-experiment/>

<https://www.thebestideasforkids.com/salt-painting/>

Heidi Aikens, Education Manager