



Program Newsletter

COLLEGE OF SOUTHERN IDAHO
HEAD START/ EARLY HEAD START



Summer 2011

Parent Corner

Excerpts taken from the Wholistic Stress Control Institute, Inc. at <http://www.wholistic1.com/>

What is Stress?

Stress is a response of the body from demands placed on it. Stress can create feelings of conflict and/or anxiety within an individual. If stress is not identified and resolved, it can progressively deteriorate your ability to function physically, mentally and emotionally.

Causes

Stress is most frequently caused by change, such as loss of a loved one; job loss; illness or injury and lifestyle changes. Some peoples' personalities are more prone to stress due to poor coping skills, eating habits, lack of exercise, unhealthy lifestyles, and negative attitudes. Anything that causes stress is a stressor.

Effects

Some stress is positive and creates good opportunities and outlets in life. Positive stress can keep a person motivated. Continual stress or "distress" results in anxiety that affects your mental, emotional and physical health.

Signs of Stress

Some signs of stress are headaches, dizziness, fast heartbeat, abnormal eating habits, troubled breathing, inability to slow down or relax, depression, ulcers, high-blood pressure, phobias, and disturbed sleep patterns.

Stress-coping Skills

- Take a deep breath. Deep breathing helps calm the body.
- Watch your thoughts. Negative or fearful thoughts create more anxiety and stress. Thinking positive about a situation helps reduce stress.
- Practice visualization. Visualize what you want to happen in your life.
- Exercise Regularly. Physical activities often relieve the body of unnecessary tensions and allow the body to function more effectively. Exercise also provides needed diversions from life's pressures.
- Talk about stress. Opening up about your problems or tensions with close friends, a therapist, co-workers or a clergy member will allow a sharing of feelings and an opportunity to keep potential stressors in proper perspective.
- Set realistic goals. People who expect too much of themselves are most frequently troubled by stress. Goals must be realistic to be motivational.



Reading Corner

It Was You, Blue Kangaroo- Emma Chichester-Clark

Pumpkin Soup- Helen Cooper



Nutrition Tip—Eat Together and You All Eat Better
Cammie Jayo, Coordinator Extension Nutrition Program (ENP)

Children and teens who frequently eat dinner with their parents consume more naturally nutrient rich food such as fruits, vegetables, and dairy products. Their diets are richer in calcium, vitamin A, vitamin C, and fiber—and lower in saturated fat and trans fat. The benefits go beyond nutrition: kids and teens who have meals together with their families generally do better in school, have a broader vocabulary, and are less likely to be involved in risky behavior such as drug and alcohol abuse. Besides, parents and kids enjoy the time around the table together.

- Before the week begins, look at everyone's busy schedules and pick several nights when everyone can eat together. Set a time, have everyone write it down on their calendars, and make your best attempt to stick to it.
- Before going to the supermarket, ask the kids to pick a menu for what the family will eat for a night or two that week. Encourage kids to help prepare part of that meal.
- During dinner, clear the table of clutter and turn off the phone, cell phones, and beepers so the focus is on each other and the food.
- During dinner, turn off the TV. The TV is not a family member. Talk about what happened in everyone's day: school, job, friends, a new movie, or what is in the news.
- Keep conversation positive. If kids think of the table as a place of conflict and discipline, they won't want to be there.
- Ensure that everyone gets involved in dinner conversation so that one person does not dominate. Everyone needs a chance to talk.
- Encourage lingering around the table for relaxed conversation. Serve dessert or fruit and cheese. Even if it's just the adults, the kids will see by example that the dinner table is an enjoyable place.
- Start the pattern of family dinners when kids are young. It is much easier to develop this pattern when they are preschoolers than to start when they are teens.
- You don't have to fix a fancy meal. Good tasting nutritious food does not necessarily take a long time or a lot of skill to prepare. Rather than focusing on the cook's ability, focus instead on the enjoyment of shared time together.

Adapted from Washington State Dairy Council

If you want help planning some healthy, affordable meals call Rhea Lanting of the University of Idaho Twin Falls Extension Office at 208-734-9590, ext 21



CENTER NEWS

Cassia

Activity: Food for Fun in the park is a collaborative effort between Burley Public Library, Cassia Regional Medical Center and the Cassia County School District All children are invited for fun games, stories, crafts and a free lunch.

Activities: June 10 LIVE/ the body walk July 1 Squish Squash August 5 Final Party
June 17th Art Ocean of Fun July 8 Wonders of Water August The Cassia Fair
June 24th High Seas Adventure July 15 Splish Splash

*All programs are held at Story Book Park (corner of 14th and Conant Ave), it is free and open to everyone! What's New: During the summer we will be remodeling one of our children's bathrooms and painting inside the center. Celebrations: We had several parents receive their GED's ad AA's this year, congratulations!!

East End

Celebrations: We held an End of the Year Family Party on May 20th, from 4-7 pm. Families enjoyed hotdogs, potato salad, beans and several games throughout the afternoon. We are currently taking applications for the upcoming year. Our last Parent Meeting was May 11th, 2011. Ms. Makings, who is the Kimberly Elementary Kindergarten teacher answered parents questions regarding enrollment and class structure. Upcoming Events: There will be several activities in the community for Western Days on June 6th. The City of Kimberly will begin their summer reading program on June 9th. There will be reading activities at Kimberly City Park each Thursday.

Hailey

Major Donations: Swimming lessons for all Head Start children from the Kiwanis Club. Registration begins May 31st, Pizza for the final parent meeting/end of year party in May. What's New: We participated in the St. Luke's Health Fair on May 21st at the Community Campus. We gave out pre-apps, networked with community partners. We are optimistic about the future of our program and our center has great support within our community. Celebrations: The final parent meeting was held in May and parents voted to provide the classroom with math, art supplies, and furniture in time for the new school year. Our FE 2 Wendy Young has been nominated for the NHSA Scholarships and Awards in the *Beating the Odds* division. Wendy earned her US citizenship this spring, while also earning her Child Development Associate at CSI. She has persevered and is mapping such a great life for herself—working hard on her education and professional success. We are so proud of her!

Little Wood

New at the Center: We are in the process of recruiting for the new term of 2011-2012. We have been out in our local communities putting up flyers and pre-applications. Upcoming Events: There will be a Western Heritage Day at the Fair Grounds in Gooding on June 24th. The annual Fireman's Barbeque and Benefit is on June 25th. We also have community celebrations coming up for the 4th of July. The Lincoln County Fair is scheduled for the last week of July. Gooding County Fair is scheduled for the 3rd week of August.

Minidoka

Major Donations: Flowers to plant from Walmart for each child to take home. Books for children from DeMary library. Group classroom pictures from Ryan Thomas Photography. What's New: Start of

Construction on the new Early Head Start wing this summer. Celebrations: End of the year activity for parents was held on May 25th at the Neptune Park in Rupert. Food and fun for everyone. Upcoming Events: Fourth of Jul Celebration in Rupert. Cassia County Fair first week in August. Burley Regatta in June.

EHS: June Socializations start the week of the 13th and go thru the week of July 11th. EHS parents will plan a date in July for a family picnic.

North Side

What's New: We are planning on refinishing the hardwood floors in the classroom during the summer. Celebrations: End of the school year celebrations included a picnic, face painting, T-shirt decorating and piñatas for all the children & families. Upcoming Events: Summer reading Program at Jerome Public Library, every Thursday at 10 am.

EHS: Socializations: June 13-July 15th, Socialization Orientation: August 8th. We will be creating an outdoor space to use during socializations; and we have an EHS dad that is helping us with plans for that space.

Orchard Valley

Celebrations: Parents formed a committee and came to the center to clean the yard and give the inside of the center a spring cleaning! Upcoming events: Dairy Days in June for the community. We will have a bus in the parade with Little Wood. Parents and children will be involved.

Power

Male Involvement was held 6-4-11 (swimming). Major Donations: Reduced swimming at Indian Springs, A.F. What's New: Kids drum set donated for the classroom. Celebrations: Appreciation Luncheon was held May 25th. Upcoming events: Summer reading program at the Library. Free lunches at AF Park. AF's Day: Aug 14th, Fathers/Kids free fishing day June 12th.

Twin Falls

Major Donations: \$2360 Ryan Thomas Photography donated art project picture and class picture to each child plus 8 hrs. of his time. Forty RSJH students cleaned around our center for 2 hours (80 in-kind hours). Fifteen O'Leary students volunteered to read to children for RIF distribution for 2 hrs (30 in-kind hours). Upcoming Events: Free concerts in the park every Thursday (June 9-Aug 11). Free fishing Day/BBQ June 11th 8 am-1pm at Hagerman Fish Hatcheries. Free Movies in the park: June 24-Annie, July 29-How to train your dragon, Aug 26-Tangled. Urban Wilderness Day June 11 at Dierkes Lake from 11-3, Pioneer Days Aug 20th (register at info@twinfallsmuseum.org)

EHS: Socializations start June 13 and go through July 15th. EHS families will be planting a garden, and having picnics at local parks this summer.

West End

Center News: Linda Quintero graduated from the College of Southern Idaho with her A.A. in Early Childhood Education on May 13th. Ronda Case graduated with her Master's of Social work from Boise State University on May 11th. Three staff will be taking summer classes this summer. Celebrations: We had a great year and are looking forward to taking applications for new children and families. Also, we will be working on getting donations for a shade area for the playground this summer.