



## Northern Tier Community Action Corp. Head Start Program September/October 2022 NEWSLETTER

**Dave Greene**  
Executive Director

Welcome to an exciting school year!!

Head Start's central purpose is to prepare children for kindergarten. 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.

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*

### Policy Council:

Next Meeting:  
October 13, 2022 at  
10:00 AM

Virtual Meeting

---

### Inside this issue:

Volunteer, Attendance/ Illness Matters	2
Preparing for Kindergarten	3
Messages From Marcy	4
Children's Nutrition: 10 Tips for Picky Eaters	5,6
Fall Fun	7
Snack Ideas	8



# Volunteer

Did you know that when parents are involved in their children's education, schools and communities grow stronger?

Ask your child's teacher how you can help in the classroom. Your involvement will make a difference!

**Debra Sidelinger, Head Start Director**



## **Attendance Matters/Illness Matters!**

Attendance is very important for your child's development. Please call the center and let them know when your child is absent. Going to Head Start is very important to help prepare your child for transition into kindergarten, and regular attendance is a great way to teach your child responsibility.

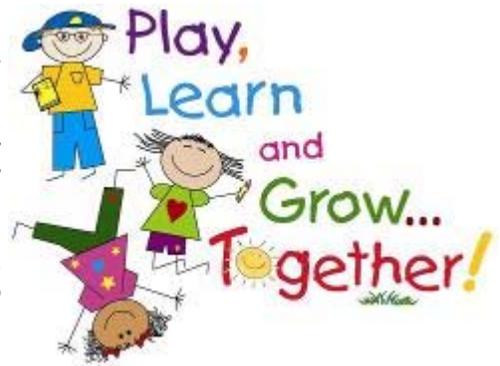
***BUT*** – when your child is not feeling well, please keep them home! Your child should not attend with a fever, nausea/vomiting, or diarrhea. It is very important for the safety and health of all the children and staff to use "***common sense.***"

**Debra Sidelinger  
Head Start Director**



## Preparing for Kindergarten

**Welcome back to school!** Time to be thinking about preparing for Kindergarten. Sounds crazy doesn't it? The truth is, the things we do day in and day out are ultimately helping to prepare our children for Kindergarten. As we gear up for a new school year, whether it's your first year, or your tenth year it's important to keep on track and be as supportive as we can to our kids.



Below are just a few examples of things you can do now to help prepare for Kindergarten:

**Talk A LOT!!** - Having conversations with our kids, about anything at all, helps to develop proper language and communication skills that we use every day.

**READ, READ, READ!!** - Even if it's just the jokes on your yogurt tube, or the riddles on the back of the cereal box. Reading helps them develop language skills and shows them that it's an important part of our lives. You don't have to be an amazing reader either. Even the best readers stumble over words sometimes. You're showing your kids that everyone makes mistakes, and it's not a huge deal.

**Visit the Library!!** - Take a trip to the local public library and check out a book or two with your child. If you don't have a library card, the staff at the library can help you get one. Some libraries even allow young readers to have their own library card.

**Play With Friends!!!** - Invite a friend or classmate over and plan a few fun games to play. Go fish, slap jack, hide and seek, or even I Spy. The possibilities are endless, and don't have to cost money. In return, you'll be helping your kids learn about cooperation, turn taking, patience, and lots of social skills.

**Have a FANTASTIC year!!!**

**Heidi Aikens, Education Manager**

# Messages From Marcy



**Welcome to Northern Tier Community Action! We are so excited to begin a new year!**

**Please know that we encourage open communication. Contact us with all questions.**

## Policy Council

When Head Start began in 1965, its founders understood that parents are essential partners in educating young children. They felt parents should help decide how Head Start services can most benefit their family and other families in the community.

Head Start provides parent/guardians an opportunity to be involved with the planning, and policies of Head Start. These meetings are once a month. Every Head Start program must have a Policy Council as part of its leadership structure. Through the Policy Council, parents have a voice in decisions about programs budget and funding, recruitment, enrollment policies in accordance with Head Start Performance Standards and Policies.

Policy Council members are elected by the parents of children enrolled in the program. Policy Council membership is 51% currently enrolled parents and 49% community members.

If you are interest in participating, please contact your Family Service Worker or Home Visitor. Come join us and learn the How's and Why's of Head Start.

## Parent Center Committee (PCC)

PCC is another way that parents can participate in their child's education. PCC meetings are held once a month in your community.

All Head Start families are invited to help develop family activities in their centers at PCC meetings. Aside from fun, events will provide parents and caregivers opportunities for parent education (both parenting skills, and or information on services in the community), and provide two-way communication between staff and parents.

## Attendance

Each site should maintain an 85% attendance rate, in order to be in compliance with Head Start Performance Standards.

Parents are required to contact the center when a child is not attending class. If you know in advance that your child will not be attending, please let the staff know.

Head Start staff will contact you if you do not call the center. This is a Head Start Performance Standard, which ensures your child's safety. Our main concern is the safety of your child.

**Marcy Boswell, Community & Family Manager**

# Children's Nutrition: 10 Tips For Picky Eaters

**Children's nutrition doesn't have to be frustrating. Consider these strategies to avoid power struggles and help the picky eater in your family eat a balanced diet.**

Is your preschooler refusing to eat anything other than chicken nuggets? Or would your toddler rather play than eat anything at all?

If children's nutrition is a sore topic in your household, you're not alone. Many parents worry about what their children eat — and don't eat. However, most kids get plenty of variety and nutrition in their diets over the course of a week. Until your child's food preferences mature, consider these tips for preventing mealtime battles.



## 1. Respect your child's appetite — or lack of one

If your child isn't hungry, don't force a meal or snack. Likewise, don't bribe or force your child to eat certain foods or clean his or her plate. This might only ignite — or reinforce — a power struggle over food. In addition, your child might come to associate mealtime with anxiety and frustration or become less sensitive to his or her own hunger and fullness cues.

Serve small portions to avoid overwhelming your child and give him or her the opportunity to independently ask for more.

## 2. Stick to the routine

Serve meals and snacks at about the same times every day. If your child chooses not to eat a meal, a regular snack time will offer an opportunity to eat nutritious food. You can provide milk or 100 percent juice with the food, but offer water between meals and snacks. Allowing your child to fill up on juice, milk or snacks throughout the day might decrease his or her appetite for meals.

## 3. Be patient with new foods

Young children often touch or smell new foods, and might even put tiny bits in their mouths and then take them back out again. Your child might need repeated exposure to a new food before he or she takes the first bite.

Encourage your child by talking about a food's color, shape, aroma and texture — not whether it tastes good. Serve new foods along with your child's favorite foods. Keep serving your child healthy choices until they become familiar and preferred.

## 4. Don't be a short-order cook

Preparing a separate meal for your child after he or she rejects the original meal might promote picky eating. Encourage your child to stay at the table for the designated mealtime — even if he or she doesn't eat.

# Children's Nutrition: 10 Tips For Picky Eaters (cont'd)

## 5. Make it fun

Serve broccoli and other veggies with a favorite dip or sauce. Cut foods into various shapes with cookie cutters. Offer breakfast foods for dinner. Serve a variety of brightly colored foods.

## 6. Recruit your child's help

At the grocery store, ask your child to help you select fruits, vegetables and other healthy foods. Don't buy anything that you don't want your child to eat. At home, encourage your child to help you rinse veggies, stir batter or set the table.

## 7. Set a good example

If you eat a variety of healthy foods, your child is more likely to follow suit.

## 8. Be creative

Add chopped broccoli or green peppers to spaghetti sauce, top cereal with fruit slices, or mix grated zucchini and carrots into casseroles and soups.

## 9. Minimize distractions

Turn off the television and other electronic gadgets during meals. This will help your child focus on eating. Keep in mind that television advertising might also encourage your child to desire sugary or less nutritious foods.

## 10. Don't offer dessert as a reward

Withholding dessert sends the message that dessert is the best food, which might only increase your child's desire for sweets. You might select one or two nights a week as dessert nights, and skip dessert the rest of the week — or redefine dessert as fruit, yogurt or other healthy choices.

If you're concerned that picky eating is compromising your child's growth and development, consult your child's doctor. He or she can plot your child's growth on a growth chart. In addition, consider recording the types and amounts of food your child eats for three days. The big picture might help ease your worries. A food log can also help your child's doctor determine any problems. In the meantime, remember that your child's eating habits won't likely change overnight — but the small steps you take each day can help promote a lifetime of healthy eating.

**Bonnie Halquist**  
**Health & Nutrition Manager**



# Fall Fun!



## Snack Ideas!



## Social Media



Follow us on Facebook to stay connected with program news and happenings! Like "Northern Tier Community Action Corporation Head Start"