



NEWSLETTER

Northern Tier Community
Action Corporation
Head Start Program
January/February 2026



David Greene, Executive Director



From the Director . . .

Dear Parents,

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

As we approach the halfway point of the program year, the children have been busy learning about different studies in the classroom and practicing socialization skills that will help them as they transition into kindergarten!

Just a few friendly reminders ~

- * Please remember to drop off and pick up your child promptly;
- * When your child is sick, please let your staff know that your son/daughter will not be attending for a day or two;
- * Attendance is required at Head Start - missing a day of learning is extremely important to your child's development;
- * Check your REMIND text for program closures due to bad weather;
- * 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 & February!



HAPPY NEW YEAR!

Debra Sidelinger
Head Start Director

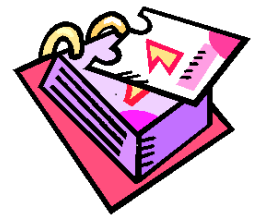
POLICY COUNCIL

Chairperson:
Raven Volos

Vice Chairperson:
Linda Dyne

Secretary:
Ally Ogden

Next Policy Council Meeting: Feb 12, 2025



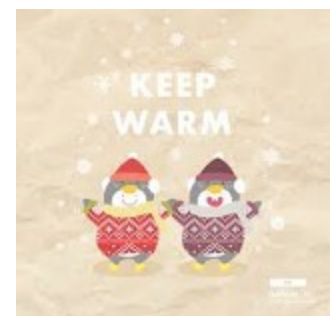
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Self-Assessment



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?

Please complete the Parent Survey, which will be sent home through a REMIND link and it will be posted on FACEBOOK also. This will help us gain your valuable input so that your voice is heard!



Debra Sidelinger
Head Start Director



Low Income Home Energy Assistance Program LIHEAP



Apply for Home Heating and Energy Assistance

The Low-Income Home Energy Assistance program (LIHEAP) provides cash grants to help Pennsylvanians pay their heating bills.

About LIHEAP

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 \$200 to \$1,000 based on household size, income, and fuel type. **Remember: This is a grant and does not have to be repaid.**

LIHEAP can help you keep your home warm and safe during the coldest seasons. From **December 3, 2025, to April 10, 2026**, you can apply for a cash grant to help pay your heating bill. You can receive from \$200 to \$1,000 based on your household size, income, and fuel type.

The cash grant is a one-time payment. The grant will be sent directly to your utility provider or fuel company to be credited on your bill.

Are you experiencing an emergency related to your household's heat? You may be eligible to receive additional funds through a crisis grant.

Eligibility

To qualify for LIHEAP in Pennsylvania, you must meet income requirements, which are set based on your household size. Renters and homeowners are both eligible for benefits.

You **do not** need to be on another public assistance program or have unpaid heating bills to qualify

Apply through your local CAO office or online using COMPASS.



Debra Sidelinger
Head Start Director



Getting Oral Health Treatment Is Important!



GETTING ORAL HEALTH TREATMENT IS IMPORTANT!



If your child's dentist finds tooth decay and recommends a follow-up dental visit for treatment, it's important for your child to get care. Receiving follow-up treatment is key to keeping your child healthy.



Why it's important to take your child for a follow-up dental visit for treatment:

- The dental team can treat tooth decay and prevent it from getting worse and causing an infection.
- Treating tooth decay can prevent pain, trouble sleeping, behavior problems, and difficulty concentrating.
- Treating tooth decay can stop it from spreading to other teeth in your child's mouth.



Tips to prepare your child for a follow-up dental visit:

- Be positive
- Keep it short and simple. If your child asks what will happen at the visit, you can say "The dentist will fix your tooth."
- Don't talk about shots or possible pain.
- If you fear visiting the dentist, don't share your feelings with your child. This could scare them.
- Read books or watch videos together with your child about dental visits. Look for books or videos that show dental visits in a positive way. Don't read books or show videos that use words like hurt, pain, shot, or drill. Ask a children's librarian, dentist, dental hygienist, child care provider, or teacher for recommendations.
- Let your child bring their favorite toy or blanket to the dental clinic.
- Ask one of the dental team members if your child will receive a small toy or new toothbrush at the end of their visit. Share this with your child.

Taken from Office of Head Start, National Center on Health
Bonnie Halquist, Health & Nutrition Manager



Meet Beezee!



MEET BEEZEE



We really appreciate those who took the time to vote for our PBIS Bee Mascot's name. I am happy to introduce you to Beezee. Beezee is here to help students learn the program rules.

- Be Safe
- Be Kind
- Be Responsible

Please be sure that you are practicing these rules at home with your child as well. These rules can be used across all environments. We send home monthly newsletters to provide information on how you can help promote learning from home each month.

ROCHELLE STEWART
EDUCATION MANAGER