



Program Newsletter

COLLEGE OF SOUTHERN IDAHO
HEAD START/ EARLY HEAD START

Winter 2010



Policy Council

Policy Council orientation and retreat was held October 22nd and 23rd. Policy Council members learned about Head Start/ Early Head Start and how they are involved in the governing process. Retiring members were recognized for their work on Policy Council over the last program year. Policy Council Officers were elected as follows:



Chairperson
Vice Chairperson
Secretary
Treasurer
IHSA Rep
IHSA Alternate
IHSA 2nd Alternate
PDWG Rep

Cassie Stover
Chavawn Guthrie
Melissa Montoya
Emily Petersen
Cassie Stover
Stephanie Nevarez
Nancy Rupe
Dusty Rupe

Early Head Start

In 2010 the program was awarded funding for an Early Head Start. Early Head Start serves pregnant women and children ages 0-3. Early Head Start is a home based program with weekly home visits lasting for 1 ½ hours. There are regular socializations giving parents and families a chance to interact with each other. Currently Early Head Start is offered in Twin Falls, Jerome, and Rupert.

Both Head Start and Early Head Start parents are an important part of our program. Become involved at your center by volunteering in the classroom, riding the bus, assisting on field trips, helping with maintenance, office work, and cleaning. Attend parent meetings, socializations, and center activities. Parents are their child's first and most important teacher. Be involved in your child's learning!





Programa Boletín

COLLEGE OF SOUTHERN IDAHO
HEAD START/ EARLY HEAD START



Invierno 2010

Concilio de Político

La orientación del Concilio Político y el retiro se llevó a cabo 22 de octubre y el 23. Los miembros del Concilio Político aprendieron acerca de Head Start / Early Head Start y la forma en que están involucrados en el proceso de gobierno. Los miembros que se retiraron fueron reconocidos por su trabajo en el concilio político durante el último año del programa.

La Mesa del Concilio Político fueron elegidos de la siguiente manera:



Presidente
Vicepresidente
Secretario
Tesorero
IHSA Rep
IHSA Alternativo
IHSA Segundo Suplente
PDWG se Rep

Cassie Stover
Chavawn Guthrie
Melissa Montoya
Emily Petersen
Cassie Stover
Stephanie Nevarez
Nancy Rupe
Dusty Rupe

Early Head Start

En 2010 el programa recibió financiación para un Early Head Start. Early Head Start sirve a las mujeres embarazadas y niños de 0-3. Early Head Start es un programa basado en casa con una visita domiciliaria semanal de una duración de 1 hora y media. Hay socializaciones regulares dando a los padres y las familias la oportunidad de interactuar unos con otros. Actualmente Early Head Start se ofrece en Twin Falls, Jeróme, y Rupert.

Ambos los padres de Head Start y Early Head Start son una parte importante de nuestro programa. Participe en su centro como voluntarios en la clase, en el autobús, y asistiendo en viajes de campo, ayudando con el mantenimiento, el trabajo de oficina y de limpieza. Asista a reuniones de padres, socializaciones y actividades del centro. Los padres son los primeros maestros y el más importante de su hijo. Participe en el aprendizaje de su hijo!



What Children Are Learning

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



Circle Time

Generally teachers begin this group time with a specific topic for discussion. It may be a topic related to a project the class is working on, or it may focus on a specific skill. For example, in the beginning of the year, the teacher may play games to help the children learn the names of each of their classmates. Students may also use the time for "show and tell." Teachers often also include music appreciation, group sings, and creative movement during circle time.

What's Learned These "chats" are an opportunity for the youngsters to learn how to organize their thoughts. As they talk about their experiences, children learn how to tell a story with a beginning, middle, and end. When a child learns the words to "The Itsy Bitsy Spider" or "I Know an Old Lady Who Swallowed a Fly," this is an important part of a child's informal education. This is "shared knowledge"--that is information that society assumes you know



Music Appreciation/Creative Movement

Children enjoy both listening to music and making their own. Whether it's a group sing-along, marching in a percussion band, playing a triangle, or making up new lyrics to old favorite tunes, music is the universal language. Creative movement, learning to move your body through space, in time to the music or while pretending to be a falling leaf, is a creative way to tap into a child's imagination and artistic side.

What's Learned Music helps children connect the outer world of movement and sound with the inner world of feelings and observations. Children learn music the same way they learn language--by listening and imitating.

Listening to music also teaches important pre-reading skills. Creative movement expands a child's imagination. It's also a fun method of physical fitness--an important goal of child development.

Communicating With Your Baby

Excerpts from Zero to Three: Effective Communication about the Early Years

www.zerotothree.org



Babies are Great Communicators

They communicate from day one, through sounds (crying, cooing, squealing), facial expressions (eye contact, smiling, grimacing), as well as gestures and body movements (moving arms and legs in excitement or distress). Most babies learn to communicate to get attention or to get a need fulfilled. They continue to develop more sophisticated communication capacities and are encouraged to do so when their efforts are rewarded by appropriate and timely responses from the people around them.



Connections between Literacy and Communication

The interaction that young children have with literacy materials (books, magazines, paper, and crayons) and with the adults in their lives are the building blocks for language, reading, and writing development.

Key Findings

Excerpts from Zero to Three

Healthy Minds: Nurturing Your Child's Development
from 2 to 6 Months

- Your relationship with your child is the foundation of his or her healthy development.
- Your child's development depends on both the traits he or she was born with (nature), and what he or she experiences (nurture).
- All areas of development (social/emotional/intellectual/language/motor) are linked. Each depends on, and influences, the others.
- What children experience, including how their parents respond to them, shapes their development as they adapt to the world.

CENTER NEWS

Cassia

Parent Meetings: Jan 11th with Color Me Healthy, Feb. 8th, March 8th with breast feeding training. Male Involvement: Parents are working on a list of ideas that will be discussed at parent meetings. Field Trips: Burley library, fire station, Mexican bread bakery. New at the Center: Possibly a new dishwasher coming soon!! Celebrations: Our newly retired staff will come home as soon as Nov 23rd, what a great celebration!

East End

Parent Meetings: Jan 12 training with active parenting, Feb 9th training on food for families on the go, Mar 9th stress free eating. Field trips: library, fire station, and nursery. Celebrations: Harvest lunch was held 11/23-24. Upcoming Events: We are taking applications for coats and food thru East End Providers

Hagerman Pre-K

Parent Meetings: Jan 24th with Color Me Healthy; Feb (date to be set): Money Management, March to be announced. Field Trips: Yoga by Val, Mr. Knapps Ag. Class, Hagerman Fossil Bed Museum. Major donations: potatoes. Celebrations: RIF distribution/Potato bar read with your child family activity, great!

Hailey

Parent Meeting: Jan 11th with High Scope training, Feb 8th- nutrition, Mar 8th- Color Me Healthy. Field Trips: Sledding as Male Involvement activity, ice skating, and yoga. Major Donation by Dr. Lyn Seifert of new books (\$40). New at the Center: Reading nooks. Celebrations: Community Campus is making the building "green" by removing environmental toxins. Upcoming Community events: little spuds skiing, ESL classes, new fitness facility aimed at low cost for families.

Little Wood

Parent Meetings: Jan: none held, Feb 8th with Active Learning, Mar 8th. Field Trips: Library, 7th graders reading to the kids, Fire Dept. Major Donations: Wells Fargo donating books for kids. New at the Center: Copy machine, new classroom assistant. Celebrations: Parent completing GED's!

Minidoka

Parent Meetings: Jan 13th with training on saving money on food, Feb 10th includes *I'm Moving, I'm Learning*, March 10th will include family gardening. Trainings by U of I Extension: Jan 6-My Pyramid, Feb 3-Physical activity/Food Balance, March 3-Understanding food labels (each training will occur from 12:30-1:30 at the center).

EHS: Socialization: Dec 7-Jan 20th which will include *I'm Moving I'm Learning* activities lead by Cassie, our AmeriCorps volunteer.

North Side

Parent Meetings: Jan 10 with training on Color Me Healthy, Feb. 14th meeting will include High Scope for parents; March 14th will be on stress free feeding. Field Trips: Library, Dance Studio, Pizza Parlor, Dairy, Thompson Racing. New at the Center: EHS furniture. Celebrations: Custodian is doing a great job! Upcoming Community Events: Jan-Public Library "Every Child Ready to Read" workshop especially for HS parents.

EHS: Exciting news: upcoming remodel on the cottage for socialization space. We are fully enrolled and have a wait list. Library: importance of reading to children. Catholic charities-ESL classes, community information.

Orchard Valley

Parent Meetings: Jan 12 with training on healthy eating/exercise, Feb meeting will include financial budgeting (a bilingual trainer will assist). Field trips: Children's dentist and the Police department. We are celebrating the hiring of Ruth (FEIII) and Elizabeth (FEII) as part of our team. Upcoming events: HS and the Wendell Library are collaborating with First Book and the librarian will do a presentation at the parent meeting in January. We will also distribute free library cards to families who are outside the city limits!

Power

Parent Meetings: Jan 12th –stress free feeding, Feb 9th, and Mar 9th. Field Trips: William Thomas Middle School (band room), library, post office. Major Donations: New fun tunnel and boat for the playground. New at the Center: Supervisor Penny Johnson, new desks, newer furnishings for parent room. Celebrations: moved offices, great attendance, playground.

Twin Falls

Parent Meetings: Jan 13th with a training on stress free eating, Feb 10th and Color Me Healthy, March 10th. Field Trips: TF Fire dept., City library, Winco, Mi Pueblo, and Children's Dentistry. Major donations: Crismor donated a pumpkin to each Head Start child. Western Waste donated \$100 to take children to the Planetarium in December.

EHS: Socializations continue; partnership with CSI and the infant/toddler lab.

West End

Parent Meetings: Jan 13 with training on wellness, Feb 3rd meeting will include training on creative arts and an Agri-Action male involvement activity, March 10th meeting will have nutrition training. Field Trips: Herett Center, Agri-Action, and Taxidermy. We got our heater fixed just in time for the cold winter months. We are celebrating our 2 grandpa's, 4 dads, 1 mom, and 6 children that attended the Fall Male Involvement activity at the Home Depot in November. Upcoming Events in the Community: Health Fair (2/22/11) from 5-7 pm at Popplewell Elementary.