

Program Newsletter

COLLEGE OF SOUTHERN IDAHO
HEAD START/ EARLY HEAD START
Winter 2011

Policy Council

Policy Council orientation and retreat was held October 21-22nd, we had 26 parents who enjoyed interacting with parents from other centers and held each other's hands through the Haunted House. Everyone enjoyed a delicious dinner and breakfast, and a PowerPoint explaining the roles and responsibilities of policy council was presented, as well as, several craft activities. Elections were held and we had representation from five centers for Policy Council Officers. They were as follows:



Chairperson
Vice Chairperson
Secretary
Treasurer
IHSA Rep
IHSA 1st Alternate
IHSA 2nd Alternate
PDWG Rep

Stephanie Nevarez
Emily Peterson
Terra Herrera
Melissa Montoya
Stephanie Nevarez
Heather Hatch
Rebecca Johnson
Cheryl Carkin

New Poverty Measure:

The Census Bureau announced a new indicator to measure poverty that is called the Supplemental Poverty Measure; it estimates that 49.1 million people were struggling with the current economic conditions in 2010 as compared to 46.6 million under the current poverty definition. Under this new measure, the poverty rate for children declined from 22 percent to 18.2 percent in 2010 (Children's Monitor, 2011).

NAYEC:

Founded in 1926, The National Association for the Education of Young Children (NAEYC) is the world's largest organization working on behalf of young children with nearly 80,000 members, a national network of more than 300 state and local Affiliates, and a growing global alliance of like-minded organizations.

The NAEYC Academy sets and monitors standards for high-quality early childhood education programs and accredits programs that meet these standards. NAEYC Accreditation has been helping parents make the right choices and improving the quality of education and care provided in programs for young children since the early 1980s. Parents looking for a high-quality program for their young child can watch the Right Choice for Kids video and search for an NAEYC-Accredited program. Currently, CSI Head Start/Early Head Start has four (4) accredited programs. They are located in Burley, Twin Falls, Jerome and Hailey.

Eating Right During Pregnancy

The 40 weeks of pregnancy are a magical time. Keeping a healthy lifestyle throughout pregnancy, as well as before and after, is key for both baby and mother. Important steps to a healthy pregnancy include eating a balanced diet; gaining the right amount of weight; enjoying regular physical activity; taking a vitamin and mineral supplement if recommended by a physician; and avoiding alcohol, tobacco and other harmful substances.

Foods Fit for Mom and Baby

Moms-to-be need a variety of foods from all the MyPyramid groups, as well as vitamin and mineral supplementation. Safe food practices are important, too, since pregnant women are at higher risk of food borne illnesses.

Pregnant women need a balanced diet including:

- **Whole grains:** Breads, cereals, pastas and brown rice.
- **Whole fruits:** Apples, pears, peaches, nectarines and melon. Since acid can cause heartburn, you may want to be cautious with the amount of acidic fruit you eat, like oranges, pineapples, lemons and limes.
- **Vegetables:** Leafy greens, bell peppers, eggplant, squash and mushrooms.
- **Lean protein from both plant-based and animal-based sources:** Try tofu, nuts, seeds, lentils, beans, red meat, chicken, turkey, fish and pork.
- **Low-fat dairy:** Milk, cheese and yogurt.
- **Healthful fats:** Extra-virgin olive oil, walnuts, almonds and avocados.

Avoid extra calories from added sugar and fats, which can lead to unhealthy weight gain. Cut down on foods like regular soda, sweets and fried snacks.

Key Nutrients for Healthy Pregnancy

In addition to eating foods rich in nutrients, pregnant women need a prenatal vitamin and mineral supplement. This helps ensure that you consume enough folic acid, iron and calcium.

- **Folic Acid:** Folic acid reduces the risk of birth defects that affect the spinal cord. Pregnant women need 600 micrograms of folic acid a day. Sources include fortified foods like cereals, pastas, and breads, supplements and natural food sources of folate. All women of childbearing age should consume at least 400 micrograms of folic acid each day.
- **Iron:** Maternal iron deficiency anemia is a pregnancy risk. Pregnant women need at least 27 milligrams of iron a day. High-iron foods include spinach, kale, leafy greens, beans, fortified cereals, red meat, chicken and fish. For vegetarians and women who do not eat a lot of meat, increase iron absorption by combining plant-based sources of iron with vitamin C-rich foods. For example, try spinach salad with mandarin oranges or cereal with strawberries.
- **Calcium:** During pregnancy, calcium is needed for the healthy development of a baby's teeth, bones, heart, nerves and muscles. When a pregnant woman does not consume enough calcium, it is taken from her bones for the baby. It is important to consume 1,000 milligrams of calcium a day before, during and after pregnancy. That means at least three daily servings of calcium-rich foods such as low-fat or fat-free milk, yogurt or cheese or calcium-fortified cereals and juices.

The American Dietetic Association's publication *Expect the Best: Your Guide to Healthy Eating Before, During, & After Pregnancy* is available at bookstores and online retailers for \$15.95 (paperback), and it can be ordered at Shop ADA.



CENTER NEWS

Cassia

Parent Meetings: Dec 13th; Jan 10th and Feb 14th. **Trainings:** Dec: Burley library; Feb: Child Development; Feb: Male involvement. **Activities:** Dec: Librarian will go over the first book; Jan: Parent activities. **Field Trips:** Dec: Bowling; Jan: Local stores/fruit and veggies. **Major Donations:** Ten of our families got adopted by the Lion's Club with a \$50 gift certificate for the Thanksgiving Holiday. **What's New:** We are fully staffed and would like to welcome Noreen to our center. **Celebrations:** Thank you to all parents for getting physicals & dentals done. **Upcoming Events:** Smile's for Kids will be here on the 1st to do a dental lesson.

East End

Parent Meetings: Dec: No meeting; Jan 12th and Feb 9th. **Trainings:** Jan: Male involvement; Feb: Jackie Frey. **Activities:** Jan: Male involvement information; Feb: Emergency preparedness. **Field Trips:** Dec: Officer Luke Allen; Jan: Maxies; Feb: Herrett Center-Darcy Thornborrow. **Celebrations:** Male involvement activity was held Nov. 19th and 15 adults and 25 children attended! **Upcoming Events:** Open House was held Nov. 29th from 10-2:00 pm.

Hagerman

Parent Meetings: Dec: No meeting; Jan 10th and Feb 7th. **Trainings:** Jan: Male Involvement; Feb: Money management. **Activities:** Dec: rice crispy treats; Jan: letter pretzels; Feb: make raisins. **Field Trips:** Dec: sing for senior citizens; Jan: Fossil bed museum; Feb: Operation Lifesaver. **Celebrations:** 45 and 90 day screeners complete, working on 2nd round of COR. **Upcoming Community Events:** Christmas program Dec 14th at 7 pm. Winter Break: Dec 22-Jan 4th, 2012; Martin Luther King Jr. day: Jan 16, 2012; President's Day: Feb 20th.

Hailey

Parent Meetings: Dec 13th; Jan 14th. **Trainings:** Dec: Winter exercise; Jan: Nutrition; Feb: The Ugly Duckling. **Male Involvement:** Dec: Cooking with kids, Jan: Sledding; Feb: Ice skating. **Field Trips:** Dec: Party at the Hub; Jan: Sledding with Dads or significant males; Feb: HS was invited to a community play by the St. Thomas Playhouse. **Major Donations:** A car seat was donated by the Car Seat Coalition for the staff car. **What's New:** Campus construction is complete outside the Center door which makes it much quieter and less dusty. **Celebrations:** Our families voted to have a party at the Hub Youth Center, pizza will be served. **Upcoming Events:** Kiwanis Club invited Head Start to help with the Winter Wonderland Festival at the Senior Center. The kids will decorate cookies and make ornaments. Proceeds go to pay for Head Start swimming lessons in the summer.

Little Wood

Parent Meetings: Dec 6th, Jan 10th, Feb 14th. **Trainings:** Dec: Male involvement; Jan: Family literacy; Feb: TBA **Field Trips:** The local fire department/QRU are coming to talk about fire safety during the winter. **Major Donations:** Dietrich School "Red Ribbon Week" food drive; food and stuffed animals. **What's New:** New FE3 Cory! **Upcoming Community Events:** Numerous Holiday events in all communities.

Minidoka

Parent Meetings: Dec 1st; Jan 5th; Feb 2nd. **Trainings:** Dec: crafts; Jan: Male involvement; Feb: Color Me Healthy. **Field Trips:** Dec: Rupert Animal Hospital/Pet Store (unit 1); Fire Station (unit 2); Jan: the Ambulance (unit 1); Smoke House (unit 2); Feb: Bakery (unit 1); EMT/Ambulance (unit 2). **Major Donations:** Apples, potatoes, community service labor to paint storage shed, Art work. **What's New:** Open House was held on November 7th. **Celebrations:** Staff would like to thank all the parents that attended parent/teacher conferences in November. Demary Library First Book grant is providing books

each month for HS/EHS children. **Upcoming Events:** The Mini-Cassia Christmas council will be helping families with food and items for the Holiday. Free ski/snowboarding on December 17th at Pomerelle. Energy Assistance sign up in progress at South Central Community Partnerships. Castle Rocks State Park, in Almo, is sponsoring a free snowshoeing experience on January 19th.

EHS: The Early Head Start building is coming along great! It is expected to be completed at the end of December. We are hoping to make the move into the new building in Early January. EHS parent funds are purchasing additional trikes and a playhouse for the new playground. New EHS staff: Family Educators Julie and Eva started in November and we are so glad to have them as part of our center staff.

North Side

Parent Meetings: Dec: No meeting; Jan 9th; Feb: TBA. **Trainings:** Jan: Stress reduction; Feb: Tax information. **Field Trips:** Dec: Walmart (unit 2); Police Dept. (unit 1); Jan: Herrett Center (unit 2); Smokey Bear (unit 1); Feb: Pure Energy (unit 2); Fire Dept. (unit 1). **Major Donations:** Hats and gloves for all Head Start children and coats for those in need. **Celebrations:** Everything done for 45/90 day screeners! **Upcoming Events:** Christmas Baskets-SCCAP; Rotary.

EHS: Dec: Pictures of children in snowflakes and snowmen; Jan: Sensory table-melting snow; Feb: Finger painting/photo puppets.

Orchard Valley

Parent Meetings: Dec 6th; Jan 10th. **Trainings:** Dec: Literacy/family night; Jan: Idaho Parents Unlimited (IPUL), parent rights, children with challenges. **Activity:** Feb: Parent night/dinner. **Field Trips:** Library story hour; fire station. **What's New:** We have a foster grandma Claire. We are very excited to have her at our center. Also, a community volunteer, a previous Head Start employee, Saipan. **Celebrations:** Foster grandma! First Book partnership, children receive free books each month. **Upcoming Community Events:** Family literacy night at the Wendell Library.

Power

Parent Meetings: Dec 7th; Jan: No meeting; Feb 1st. **Trainings:** Dec: Librarian/Literacy; other trainings to be announced. **Field Trips:** Harm Nursing Homes and Spring Creek Nursing Home. **Major Donations:** Classroom supplies, pictures, kitchen spices and \$100 pizzas. **What's New:** Snow for sledding, parent room decorations. **Celebrations:** 2 week vacation!! Staff member completed a semester at Lewis & Clark. **Upcoming Events:** Festival of Trees, Craft Fair.

Twin Falls

Parent Meetings: Dec: No meeting; Jan 12th and Feb 9th. **Trainings:** Jan: Love and Logic; Feb: Male Involvement. **Field Trips:** TF Fire Dept; TF City Library; TF Police; Winco; Children's Dentistry and Mi Pueblo. **Major Donations:** Neff family donated a dryer, Kelly Garden Center and Kauffman Farm donated pumpkins for each family. **What's New:** Twin Falls Center has a new roof! **Celebrations:** Three staff members have or are in the process of receiving their CDA's. **Upcoming Events:** Dec 2nd Downtown Light Parade 6-7 pm; TF Library every Tuesday at 4 pm Kidz Time-Movies or games; TF Library every Friday at 10:30- story time; Herrett Center- 1st and 3rd Tuesday of each month free; Mingle in the Jungle 6-6:30 "Hands On" Reptile Review.

EHS: Socializations will start again January 3, 2012. Monday 9-11 breakfast is served at 9:30, Tuesday 5:30-7:30 dinner is served at 6, and Thursday afternoon 1-3 lunch is served at 1:30.

West End

Parent Meetings: Dec: No meeting; Jan 13th and Feb 17th. **Trainings:** Jan: U of I food safety; Feb: RIF male involvement. **Activities:** Dad's reading/bus safety. **Field Trips:** Buhl Fire Station, Don's Market, Buhl Public Library, Desert View Center. **Major Donations:** Tons of Coats for Kids, 15 reams of color. **What's New:** West End has a new teacher Ana Carpenter, new Bus Driver Terrie Bybee and Food Service Manager Nicole Marona. **Celebrations:** Nearly 50 parent/guests celebrated with the staff at our Harvest Meal. **Upcoming Events:** We are beginning the Planning of the West End Buhl Health Fair to cook and serve as many as 500 local folk on February 21, 2012.

Early Years

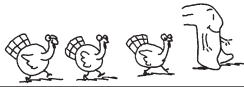
WORKING TOGETHER FOR A GREAT START

November 2011

CSI Head Start/EHS

Beth Cothorn, Parent Engagement Specialist

KID BITS



Let's take a walk!

Encourage your child to enjoy daily exercise by making walks fun. Suggest that he move in different ways as you walk. He might swing his arms or clap his hands in time to his pace. Or he could march, skip, or gallop his way around the block.

Be an inventor

Many famous inventions were inspired by everyday problems. For instance, umbrellas keep people dry, and erasers help us correct mistakes. Have your youngster think of a challenge she faces and imagine a product that would solve it. She can draw and color her creation and then share it with your family.

Giving to others

Does your child know why people celebrate Thanksgiving? Explain that long ago, Native Americans and Pilgrims shared a feast—and your family can share food, too! Help him learn about generosity by picking out canned or boxed goods from your pantry or the grocery store to donate to a food bank.

Worth quoting

"A good laugh is sunshine in the house."

William Makepeace Thackeray

Just for fun

Q: Why was the little girl happy that everyone called her Sally?

A: Because that was her name.



Make time for family

Maria's grandparents come over for dinner on Sundays. Jack and his mother like to sing songs together in the evenings. And Kate's family tries to take a day trip at least once a month.

Sharing good times with loved ones gives your child a sense of belonging. Try these ideas for making family time a priority.

Include everyone. When relatives visit, find activities that children and adults can do together. Try an icebreaker such as "Who Am I?" Take turns stating a fact about a relative ("This person was in the navy"). The first player to guess who it is gets to describe another family member. Or ask relatives to share interests (knitting, coin collecting, yoga). Then, let your child tell her relatives about something she likes to do.

Plan outings. Look in the newspaper or online for free or low-cost family activities in your community. You might play bingo



at the fire station or attend a holiday parade. Whatever you choose, put it on your calendar to remind everyone that family time is an important commitment.

Stay in. Your family can enjoy each other's company without going anywhere at all. Have a sing-along. You might teach your youngster songs from your childhood and ask her to sing some that she learned in school. Or get a book or magazine and try something new together (origami, magic tricks, cupcake decorating).♥

Raising a listener

Listening involves more than hearing—your youngster must also think about what's being said. Here's how he can practice listening at home:

- Show your child what a good listener looks like. Have him tell you about his day. Then, ask him how he could tell that you were *really* listening (you sat quietly, you looked at him, you smiled and nodded).
- When you give your youngster directions, ask him to repeat them in his own words. For instance, he might say, "Okay. I'm supposed to fill the dog's water bowl and give her a treat."
- Try making silly "mistakes" to encourage your child to listen carefully. *Example:* "Please put on your banana peels" (instead of "your shoes"). After a few times, he'll probably pay close attention so he can correct you!♥



Playing with math

These playtime projects can build early math skills and make learning about numbers fun.

Pet show

Have your child display his stuffed animals in a pretend pet show. Encourage him to think carefully about how to arrange them—this will help him practice sorting and comparing. He might put them in categories such as farm animals (cow, pig) and rain-forest animals (monkey, snake). Or he could line them up from shortest to tallest.

Then, he can discover *ordinal* numbers (numbers that show order) by giving them 1st-, 2nd-, and 3rd-place awards



in various categories (softest, most colorful). He can pin the awards on the animals and display the winners in order.

Carnival games

Homemade carnival-style games give your youngster practice recognizing numbers and counting. For one game, help him

write 1–10 on small objects (Ping-Pong balls, bottle caps) and put them in a bucket. Ask him to try to pick one up using kitchen tongs, say the number, and hold up that many fingers.

For a second game, use a clean, empty egg carton. Have your child write a number, 1–12, in each section. Let him try to toss 12 marbles into the cups, one at a time, in numerical order.♥

PARENT TO PARENT



Conference tips

Last week, my daughter's school sent home reminders about parent-teacher conferences. The note suggested involving children by discussing the meeting ahead of time.

I liked the idea of getting Alyssa's input. I told her that I was going to see her teacher to talk about how she was doing in school. Then, I asked if there was anything she wanted her teacher to know. I wrote down what she said: she wished her desk was near her best friend's, and she wondered when the class would take a field trip. I also jotted down a few questions of my own.

It felt good knowing what to talk about during the meeting. The teacher answered all our questions, and when I got home, I shared what she said with my daughter.♥



Q & A

Take a break

Q: Time-outs don't seem to work anymore for my son. How can I make them more effective?

A: A time-out gives your son a chance to calm down and start fresh. It works best if he understands why he is in a time-out and what he should do while he's there.

First, be specific—but brief—about why what he did was wrong. *Example:* "You can get hurt if you jump on the sofa." Next, explain that he needs to settle down before he can play again. You might suggest that he count to 10 or take three deep breaths.

When the time-out is over (experts suggest one minute for each year of age), change the subject by talking about what you're doing or what he could play with next. Then, try to catch him doing something well, and compliment him. He'll learn that he gets attention for good behavior—not for being in time-out.

Tip: Be sure to choose a time-out spot away from toys and the TV. Try a bottom step or a kitchen chair.♥



ACTIVITY CORNER

Food placemats

Let your child add her creative touch to meals with a homemade placemat that features her favorite foods. As a bonus, she'll strengthen hand muscles she needs for writing, using scissors, and fastening buttons. Try these steps:

1. Ask your youngster to pick two colors of construction paper. Help her cut one piece lengthwise into 1-inch-wide strips. Then, have her fold the second sheet in half horizontally and hold it with the folded edge toward her. Starting at the fold, help her make vertical cuts that are 1 inch apart—and stop about 1 inch before she reaches the open edge of the paper.

2. Unfold the paper, and show your child how to weave the strips over and under through the slits. She should alternate so that every other strip begins above or below the first slit, to create a checkerboard-patterned placemat.

3. Let her decorate the placement. She can cut pictures of favorite foods from grocery circulars or old magazines. Then, have her glue them on.

4. Cover your youngster's placemat with plastic wrap, strips of clear packing tape, or clear laminate.

Idea: Suggest that she make one for each family member.♥



OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

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