



COLLEGE OF SOUTHERN
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EARLY HEAD START



Head Start Quarterly Review

A quarterly newsletter of the College of Southern Idaho Head Start /Early Head Start

VOLUME 1, ISSUE 4

JUNE 13, 2013

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Helping Prevent Summer Reading Loss

By Julie M. Wood, Ed. D,
from pbs.org/parents

Once upon a time, in a world before the Internet, smart phones and other wireless devices, there were books. And you'd go to the library all summer long and check out seven or eight at a time. You'd head for a shady spot under a tree, or a hammock if you were really lucky, and devour all sorts of books, from *The Borrowers*, to *Mary Poppins*, to *Tales of a Fourth Grade Nothing*.

For me, it was entering into the world of *Island of the Blue Dolphins*, oblivious to the day of the week or chores that needed to be done. And whatever else I was doing over the summer, I'd be sure to find time to read. Ever since I learned to read, books were my touchstone -- from age 5 throughout the rest of my life.

Now, of course, children have a wealth of books to choose from, many of which are even more entertaining and reminiscent of a larger world than those we had back then. From DK Eyewitness books to *Harry Potter*, children have a mind-boggling assortment of fiction and nonfiction choices.

As parents, one of our major roles is to make sure that children set aside time every day to read - to read for pleasure, for information, for the vicarious thrill of living in an imaginary world. Why is this so important?

- Children need to engage with books every day so they can maintain, and ideally strengthen, all the literacy skills they learned during the previous school year. Assistant Principal Twana Santana-Embry compares reading to exercising, telling her students that

any time they read they are "strengthening their reading muscles."

- The stakes for children who do not read over summer vacation are high. Substantial research on this topic shows it's usually the students who can least afford to lose ground as readers who are most likely to suffer from summer reading loss and fall far behind their peers.

- The few months of loss in reading skills compounds over the years; by the time children reach middle school, those who haven't read during the summers may have lost as much as two years worth of achievement.

The good news is that if children read just six books over summer vacation, they will likely avoid summer reading loss. Here are a few ideas for reaching--and going beyond--this six book goal:

- Take books with you and your child everywhere you go; to the doctor's office, on picnics, on road trips, etc.

- Let your child choose the books she wants to read (as long as they're age-appropriate and are written at the *just right* level of difficulty).

- Support his reading experience by talking about the books and helping him understand and interpret what he reads.

- Read aloud to your child, even if he can read on his own. It helps build vocabulary and listening comprehension skills.

- As you're reading aloud, be sure to interact with your child by asking what she thinks might happen next, what a certain character is likely to do, whether the story is real or make-believe, and so forth.

Above all, have fun!

- If you are more comfortable reading to your child in a language other than English, by all means do so. What your child learns in his or her native language will help create a bridge to learning English.

Encourage your child to participate in a summer reading program. Many libraries host them. Some bookstores do, too. You might also consider the PBS Kids & Parents Reading Challenges which runs through out the summer months.

In addition to reading books, children can practice their reading skills by engaging in many different online reading experiences. Literacy-building sites such as PBS Kids Island for children ages 3-5, and the Great Word Quest for ages 6-8 (both of which are free) are great examples.

I truly believe that encouraging your child to continue flexing his or her reading muscles over summer vacation is the single most important thing you can do to help develop literacy learning.



Children need to engage with books every day. Photo Courtesy www.ilovelibraries.org

Regional Updates: North

Hailey

June: Blaine County Recreation District—788-2117. Please call or stop by the BCRD for a list of all activities for summer. The HUB Day Camp starts at age 5; openings fill quickly. Scholarships are available. BCRD activities also include the Blaine County Aquatics Center and the Pump Park. The Pump Park is Free open dawn to dusk; closed after dark and if the course is wet.

The Summer Food Program serves Free hot lunches and breakfasts to hungry children ages 1 to 18 weekdays at the Woodside Elementary School cafeteria. Join volunteers from The Hunger Coalition, the Environmental Resource Center, Bellevue Public Library, Sawtooth Botanical Garden, and the Blaine County School District in providing nourishing, hot meals and fun activities during the summer. Accompanying adults are able to purchase a meal for \$3.25. We are pleased to report that nearly 5,159 free meals were provided to hungry children during the 2012 summer break!

July: Camp Rainbow Gold 11th Annual Biker's Barbeque: Sun, July 28, 2013 (All Day): Join the ride or line the streets to support these amazing Idaho children diagnosed with Cancer! 11am-1pm bikers and supporters arrive; BBQ lunch and drinks provided by Mahoney's Bar & Grill. There is no registration fee for this ride. This is an open non club sponsored ride for kids.

Sun Valley Summer Symphony: July 28-August 20, 2013 Free admission classical music performances that inspire and enrich lives through dynamic and engaging artistic programming and educational and cultural opportunities. Please see local newspapers for a schedule of events, or check online at sunvalleysummersymphony.org.

Hailey Days of the Old West: The perfect way to celebrate the 4th of July. The Old West comes alive as the town of Hailey plays host to a rodeo, fireworks, parade, barbecue, pancake breakfast, shootout and antique market. There is plenty to do and authentic entertainment for all ages.

All Summer:

Local Libraries: Bellevue, Hailey and Ketchum offer free summer reading programs, community education classes and story hours. Please check for schedules at the libraries. Head Start will be sending information home with your child at the final parent meeting and at the end of school.

YMCA: 727-YMCA [9622]. A variety of sports programs and classes, including free bus transportation for members from *Mountain Rides*. Scholarships available.

Little Wood

June:

Historic Talk, The Goodale Trail, Wednesday, June 19th, 7pm at the Gooding County Museum, 273 Euskadi Lane (next to the Basque Center and Hospital). Sponsored by the Idaho Humanities Council.

Gooding County Centennial Parade-Saturday, June 29th, 10am, Main Street.

July:

Fourth of July Ice Cream Social at 6:00 p.m. and Fireworks at dusk, Shoshone Football Field.

Gooding Fourth of July fireworks at dusk. Lincoln County Fair and Rodeo July 21st to 27th.

Relay for Life, July 26th, Gooding County Fairgrounds. Survivor Dinner 5pm, first lap lead by Color Guard, 6pm.

Arts in the Park, Shoshone Courthouse Lawn, July 12th-14th.

Idaho State Old Time Fiddler's Championship, Shoshone City Park, July 11th-12th. Contact Dolores Koonce, 208-720-3358.

All Summer:

Swimming lessons and Silver Sagebrush Swim League: Lincoln County Swimming Pool in Shoshone, 208-886-9910 and Gooding Pool, 208-934-5941.

Free lunch in the Park 11:30 am-1pm, Shoshone and Gooding city parks.

Summer Reading Program: Shoshone Public Library, starting June 6th at 1pm. Gooding Public Library: TBA.

Gooding County Historical Society Museum: Friday and Saturday 9am to Noon.

Lincoln County Historical Society Museum: Saturday and Sunday 1pm-5pm.

Idaho Humanities Council History Talks, Gooding County Museum, every third Wednesday, 7pm.

North Side

June: Summer Food Service Program June 10th through July 18th at the Jerome Middle School and Gayle Forsythe Park.

Little Diggers preschool summer reading program. Every Tuesday at 10 am June 11th through July 16th at Jerome Public Library.

August: Jerome County Fair and Rode August 6th-10th, Jerome County Fairgrounds.

All Summer: Jerome County Historical Society. Meets the second Tuesday of each month at 7pm. For those interested in state and local history. Contact the Museum at 208-324-5641 or Lulu Mae at 208-324-4185.

Orchard Valley

All Summer: Wendell Library Story Hour. Every Monday Head Start will be putting on a story hour.

Summer Lunch Program free to children 1 to 18 at Sherburn Memorial Library 12 to 12:30pm and McGinnis Swimming Pool 12-1pm. Adults can purchase lunch for \$3.50.

Swimming Lessons McGinnis Swimming Pool. Call 208-536-6795 or go to 757 E Main St.



Be sure to check out free summer lunch programs wherever you are at this summer.

Regional Updates: Central

East End

June: Hansen Library "Dig Into Reading" June 5-26, storytime from 10-11:30am each Wednesday.

Fourth of July Celebration Valley Community Park, June 29th.

July: Free Summer Lunch Murtaugh HS July 8-24th in the cafeteria. Kimberly City park M-F 11:30-12:30.

Valley Summer School July 29th to August 29th, free lunch during session.

Kimberly Library Summer Reading Program Reading at Kimberly City Park July and August at 11:45.

All Summer: Kimberly Preschool Storytime Wednesdays from 10-10:45am at the Kimberly Library.

Hagerman Pre-K

June: Center closed, taking applications and recruiting.

T-ball begins. Contact Hagerman Little League 1-800-872-2022.

Summer lunch program June 3rd to August 8th. Fireworks, Hagerman, June 28th.

July: Center closed, taking applications and recruiting.

Fourth of July Fireworks, Bliss at dusk.

VBS, Calvary Chapel, call 208-837-4067 for details or go to 241 S State St.

Summer School, July 22nd to August 8th.

August: Center Re-opens.

All Summer: Summer Reading Program Hagerman Public Library. Thursdays, 8:30 am

grades 3-6 and 9:15 am grades 1-2.

Twin Falls

June: Policy Council, June 20th, at CSI Taylor Building Room # 277. Self Assessment Wrap-Up 4:30 pm, Dinner 5:30pm, Policy Council 6:00pm.

Refugee Day Celebration, June 21 at Twin Falls City Park, free food and activities 6pm.

Mid Summer Night Family Party June 25th, Twin Falls Public Library, 6pm-8pm. Crafts, games, stories, snacks and more the theme is "Digging" so prepare for some archeology type hands on activities.

July: CSI hosts 4th of July Fireworks. On the CSI campus at dusk.

All Summer:

Free Movies at Twin Falls City Park

Harry Potter: June 28th at 9:30 pm

Captain America: July 26th at 9:30 pm

Enchanted: August 30th at 8:30 pm

Hotel Transylvania: September 27th at 8 pm

CSI Outdoor Movies 10pm near the tower, bring lawn chairs or blankets. Each movie is free of charge and rated PG-13. During bad weather movies are in the Student Union Building.

Admission: June 28th

42: July 12th

Oblivion: July 26th

Iron Man 3: August 9th

Fast and Furious 6: August 23

Herrett Center: museum is always free admission, hours vary Tuesday through Friday.

Bookmobile from the Twin Falls Public Library will come to the Twin Falls HS/EHS center every Tuesday 12pm-12:45pm.

Weekly Story Hour Teen activities, "Kidz

Game Day," movie matinee's, children's summer reading program, family tours, read to me website activities, and the bookmobile will be at some free summer lunch activities

Free Summer Lunch 11:30-12:45pm June 10th to August 23rd for children 1 to 18 at the following locations:

Lincoln Elementary, Harricon Elementary, Robert Sutart Middle School, O'leary Middle School, Oregon Trail Elementary, Canyon Ridge High School, Harry Barry Park, Sunrise Park, City Park, Vista Bontia Park, Harmon Park, Clyde Thomsen Park, Bickel Elementary, Magic Valley High School, Light House Christian School.

West End

July:

Buhl Sagebrush Days July 3rd-4th.

July 3rd, Trout Feed at West End Senior Center. ICCP Rodeo

July 4th

Buhl Fun Run, Kiwanis Pancake Breakfast, Sagebrush Parade, ICP Rodeo, Eastman Park-food, music, vendors, trout scramble and fire hose competition.

All Summer:

Summer Lunch Program:

FREE lunch provided in the Buhl City Park, June 10th to Mid August, 11am-Noon, Monday through Friday.

Learn to Fish: Idaho Department of Fish and Game will provide the gear, baith and education. No fishing license required for event participants. Register at the fishing trailer:

Wednesday June 19th, Dierkies

Wednesday, June 26th Filer Kids Pond

Wednesday July 10th, Hagerman Oster Pond #1

Wednesday July 12th, Dierkies

Wednesday July 17th, Rock Creek Park

August 7, Hagerman Oster Pond #1

Summer Reading Program

Buhl Public Library, every Wednesday 10am with stories, songs, crafts, and fun!

Regional Updates: East

Cassia

June: Food Fit and Fun in the city park will begin June 7th to July 12th and continue every Thursday. No registration is necessary. The program is held at Story Book Park in Burley. There are art projects, games and storytelling. One week will be dedicated to Cassia Regional Medical Center's health education program including "The Body Walk." There is also an end of the summer prize drawing. Children can enter the drawing at the Burley Public Library's Summer Reading Program.

July: Food Fit and Fun continues through July 12th.

Fourth of July Parade at the Rupert Square.

August: Cassia County Fair kicks off with the parade on August 8th. Continues at the Cassia County Fair grounds.

Minidoka

June: Idaho Regatta June 21,22, 23, Snake River in Burley.

Family Night at the De Mary Library in Rupert, June 28th, 5pm-6pm.

July: Fourth of July Parade Rupert at 11 am.

Declo Days July 13th

Oakley Pioneer Days, July 20th

Pomerelle Star Party July 20th, 7pm-Midnight, Pomerelle Ski area, Albion.

Minidoka County Fair July 29 to August 3rd.

August: Snake River Bluegrass Festival Noon-9pm, Riverside, Heyburn Park

Cassia County Fair 12th-17th

Viking Man Races 23rd, Riverside Park Heyburn.

All Summer: Free lunch in the park for ages 1 to 18 at Gaylawn Park Heyburn, Rupert Square, Paul City Park. June 1 to July 31st Monday-Friday 11:30 am.

Summer Reading Program DeMary Library, Rupert, Thursdays at 10am. Fridays at Lunch in the Park 11:30 am, Rupert Square.

Power County

June: Sign up for summer reading at library Art Classes begin for 4th grade through high school.

Free Fishing Day, June 19th

Learn to play disc golf June 22nd

Free lunch in the park begins June 4th.

July: Fourth of July Fireworks at the Marina

Salmon dinner and silent auction, 15th

Farmer's Market begins the 15th through October 3rd.

Pioneer Day, July 17th.

August:

American Falls Days, August 3rd

Power County Fair, August 5th

Power County Rodeo, August 5th and 6th Little Theatre presents The Little Mermaid, 22nd



Oakley Pioneer Days parade. Courtesy www.minicassia.com

Growing Together: Parent and children find success through the Orchard Valley Head Start

By Cindy Scott, Orchard Valley Center Supervisor

Ruth Calderon came from Peru in 1991 as a 19 year old. Her dad, a citizen of the United States brought her to Wendell, Idaho.

She took English as a Second Language classes in Wendell and practiced her English at home, with family and friends within the community. She worked at a local trout processing plant for several years and then began her higher education.

In 1998 she began taking classes at the College of Southern Idaho.

In the fall of 1999, Ruth's oldest daughter, Michelle, was enrolled in the Head Start/CSI Child Care Program (a partnership between the two agencies).

Then, in 2001, Ruth's son, Andrew start as a Head Start/CSI child and continued on at the Orchard Valley center in Wendell. Brad Eslinger, the current Children's Services Specialist, was her home visitor at the time.

Michelle is now 18 years old and is planning to attend CSI in the fall with a focus in the health sciences. Andrew is 15 years old and plans to attend CSI after he graduates school.

Ruth stated that both of her children had a very positive learning experience in Head Start. She stated Head Start reinforced their social and emotional skills and gave them good foundations for their future.

Both children are not active in the community where they live.

Ruth herself is now the classroom teacher for the Orchard Valley Head Start center.

This Summer, Go Lean With Protein

From ChooseMyPlate.gov

Protein gives our bodies the building blocks to form muscles, bones, cartilage, skin and blood. They also help your body function by providing the foundation to form enzymes, hormones, and vitamins and minerals.

A diet rich in protein gives you energy, a strong immune system to fight against illness, and iron to carry oxygen to the blood, according to the the USDA's Choose My Plate.

A variety of foods can be eaten to meet your daily protein needs including both plant and animal sources. These include: meat, poultry, fish, eggs, nuts, beans, peas, nuts and seeds. Non-animal sources of protein, such as beans can be combined with grains to form a complete protein comparable to the complete protein found in meats.

Selecting plant-based proteins can be a good way to avoid saturated fats, which can cause heart disease, as well as save money.

How much protein do you and your child need per day?

According to Extension Service dietitians:

Children 2 to 3 years old need 2 ounces

Children 4 to 8 years old need 4 ounces

Girls 9 to 18 need 5 ounces

Boys 9 to 13 need 5 ounces

Boys 14-18 need 6 1/2 ounces

Women 19-30 need 5 1/2 ounces

Women 31+ need 5 ounces

Men 19-30 need 6 1/2 ounces

Men 31-50 need 6 ounces

Men 51+ need 5 1/2 ounces

An ounce is equivalent to 1/4 cup beans, or 1 medium egg.

Following are some recipes to help you and your family go lean with protein and save money. These recipes are from CSI Head Start/Early Head Start Food Service Managers.



Protein is on 1/4 of the my plate diet. Lean proteins should be selected in order to avoid a high intake of fats. Don't be fooled by fad diets that over-emphasize protein. Too much protein can damage the liver. A balanced approach to everyday eating including a wide variety of fruits, vegetables, grains and proteins is best rather than temporary diets.



Lentil Soup

From Sandy Hollenbeck, Orchard Valley Food Service Manager

- 1 1/2 lbs. lean ground sausage
- 1 onion chopped
- 1 lb. carrots peeled and sliced
- 1/2 lb. celery sliced
- 2 lbs. potatoes peeled and diced
- 1/2 lb. lentils
- 4 cups beef stock (preferably low sodium)
- 15 oz. tomato sauce

Wash lentils and then add 5 cups hot water and let set. Brown sausage then add onion and cook until onion is tender. Drain out grease. Add carrots and celery to sausage and let cook for 10 minutes. Add beef stock and 2 cups water. Simmer until vegetables are tender. Drain water off lentils and add lentils and potatoes to pot. Simmer about 15 minutes or until potatoes are fork tender. Add tomato sauce, salt and pepper to taste, Simmer for 15 minutes more. Serve.

Vegetarian Chili Beans

From Esther Rose,

Cassia Food Service Manager

1 1/2 lbs. cooked pinto beans

2-29 oz. cans tomato sauce

1-28 oz. can of diced tomatoes

1 tbsp. chili powder

1 1/2 tbsp. garlic powder

1/2 large onion diced

1 tsp. cumin

1 1/2 tsp. oregano

1 diced red bell pepper

1 diced green bell pepper

Salt and pepper to taste

Sauté onion and peppers in a skillet in 2 tsp. oil. Then place in a small roaster pan or stock pot all ingredients. Simmer for 1 hour. If chili becomes too thick, thin it with water or tomato juice. Top with low fat sour cream, low fat cheese and olives, if desired.



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The College of Southern Idaho Head Start/Early Head Start is committed to providing quality, comprehensive services in order to ensure school readiness and healthy development while strengthening families within their communities by becoming life-long learners.

Sun Safety Tips for Infants, Babies and Toddlers

From the Skin Cancer Foundation

Just one blistering sunburn in childhood more than doubles a person's chances of developing [melanoma](#) later in life. According to one US study, 54 percent of children become sunburned or tanned in their second summer, versus 22 percent in their first.

"Children should not be getting sunburned at any age, especially since there are a range of very effective sun protection methods that can be used," said Perry Robins, MD, President, The Skin Cancer Foundation. "Parents need to be extra vigilant about sun protection all the time."

Many parents don't know the best ways to protect their young children. Below are The Skin Cancer Foundation's recommendations.

Infants

0-6 months: Infants under 6 months of age should be kept out of the sun. Their skin is too sensitive for sunscreen. An infant's skin possesses little melanin, the pigment that gives color to skin, hair and eyes and provides some sun protection. Therefore, babies are especially susceptible to the sun's damaging effects.

Use removable mesh window shields to keep direct sunlight from coming in through the windows of your car or invest in UV window film, which can screen almost 100 percent of ultraviolet radiation without reducing visibility.

Take walks early in the morning before 10 AM or after 4 PM and use a stroller with a sun-protective cover.

Dress baby in lightweight clothing that covers the arms and legs.

Choose a wide-brimmed hat or bonnet that protects the baby's face, neck, and ears. A baby who wears a hat during the first few months will get used to having it on.

Babies

6-12 months: It's now safe to use sunscreen on babies.

All the protection methods explained above still apply, however now sunscreen use should be incorporated.

Apply a broad-spectrum, SPF 15+ sunscreen to areas left uncovered such as

baby's hands. Many companies have tear free formulas that won't sting baby's eyes.

Most importantly, sunscreen must be applied 30 minutes before going outside and reapplied every two hours or after swimming or excessive sweating.

Toddlers/Pre-School Age

Protecting toddlers from the sun requires a little more thought and effort. It is important to educate your child and caregivers.

Make sure your child seeks the shade between 10 AM and 4 PM. Check the outdoor area where your child plays to make sure there is adequate shade.

Make sure toddlers are covered. Long-sleeved, unbleached cotton clothing is cool and comfortable, while also highly protective. Clothing with an Ultraviolet Protection Factor (UPF) listing on the label offers extra security. The Skin Cancer Foundation recommends clothing with a UPF of 30 or higher.

Don't forget hats and sunglasses. Choose a wide-brimmed hat that protects face, neck, and ears.

Building for the Future

This child care receives
Federal cash assistance to
serve healthy meals to your children.
Good nutrition today means
a stronger tomorrow!

Meals served here must meet
nutrition requirements established by USDA's
Child and Adult Care Food Program.

Questions? Concerns?

Call USDA toll free: **1-866-USDA CND**
(1-866-873-2263)

Visit USDA's website: **www.fns.usda.gov/cnd**



United States Department of Agriculture
Food and Nutrition Service
FNS-317
June 2000
Revised June 2001

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