



NEWSLETTER

Northern Tier Community Action Corp.
Head Start Program
November/December 2023



Dave Greene, Executive Director

From the Director . . .

Head Start views school readiness as children possessing the skills, knowledge, and attitudes necessary for success in school and for later learning and life. Your role in helping us do this is more important than ever! There are 3 areas where we need your help in the next few months. All of these are very important steps in helping your child to become ready for kindergarten.

1) ATTENDANCE- It is very important that your child attend the program regularly. This is a basic for school-readiness. If/when your child is not present they cannot learn what they need to be ready for school! The Office of Head Start expects individual children that attend center-based program to be present at least 85% of the time. Please make sure your child attends regularly.

2) PARTNER WITH STAFF-In order to help your child learn all they can we need your help. Staff need your ideas about how your child is learning and growing at home. They need you to help re-set goals for your child for the rest of the year. You are the one who knows your child best. When staff call you on the phone, come for home-visits or ask you to send information back to them, please do all you can to respond. We know you are all busy but we can't do the best for your child without you helping us. Remember, you are always welcome in the classrooms/sites.

3) WORK WITH YOUR CHILD- Since you are the first and most important teacher of your child, you also can be helping him/her learn every day at home. As a part of our school-readiness goals, we will be giving you more ideas of what you can do at home to work with your child. Please always make sure and check back-packs and pockets for information sent home. Not only will this help your child but we can use your hours for in-kind.

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Head Start
The Right Start

Debra Sidelinger
Head Start Director



Heating Assistance/Low-Income Home Energy Assistance Program



The Low Income Home Energy Assistance Program (LIHEAP) helps families living on low incomes pay their heating bills in the form of a cash grant. Households in immediate danger of being without heat can also qualify for crisis grants. The cash grant is a one-time payment sent directly to the utility company/fuel provider to be credited on your bill. These grants range from \$300 to \$1,000 based on household size, income, and fuel type. Remember: This is a grant and does not have to be repaid.

Crisis Grants

Households experiencing a heating crisis may be eligible for additional benefits through the LIHEAP crisis program. Emergency situations include:

- Broken heating equipment or leaking lines that must be fixed or replaced
- Lack of fuel
- The main heating source or second heating source (a source that is used to operate the main heating source or used if the main heating source is not working) has been completely shut-off
- The danger of being without fuel (less than a 15 day supply)

The danger of having utility service terminated (you've received a notice that service will be shut off within the next 60 days)

Contributed by Debra Sidelinger, Head Start Director

Social Media



Follow us on Facebook to stay connected with program news and happenings! Like “Northern Tier Community Action Corporation Head Start & Pre-K Counts”

Be Thankful for Special Memories!

What a special time of year to concentrate on the small things in life that make us happy! We all celebrate happy memories with our families. Let's make some special family memories!



Bake cookies from a favorite family recipe!

Share pictures of yourself as a child with your son or daughter.



Finger pain together with your child!

Take a hike and look for special items in nature. Take a photo to capture this special moment!



Make a scrapbook of special events.



Read a book with you child!

Then do a special craft to make the story come alive!

Hide stuffed animals around your home, and play "hide and seek".



Sing and dance together!

Contributed by:
Debra Sidelinger, Head Start Director

Head Start Mission



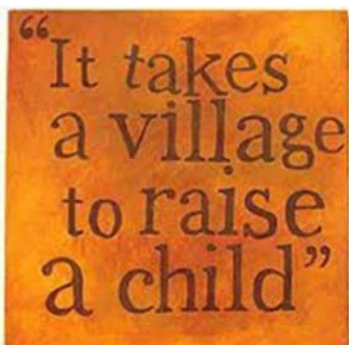
With the holiday season in full-swing I want to take the opportunity to reach out and thank our families for the support they give us and their children each day. Taking just 5-10 minutes a night to read to your child, ask about their day or work on something the teacher sent home will make a big difference. **The mission of Head Start is to promote "the school readiness of young children from low-income families by enhancing their cognitive, social, and emotional development."** (OHS Fact Sheet, www.acf.hhs.gov)

By partnering with the family to help them become the best first educators they can be we hope to help our Head Start program to assist in Head Start's mission.

The following are used to assist you with supporting your learners at home:

- * Newsletters- These outline important ideas and events the center is planning
- * Homework sheets- These provide support activities for you to do with your learners at home, this also gives money back to the program in the form of In-Kind. For those unfamiliar with in-kind: donations, volunteer time, and homework are just a few ways that parents and community members can help us match funds required to continue the program.
- * Family Activities- These activities are scheduled by your Family Service Worker to present topics that parents may request information on. For example, we may do one on PBIS and what this may look like at home.
- * Parent-teacher conferences- These allow us to discuss what your child has learned and how we can work together to support them. You will receive information on these before December.

In closing, we welcome parents who would like to volunteer in the classroom to reach out to your Family Service Worker to complete the necessary paperwork. Remember the saying "It takes a village to raise a child?" We would like you to remember that we are part of your village, please take the time to let us know how we can help support you in this process.



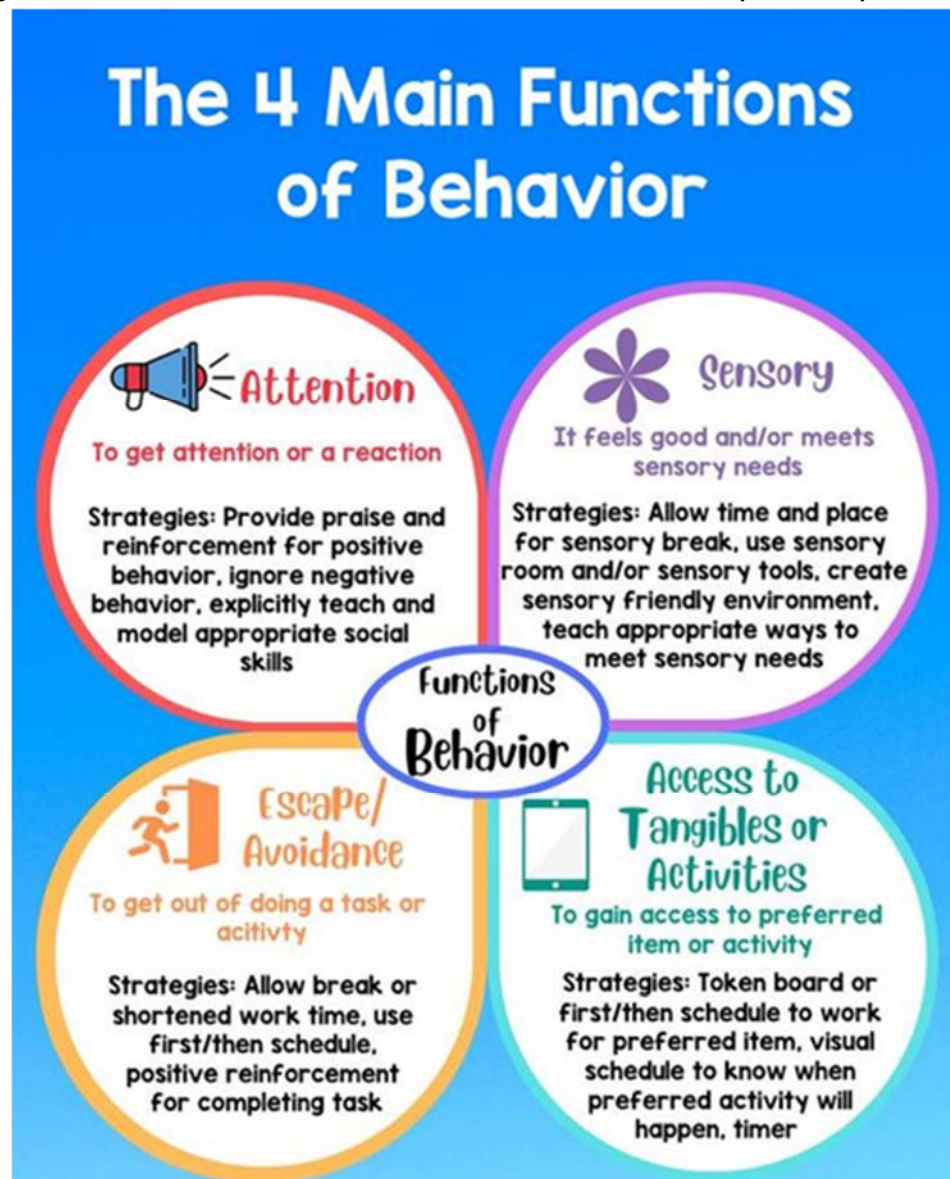
Contributed by: **Rochelle Stewart,**
Education Manager



Challenging Behaviors: Why Do They Happen and What Can I Do?

Challenging behaviors occur at every age, and while most children grow out of tantrums, some prove a little trickier. It's easy to feel at the end of your rope when you feel as if you tried everything, but nothing seems to work. One of the major factors that can help you handle your child's challenging behaviors is through identifying the **function** of the child's behavior. What does the child get out of what they're doing? Is how you're responding actually giving them what they want?

When thinking about behavior, remember SEAT: Sensory, Escape, Attention, Tangibles.



Contributed by: **Meghan Allen**
Special Education, Behavior Support, & Compliance

Family Meals

Serving Meals “Family Style”

Your child is learning new skills through family style meals at child care. Food is offered in serving bowls and plates, and children talk with others at mealtime. Family style meals can help your child:

- Build confidence with practice.
- Strengthen the small muscles in the child’s hands.
- Decide how much to eat.
- Talk and connect with others.



Try Family Style Meals at Home

- Place each food on its own serving plate or bowl. You can start small by choosing one food item to pass around the table.
- Sit down together. Turn off the television and put down the phones for fewer distractions.
- Pass each serving plate or bowl around to each person at the table. Help young children pass the bowl or plate if needed.
- Let each person serve their own food. Teach children to keep the bowl on the table when serving themselves. Use the serving spoon to scoop the food.
- Talk with one another.

Support Young Children at Mealtime

1. **Sometimes new foods take time.** Children don’t always take to new foods right away. You may need to offer a food more than 10 times before your child might like it.
2. **Patience works better than pressure.** Offer your children new foods. Then, let them choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice. It also helps them learn to be independent.
3. **Accept that it may be messy at first.** It will take practice for children to learn to serve themselves. But, the mess is worth the benefits. Letting them continue to practice will strengthen their skills— creating less mess.

Contributed by: **Bonnie Halquist, Health & Nutrition Manager**

Messages From Marcy . . .What Is In-Kind?

Recent studies have shown that children are most successful in school when parents are involved.

Head Start encourages you to give back to our program in the form of volunteer time, donated materials, and donated space.

Volunteer time- includes family home activity sheets that the teachers send home that are designed especially for your child. We also have reading logs, which records the books that you read to your child.

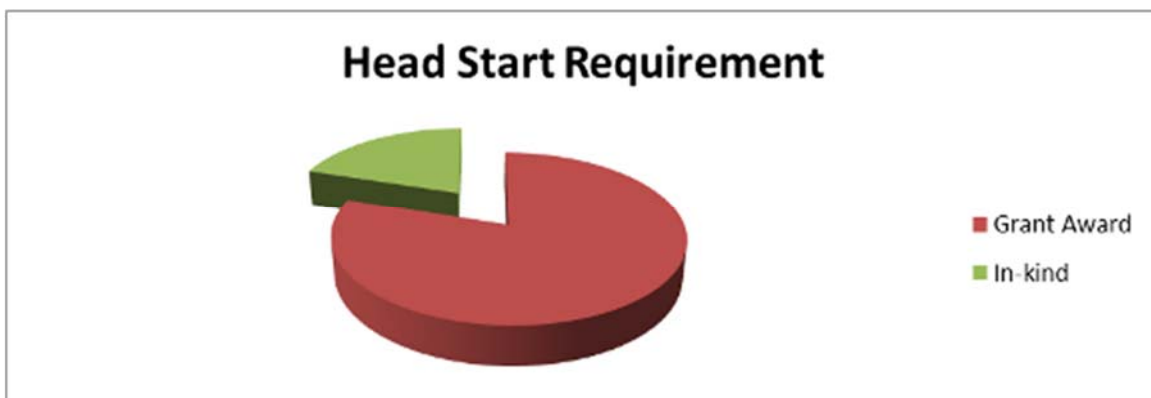
Classroom volunteers- Head Start volunteers are always in need of help in preparing, serving, and cleaning after mealtime. We need volunteers to help, every day. There is always something happening at Head Start. Classroom volunteer are asked to complete clearances and sign Standards of Conduct/Confidentiality.

Active involvement in Policy Council and local Parent Center Committee is counted for In-kind.

Items of value that are accepted for In-Kind donations are items for which the program might reasonable spend Federal dollars. We **must** have documentation of all donations, such as a receipt.

Failure to meet the In-kind requirement means a loss of Federal dollars that are critical to the program.

We really appreciate and value all that you do to help our program.
Thank you so much giving to Head Start!



Contributed by: Marcy Boswell, Family & Community Manager

Breakfast Ideas!



Lunch Ideas!

