



Dave Greene
Executive Director

Northern Tier Community Action Corp.
Head Start Program
NEWSLETTER
September/October 2024



Welcome to an exciting school year!!

Policy Council Meeting Dates:
September 12th
October 10th

Head Start's central purpose is to prepare children for kindergarten. Head Start views school readiness as children possessing the skills, knowledge, and attitudes necessary for success in school and for later learning in life by focusing on the following:

- 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. 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, and parent meetings are some of the ways you can involve yourself in the program and help through your child's Head Start journey.

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Debra Sidelinger, Preschool Services Director



Attendance Is Important!

Attendance is very important for your child's development. Attendance is closely monitored. Children are to attend at least 85% of the time. 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.



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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**".

Get your clearances! They are free and your FSW will help you apply for them! We need your help! Your children need you!



Debra Sidelinger
Preschool Services Director

Social Media



Follow us on Facebook to stay connected with program news and happenings!

Like "Northern Tier Community Action Corporation Head Start"

Please share with your friends on Facebook!

I missed a little bit of school, it's not a big deal

Does Attendance Really Matter?

IT'S A VERY BIG DEAL!



1 or 2 days a week doesn't seem like much but ...



If your child misses. . .	That equals. . .	Which is . . .	And over 13 years of schooling that's . . .
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	Over 2 ½ years of school
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years

How about 10 minutes late a day? Surely that won't affect my child?

If your child misses. . .	That equals. . .	Which is . . .	And over 13 years of schooling that's . . .
10 mins per day	50 mins per week	Nearly 1 ½ weeks per year	Nearly ½ year
20 mins per day	1 hr. 40 mins per week	Over 2 ½ weeks per year	Nearly 1 year
30 mins per day	Half a day per week	4 weeks per year	Nearly 1 ½ years
1 hour per day	1 day per week	8 weeks per year	Over 2 1./2 years

EVERY DAY COUNTS

If you want your child to be successful at school then, YES, attendance does matter!

Contributed by: Meghan Allen, Community & Family Manager

Good Food Habits Are "Caught Rather Than Taught"



When it comes to nutrition and eating habits, parents are their children's first and most important teachers. We know that children are great imitators and this is particularly true with eating. When children see their parents and teachers eating and enjoying nutritious foods, they are more likely to develop similar habits. These early experiences with food are very important in forming lifelong habits and attitudes that affect health and well being.

Mealtime is a good time to learn more than good nutrition. Children and staff, including volunteers, eat together sharing the same menu and pleasant table conversation in a relaxed atmosphere. Food is never used as a reward or punishment and the children are always encouraged but never forced to eat or taste.

All meals at the Head Start center are in accordance to the Child and Adult Care Food Program (CACFP) guidelines. We try to encourage new foods and always have a good, positive attitude toward the foods served. Talk about personal dislike of food is discouraged. We direct the table conversation toward the children's total experiences (not limited to food and nutrition). We eat in small groups that make conversation and interaction easy. All the adults should set a good example by their attitude toward acceptance of the food served. Because at Head Start we believe that good food habits are "caught rather than taught."

*Bonnie Halquist
Health & Nutrition Manager*

Healthy Apple Snacks!



HEALTHY | QUICK | EASY
APPLE NACHOS



Health News

Welcome to Preschool!

As we start off the new year, I would like to mention some upcoming events at Head Start! During the month of September, we will provide vision screenings to every child. The mobile dentist will also be visiting in September and October. Stay tuned for further information from your Family Service Worker!



IMPORTANT
Upcoming Reminders



- ⇒ Copy of your child's immunizations due no later than 10/24/24
- ⇒ Your child's Physical due no later than 11/22/24
- ⇒ Your child's Dental due no later than 11/22/24

Bonnie Halquist, Health & Nutrition Manager

Challenging Behavior Is Communication

Your preschooler is learning positive behaviors just the same as when learning new words and skills. Challenging behaviors often happen when children feel they don't have another way to express their feelings or another way to get what they need. It's important to stay calm, patient, and consistent as you help your child understand your expectations.

When your child is very upset and having a temper tantrum, you may want to try the following.

Bend down, or sit on a seat, that will get you at eye level of your child:

1. Speak quietly and calmly.
2. Encourage your child to take deep breaths. Blowing bubbles or blowing out candles are some techniques to build this skill.
3. Think about what you had requested of your child that may connect to the tantrum. Could your child be hungry or tired? Do they need to use the bathroom or have they had an accident?
4. Think about the expectation you provided your child to complete. Did you provide them when a 5 minute notice? Would restating the expectation in a way of which your child may understand help?
5. Allow your child an opportunity to share their words with your help. State some sentences that could be used to help them. Allow them a chance to repeat.
6. Develop logical consequences related to the undesired behavior, promise them, and follow through on using them. ("If you can't wait for your turn on the swing, we'll go over to the slides.")

Positive behavior support for your child works best when you and your child are calm and relaxed.

Talk about family rules and expectations. Your child can help come up with rules and the consequences for not following them.

Reinforce positive behaviors ("You're using your words to explain what you want!").

Help children with behaviors they're struggling to learn, such as waiting for their turn. Practice them together.

Be supportive by modeling positive behaviors.

Tricia Juran

Education Manager

Professional Development Coordinator & Coach

Fall Fun!



Fall Wreath

Have your children collect leaves and glue down on a paper plate ring. Add a pretty bow ribbon and hang on your door to welcome visitors!

Your little one will love painting leaves on a tree using a cotton ball & clothes pin paintbrush!



Spread out the ripped pieces & put into a pile. Give your child a glue stick & explain to them to glue the pieces into the middle of the drawing.