



HEAD START CONNECTION

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FROM THE DIRECTOR'S DESK



All of us at ADVOCAP Head Start do our best to keep the entire team informed – parents and families are a BIG part of this team. We post information on parent bulletin boards as well as include it in this newsletter. We send home other information with your child. **Be sure to check school bags every day!** We also want to talk with you often, feel free to visit the classroom, come in and eat lunch with your child, read a story, ride the bus, and enjoy this special time. **If you take pictures of children other than your own, (even if they are in the background) please gain approval from their parent or the teacher before sharing and posting pictures. We need to make sure consent is given. Thank you!**

On-going interaction and support from both families and staff keep our connection strong. You can help by sharing information about your child with us. It is especially important to let us know if you've had a crisis or change within your family, such as a different job, moving, illness, a death in the family, a change in medication, sickness, etc. All or any of these things may affect your child's feelings and behavior. Knowing these things in advance helps us to understand and support your child at Head Start. We are also here to support you as a family and link you with community resources that may be of help. We will also

let you know anything out of the ordinary that we might notice about your child at Head Start. Of course, anything you share is kept in strict confidence within your team .

By keeping the lines of communication open, we will build a connection strong enough to support our children and families. We are here to help you be successful and care very much! We have the **common goal** of providing your child with the best educational and social experience possible.

Hillary Gunther
ADVOCAP Head Start Director

TEACHER HOME VISITS

Teaching teams will be visiting the homes of all families enrolled in Head Start and Head Start/4K at the end of January or beginning to mid February. You will have a chance to review the goals that were developed at Parent/Teacher

conferences. Teachers will update you on your child's progress and work with you to set individualized goals for the remainder of the year.

This is also a good time to discuss transitioning your child to Kindergarten. Do you know where your child will go to Kindergarten? Have you registered? The teachers will give you some good ideas for



getting ready for this next big step in your child's life. The teachers are looking forward to meeting with you in your home in the upcoming weeks. Be prepared to have fun, as teachers share stories and spend time with you and your child.

Jessica Nemecek
Education Services Manager

PARENT PARTICIPATION

Thank you to each and every parent/guardian for your participation this past fall. Parents have volunteered as classroom helpers, monitors on the buses, and attended meetings. Thank you also for attended parent teacher conferences. Thank you to all the parents that have attended the ADVOCAP Head Start Policy Council meetings each month. Your support of the Head Start Program is greatly appreciated by everyone. Please continue to be involved at Head Start in 2019!



POLICY COUNCIL MINUTES December 12, 2018 ADVOCAP Head Start



Policy Council Meeting was called to order by Theresa Sahotsky at 5:59 pm

Roll call: Policy Council Members in attendance:

Parents Voting Members:

Cora Erives, Christie Galow, Diane Reible, Theresa Sahotsky, and Hanna Washington

Additional Voting Members:

Katherine Grice, Community Rep; Susan Locke, ADVOCAP Board of Directors; and Stephanie Simon; Green Lake County Health & Human Services

Parents Non-Voting Members:

Additional Non-Voting attendees:

Hillary Gunther, ADVOCAP Head Start Director; Tony Beregszazi, ADVOCAP Deputy Director; Connie Anderson, ADVOCAP Board of Directors; Donna Blend, ADVOCAP Board of Directors; Melanie Kautzer, Nutrition Manager; Debbie Serwe, Health Services Manager; Roseanne Henning, Prairie View Center Manager; and Naolma Reinke, Administrative Assistant

Quorum present at meeting.

Agenda:

Review of /and motion to approve the agenda for the 12/12/2018 meeting was made by Diane Reible and seconded by Christie Galow.

Vote= unanimous approval

Minutes:

Review of /and motion to approve the minutes from the 11/14/2018 meeting was made by Susan Locke and seconded by Katherine Grice.

Vote= unanimous approval

Financial Report:

Financial report was given for the month of October 2018 by Tony Beregszazi, ADVOCAP Deputy Director.

A motion to approve the financial report and credit card purchases was made by Katherine Grice and seconded by Diane Reible.

Vote = unanimous approval

Report will be placed on file for audit.

Director's report: Hillary Gunther, ADVOCAP Head Start Director

Personal Report:

Our program currently has 4 staff on leave of absence, three with a leave of absence coming up and 6 vacancies. Our vacancies have had interviews or the positions have been posted.

The ADVOCAP Head Start Policy Council By-Laws were given out to all present. It is asked that everyone look them over before the next meeting to see if there are any questions or if any changes are needed.

Manager's Report:

Melanie Kautzer, Nutrition Manager reported that in October 10414 meals were served and the reimbursement was \$23539. In November 7918 meals were served with the reimbursement not yet calculated.

Debbie Serwe, Health Services Manager reports that all but one child has had their dental check.

Naolma Reinke (reporting in place of Family Engagement manager) reports on having 260 children enrolled as of today. There will be 2-3 children dropping from the program in the next week. It is also not uncommon to lose several the enrollment of several over the holidays. We have 68 children on the waiting list with 26 of those being income eligible.

Parent Sharing:
none

Community Representative sharing:
none

Announcements:

Next meeting will be held a week later in the month due to WSHA conference. It will be held January 16th at 6:00 pm with child care available. A light meal will be served at 5:30.

Adjournment:

Motion to adjourn was made by Katherine Grice and seconded by Hannah Washington.

Vote = unanimous approval. Meeting adjourned at 6:46 pm

Minutes were taken / submitted by Naolma Reinke

COLD WEATHER FUN

Winter is a great time to get outside and play. Adults need 30 minutes and children need 60 minutes of activity on most days of the week. Active play can develop strength, flexibility, endurance, and coordination. Also, it can promote stress relief, better sleep, a



healthy weight, and lifelong health. So take your child and get outside today!

Some ideas of outdoor activities include:

sledding, building a snowman or snow fort, taking a walk, going to the park, or ice skating. Be sure to play safely and to bundle up yourself



and your child with jackets, mittens or gloves, hats, and boots. If the weather outside is too frightful, get moving indoors by acting out a story, creating an obstacle course, or dancing to music.

Melanie Kautzer
Nutrition Manager

PARENTING TIPS FOR DISCIPLINING YOUR CHILD

As a parent, you are responsible for your child's physical safety and emotional well-being. Appropriate behavior helps children stay safe and interact successfully with others. Parenting styles vary, but all children learn best with clear and consistent expectations. Children need to know what is expected of them so they can succeed. If your child spends time in more than one household, try to have all caregivers agree on basic rules and expectations for your child. All caregivers should be aware of the child's developmental level so they do not expect too much or too little from the child. Discipline that works is a form of teaching, not physical punishment. Do your best to discipline (teach) constructively, fairly, and consistently. Behaviors that need to be improved upon today also need attention tomorrow and next week. Be consistent to help your child understand what is OK and what is not OK. Give your child praise and rewards for behaviors and social skills that you like to see such as: patience, sharing, apologizing, and fairness. Pleasant behaviors and social skills are not always easy to learn,

so don't be too disappointed by mistakes as your child learns. Try to stay calm and keep your voice down when disciplining (teaching) your child. Most children learn best when the caregiver is calm and emotionally in control.

Debbie Serwe, RN
Health Services Manager

TRANSPORTATION & SCHOOL CLOSINGS

Notice of Center closing or delay will be announced by 6:30 am. Listen to the following radio station or TV stations for the announcement. It is also listed on their websites.

Fond du Lac: KFIZ 1450AM
Fox 11 WLUK TV
Action 2 News WBAY TV



Please be sure your child wears a warm hat, boots, and mittens to Head Start every day. Snow pants should be in back packs for outside play. **They do not need to wear them on the bus.** An important part of our day includes outside play time.

It is very important that each mitten, boot, hat, and snow pants have your child's name in them so that lost items find their owner. Thank you for your cooperation.

Kari Tschech
Transportation Supervisor

BE PREPARED, MAKE A KIT

Kit for your vehicle:

- Blankets or sleeping bags
- Jumper cables
- Fire extinguisher
- Compass and road maps
- Shovel



- Tire repair kit and pump
- Flares
- Extra clothing to keep dry & warm

LITERACY: PHONOLOGICAL AWARENESS

Children's ability to hear and understand different sounds is called "phonological awareness". Before children are able to hear the differences in the sounds in words, children must be able to hear the different sounds in the environment. You can play listening games with your child by holding and shaking two objects behind your child's back. Ask your child if the sounds are the same or different. You could also play another game. Have your child close eyes and listen for three sounds you make.

Ex: Parent claps hands, snaps fingers, and stomps feet.

- Child opens eyes.
- Parent asks, "What noise did you hear first?"
- In the middle what did you hear? And last what did you hear?"
- Your child can guess what sound you made or imitate the sound.

Continue listening game using the following:

- animal sounds (moo, oink, quack)
- color words
- familiar items (tree, grass, truck)
- letters of alphabet
- sounds of alphabet "b-a-t"



You can continue the game and take turns saying or making three noises.

Parents and teachers can help children develop their "phonological awareness" through poems, rhymes and songs. By doing these activities and allowing your child to

Bulletin Board

 **Reminder from the Fond du Lac Police Department: Dispose of any of your personal "leftover" prescription medications when you are finished taking them...Police Dept has a "no questions" asked drop box for drug drop off. DO NOT LEAVE THEM AROUND YOUR HOME FOR CHILDREN OR "Would Be Thieves" TO FIND!**

 **Thank you to all of our parents for your patience and understanding during our bus driver shortage. A special thank you to all those parents that have helped out and self transported your children to and from school.**

THANK YOU!!!!!!



play with their language he or she will start to develop and strengthen his or her ability to hear and understand different sounds.

Jessica Nemecek
Education Services Manager

HEAD LICE INFORMATION

Head lice in classrooms can be problematic, but don't panic. Head lice are not considered a health hazard and they do not spread disease or illness. Head lice are hard to see unless you look for them. Look for small silvery eggs (nits) attached to the hair. Eggs stick to the hair and do not fall off. Head lice are spread by close direct contact with someone who has them. Sharing brushes, scarves, combs, caps and other personal items spread them. They are also spread from sharing bed linens, pillows and towels. Lice DO NOT fly or jump.

What do you do if you find lice:

1. Treat hair with lice treatment shampoo and follow the directions on the bottle.

All persons in the house who have head lice should be treated. Retreat all people with head lice in 7-10 days using the head lice product.

2. Comb ALL eggs out of hair with a fine-tooth head lice comb.
3. Wash all clothing, towels and bedding in very hot water and use the hot cycle in dryer.
4. Articles that cannot be washed such as stuffed animals, heavy quilts or clothing, put in a large plastic bag and tie closed for 2 weeks. Heat kills lice and eggs.
5. Vacuum furniture, carpeting and car seats.
6. Instruct your child not to share personal items like combs, brushes, hats hair ribbons, headbands. Store hats and scarves in the arm of their coat.
7. If you need assistance obtaining lice shampoo, please call our office and we can assist you.

Debbie Serwe RN
Health Manager



January 2019 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Happy New Year no classes	2 Classes Resume	3	4
7	8	9	10	11
14	15	16 Policy Council Fond du Lac Center 5:30 light supper 6:00 meeting All Welcome	17	18
21 Berlin Center-No Classes	22	23	24	25
28 Ripon Center-No Classes	29	30	31	