



Program Newsletter

COLLEGE OF SOUTHERN IDAHO
HEAD START/ EARLY HEAD START

Fall 2010



Director's Welcome

Welcome! We are so glad you and your child have chosen to participate in the College of Southern Idaho Head Start/ Early Head Start Program. You may not know that we are funded to serve just 40% of the eligible children in our 10 county service area.

If this is your first experience in Head Start/ Early Head Start, you may be surprised about some aspects of our program. Most people think of Head Start as a preschool program for children ages 3 - 5, and they are right! A majority of our program resources are devoted to providing quality preschool services. All Head Start classrooms are designed to provide a rich learning environment. We hope to nurture each child's sense of curiosity and to build on their individual strengths and interests as they discover new information. Head Start children in this program are enrolled in a variety of options. Not every option is available at each center. A few of our centers have an Early Head Start program which serves pregnant women and children ages 0-3. Early Head Start provides the same quality services through weekly home visits, and regular socializations. We know parents are their child's first and most important teacher, so Head Start/ Early Head Start staff will share important information about your child's progress in class as well as, working with you to maintain a rich learning environment at home.

Head Start/ Early Head Start is a comprehensive program for low-income families. Our overall goal is to eliminate or lessen the effects of poverty! We think it takes more than being ready for school to do that; a portion of our time and money is used to enhance the overall health of each child. This includes screenings, exams, great nutrition and making sure that any follow-up care is provided. Chances are you and your child will learn a lot about wellness and good nutrition!!! By the end of your Head Start/ Early Head Start experience you will have established a "medical home," an ongoing source of health care and dental services for your family unless you already have a family doctor or dentist.

Now the best part! We think the real key to long term benefits for children is having parents and other family members who are goal setters, who feel good about themselves and who are confident and knowledgeable about parenting skills. That is why a large amount of resources are also devoted to parent involvement! Former parents have told us that one of the best things about Head Start/ Early Head Start is that it is voluntary and tailored to individual family concerns. We offer one on one individualized home visits. Each of our centers offer parent group activities planned by the Parent Committee. Parents also have the opportunity to serve on Policy Council which meets monthly. Family members are encouraged to observe and/or serve as volunteers in a variety of program and community activities. We will work hard to develop opportunities for participation that are responsive to your needs.

I hope you have a great year, and look forward to working with you. Please feel free to contact me or other staff members with your concerns or ideas!

Mary Marshall

Head Start/Early Head Start Program Director

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Visit us at our web site!

www.csi.edu/headstart

What Are Children Learning When They Play

Excerpts from *Smart Start: The Parents' Guide To Preschool Education*
by Marian Edelman Borden



Building with Blocks

Building with blocks is lots of fun--and it teaches many skills that children will use later. One study indicates that many of the concepts learned from block building are the foundation for more advanced science comprehension.

What's Learned Blocks help children learn scientific, mathematical, art, social studies, and language concepts; use small-motor skills; and foster competence and self-esteem. Building with blocks also teaches life skills. Just putting away your groceries in the cupboard is using the same concepts of spatial relations, stability, and balance that you learned in the block corner.

Blocks also are important in developing math skills. A child learns about depth, width, height, length, measurement, volume, area, classification, shape, symmetry, mapping, equality (same as), and inequality (more than, less than)--all from building with blocks.

Finally, building with blocks fosters a feeling of competence, teaches cooperation and respect for the work of others, and encourages autonomy and initiative.



Dramatic Play

The housekeeping/dress-up corner should be stocked with play items and props that encourage young children to play make-believe. Look for pots and pans, stuffed animals, dolls (soft, unbreakable, washable, and multiethnic), toy telephones, hats, purses and tote bags, unbreakable tea sets, doll beds and carriages.

What's Learned Playing make-believe lets a child bring the complicated grown-up world down to size. Research demonstrates that children who are active in pretend play are usually more joyful and cooperative, more willing to share and take turns, and have larger vocabularies than children who are less imaginative.

Imaginative play helps youngsters to concentrate, to be attentive, and to use self-control. Think about how a child develops a game of supermarket. He must first set up the counter, put out the pretend cans of food, invite friends to shop, use the "cash register," and bag the groceries. All of these actions help a child to learn about sequential acts. He also has a story or script in mind that helps him to perform each of these steps in a logical and orderly way.

When children pretend they also learn to be flexible, substituting objects for those they do not have. For example, a child will use an empty paper towel roll for a telescope.

Through imaginative play, children learn empathy for others. Children will often act out a whole range of emotions when playing pretend, offering sympathy for a stuffed "doggie" that is hurt or

for a doll that fell off a chair. We watch them scold a puppet for being naughty or tell a doll how proud they are because she used the potty.

Dramatic play encourages children to think abstractly, which is an important pre-reading skill. Children come to understand that words represent ideas.



Snack Time

Snack time is an important part of the preschool experience. Whether the food is provided by the school, or on a rotating basis by the parents, or cooked by the students themselves, snack time--just like mealtime in your own home--is an opportunity to "break bread," share, and communicate. The snack is usually simple, crackers or a piece of fruit and juice.

Snack time can also be an opportunity for children to try new foods. One little boy brought in the usual graham crackers and apple juice for the class snack, but also brought in his personal favorite green olives. Surprisingly, several of the children were willing to taste the new delicacy!

What's Learned Snack time is an opportunity for a child to learn social skills as she chats with her friend in the seat next to her. Passing out the snack and distributing a napkin and cup to each child teaches one-to-one correspondence and counting skills. Pouring the juice from a small pitcher to an individual cup requires small-motor control. Cleanup time after snack is another educational opportunity. Again, a child's sense of competence and independence are reinforced. Snack time is also an opportunity for a child to associate mealtime with pleasant feelings.

SCREENERS AND ASSESSMENTS

Head Start has several screeners and assessments that are done in our program that are mandated by our performance standards from the federal government. The screeners that are completed in our program are: ESI – P or ESI – K (Developmental), Fluharty-2 (Speech & Language), Devereux (Social/Emotional), Vision and Hearing. These screeners have to be completed within the first 45 days of the child's enrollment. After the screeners are completed your home visitor shares them with you on the 3rd home visit. The screeners can also be used to help set individual goals for your child.

The Child Observation Record (COR) is the programs ongoing assessment for children which is utilized by the High/Scope curriculum. The COR is completed three times. The COR is printed out into a parent report form that is shared twice during the program year. Parents can also access the COR online through an invite from the lead teacher to see your child's progress.

The DECA is our social/emotional screener and assessment that is done after the child has been in class for four weeks and again towards the end of the program year, usually in April. The assessment is done by both the parent and classroom teacher. A letter is taken to the home with the results and explained by the home visitor.

If you have questions regarding any of these screeners or assessments, please contact your home visitor, lead teacher or center supervisor at your center.

Brad Eslinger
Children Services Specialist

CENTER NEWS

Cassia

We almost have a full-time custodian and three wonderful new staff members. Upcoming Events: Open House is Oct 20th along with our Harvest lunch; the community will be invited to come and enjoy. Field trips: Library, the potato field and the Spanish Bakery. Various activities are planned for male involvement. Parent Meeting/Training: Oct 12-child development presented; Nov 9-domestic violence. We are fully enrolled and on our way to a great year. We had many parent visits and had lunch with their children.

Hailey

Field trips; Mt. School in October and the Fire station in November. We received major donations of 20 child sized tambourines from Little River Pre-school, art supplies from the Hailey Toy Store, and a tape recorder and puzzles. Upcoming events in the community: Trailing of the Sheep in Hailey/Ketchum October 9-10th. Parent training: October 12-Health by local nurses and Male involvement all month with dad's lunch with kids, November 9- Nutrition; Male involvement all month with read with kids.

West End

Parent Meetings: Oct 14 with Active learning presented by Dana Mikesell, Nov 10 and Dec 9th. Male involvement activities in December will be held at Home Depot and Dad's Day out. Field Trips: to the apple orchard and the pumpkin patch will occur in Oct and Nov. The center has had a fresh coat of paint and is looking very nice. Open House: will be held Oct 14th from 3-5 pm. Nurturing Father will be held before each parent meeting.

East End

Parent meeting: Oct 13-Menu/USDA guidelines by Diana Durfee; Nov 10-Nutrition by Mary Baker; Dec 8 Safety by Sherri D'Angelo. Field Trips: pumpkin patch, Ridley's and Maxie's. Activities: Literacy. Center news: New window blinds, had a great 1st parent meeting. Upcoming events: Valley-Resource Roundup/Farmer's Market Oct 2nd, 8:30-1:30.

Minidoka

Parent Meetings: October 7th, election of Center Officers will follow; November 4th will include training on how your child learns; December 2nd is on nutrition. Bus Monitor training: October 6 at 10:30, Harvest Dinner: November 3rd and 5th. Upcoming Community Events: October 6- Break for Breakfast for women from Minidoka Memorial Hospital (7-10 am). Craft Fair at Minico High School from 9-5. CSI corn maze every evening in October (Mon family night \$5). Caring and sharing tree festival at Rupert Civic Nov 26-28. Free skiing and snowboarding classes at Pomerelle ski area in December. Festival of the trees at the CSI Mini-Cassia Center Dec 2-4.

EHS: What's new at the Center: Portable walls for EHS classroom and a sofa and chairs in front reception area.

Little Wood

Parent meetings: October 12th, November 11th, Nutrition and the male involvement activity, Money Management will occur at the parent meeting on the 7th. A Center Open House will be in October. Field trips: pumpkin patch, Lezamiz Dairy in Richfield, and Operation Life Saver. Community Service: clean up and maintenance on the playground and center. Classroom: new cubbies, they look fantastic and the children love them. We are hiring a new classroom assistant who will be bi-lingual. We have our Family Educator I/Home Visitor back from maternity leave. Welcome Back Teresa!

Twin Falls

Field trips: pumpkin patch, taco bus. Open House Activities: wood project at Home Depot, Pet Smart and the dentist, Dominos Pizza and Kiwi Loco. The Parent meeting on October 7th will include training on active learning, November 11th training will be Color Me Healthy. Classrooms and the main hallway have been painted; classrooms have new laminate flooring, new deck on EHS playground and a new awning on HS playground. Parents are encouraged to come eat with their child on October 13 or 14 for the Harvest Festival. Times of meals are Unit specific, so please watch for a flyer to come home on the bus. EHS and CSI toddler Lab are now meeting at the Twin Falls Center.

Orchard Valley

Parent Meeting: October 14th, High Scope/Literacy on November 17th and Literacy bags will be given out at the December parent meeting. Field trips: apple orchard, Library. An Activity at Home Depot or Lowes "Make it /take it." Male involvement with dads and children will occur in November. Staff news: Ruth Calderon is back as our new FEIII; Elizabeth Zavaleta is our new FEII. Orchard Valley and Wendell Library are partnering with First Book. A community craft fair will be at the high school.

Hagerman Pre-K

Our Pre-K kids are doing GREAT! Parent Teacher Conferences: November 3rd and 4th. Field trips: visiting the fire truck, operation lifesaver, and music by Val in December. The October parent meeting will be held on the 4th with a DVD for parent training. Male involvement activity: October 29th with pizza and a movie. Nutrition training: presented by Mary Baker in November with a potato bar and books. The December parent meeting will be on literacy. Hope to see you at our next parent meeting!

North Side

Parent meetings: October 18th, November 8th, and December 13th. Open House/Budget Meeting on Head Start/Early Head Start. Parent-Teacher Conferences will be held on October 29th and November 1st. Our upcoming field trips include the dentist, the fire department, Ridley's and Wal-Mart. Color Me Healthy is scheduled for classrooms and Lyle Hanson with U of I extension, Lyle will also be training on money management at the November parent meeting.

EHS: Twenty-four families are being served. Our family educators consist of Yolanda Gonzalez whom has worked for the program for over 22 years. Kathy Caldwell has worked for the program for over 16 years. Celida Galindo is our newest staff member. Our upcoming socializations will start the week of October 11th and continue through the week of November 8th. There is a new classroom in the future and new staff. If you would like to visit our socialization please feel free to call the center for days and times.

Power

Parent meetings: Oct 13th, Nov 2nd with training on child development. Field trips: Potato field, Fish & Game (with Smokey the Bear), Library will be visiting. Center news: Bambi Hover is a new FEII, ISU Practicum student, two high school students in an adult program living are helping in the classroom. Five high school students are remodeling the playground. Donations: 50 lbs. of potatoes for each class. Staff and parents have been great filling in while the Center Supervisor position is being filled.