FROM THE DIRECTOR’S DESK

In the past, ADVOCAP's Head Start has completed our Self-Assessment during the months of February and March. Starting this year, our process will begin closer to the end of Head Start year (when the majority of data will have been collected). Starting in April, we will be taking a close look at our Head Start Program Goals to determine whether or not we are on the right track to truly making a positive impact with our children, families, and communities where our program is focused, as well as comply with the Federal Head Start Program Performance Standards. We have made some changes and want to keep making progress in how we provide services. This is a great way for staff and families to get to know their rights, the rules and regulations! We want to identify any gaps in our program so that we can plan to fill them as soon as possible! You are very welcome to participate! Please contact me if you are interested.

We want YOUR input and ideas! You are a very important part of the program and agency!

Hillary Gunther,
ADVOCAP Head Start Director

Remember, if you have any questions, comments, suggestions, or concerns, please call me at (920) 922-7760 Ext. 3512. We are here to serve.

FOUR-YEAR OLD KINDERGARTEN

Will you be enrolling your child in one of our Head Start centers for the 2020-2021 school year? Will your child be four years of age on or before September 1, 2020? Do you reside in the North Fond du Lac, Berlin, Fond du Lac, or Ripon School District? If you do, you may want to consider enrolling your child in our Head Start and Four Year Old Kindergarten program. If your child participates in this program option, your child will attend Head Start and Four Year Old Kindergarten classes at one site.

ADVOCAP Head Start collaborates with the Fond du Lac, North Fond du Lac, Berlin and Ripon School Districts in providing Four Year Old Kindergarten services. The teachers in our Four Year Old Kindergarten classrooms are licensed by the State of Wisconsin. This means that they are licensed to teach in the local public schools. Our teachers follow the guidelines that Head Start and the school districts require.

If you have any questions, please contact your Family Development Specialist.

Education Team

TIPS FOR BUILDING SELF ESTEEM

One of the most precious gifts you can give your child is a positive self-image. Here are some ideas to help you give the gift of positive self-esteem. What other ways can you think of?

• Hug your child everyday!
• Hang your child’s drawings and school work in prominent places. That’s what refrigerator doors are for!
• Give your child choices whenever possible.
• Notice when your child does something better and give praise.
• Consistently communicate in an “I know you can do it attitude!” with your child.
• Thank your child when they do something for you.
• Have your child give themselves a pat on the back and say, “I did it; good for me!”

NATIONAL NUTRITION MONTH

March is National Nutrition Month®! The Academy of Nutrition and Dietetics sponsors the event annually
to promote the importance of good nutrition and physical activity.

Key Messages of National Nutrition Month:
1. Discover the benefits of a healthy eating style.
2. Choose foods and drinks that are good for your health.
3. Include a variety of healthful foods from all of the food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
6. Keep it simple. Eating right doesn't have to be complicated.
7. Make food safety part of your everyday routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more at the store.
9. Find activities that you enjoy and be physically active most days of the week.
10. Consult the nutrition experts. Registered Dietitian Nutritionists can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

Information gathered from the Academy of Nutrition and Dietetics website...for more information go to www.eatright.org/nnm

The FoodWise program through the UW-Extension will again be visiting the Fond du Lac county classrooms in March to emphasize the importance of eating different colored foods to promote health.

Nutrition Team

POLICY COUNCIL MINUTES
ADVOCAP Head Start

2/12/2020

Policy Council Meeting was called to order by Kimberly Straughter at 6:01 pm

Roll call: Policy Council Members in attendance:

Parents (Voting Members)
Kimberly Straughter, Rhiannon Riel, Michael Laufenberg (via telephone)

Additional Voting Members
Susan Locke, Community Rep/ADVOCAP Board of Directors; Stephanie Simon, Green Lake County Health & Human Services

Parents/Community Members (Non-Voting Members)
Connie Anderson, ADVOCAP Board of Directors;
Tony Beregszazi, ADVOCAP Deputy Director; Hillary Gunther, ADVOCAP Head Start Director; Debbie Serwe, Health & Disability Services Manager; Lorri Bohn, Family Engagement Manager; Katrina Gesell, Fond du Lac Center Operations Manager; Jenna Lick, North Fond Du Lac and First Presbyterian Center Operations Manager; RoseAnne Henning, Berlin, Prairie View, and Ripon Center Operations Manager; Jenny Dehn, Family Development Specialist; Jill LeMay, Family Development Specialist; Amanda Bigsby, Family Development Specialist; Tammy Westphal, Family Development Specialist; Sherry Auchue, Administrative Assistant

Quorum present at meeting.

Agenda
Review of and motion to approve the agenda for the 2/12/2020 meeting was made by Rhiannon Riel and seconded by Susan Locke.
Vote = unanimous approval

Minutes
Review of and motion to approve the minutes from the 1/8/2020 meeting was made by Susan Locke and seconded by Rhiannon Riel.
Vote = unanimous approval

Parent Sharing
Revision to Head Start Visitor Badge
Michael Laufenberg indicated his concern for loose security when parents and visitors access the ADVOCAP building. He suggested a revision to the Head Start visitor badge that would include parent name and picture, as well as child initials and expiration date. Other sign-in options were discussed as well. The topic will be a future agenda item for further discussion and consideration.

WHSA Quarterly Meeting in January
Theresa Sahotsky and Kimberly Straughter attended the WHSA Quarterly Meeting in January. Kimberly indicated she attended the “Leadership in Community” class and the “Early Brain and Child Development” class, which she found very informative. Kimberly is also the new WHSA Vice President of the Parent Affiliate. She will attend the WHSA Annual Training Conference in Wisconsin Dells February 24th-26th, as well as Hillary and other staff.

Program Managers’ Reports

Family Engagement
Lorri Bohn provided a handout on ERSEA Eligibility and discussed the details of eligibility during the enrollment application process.

Handouts were also available that included details on the following:
Parent Cafes
Conscious Discipline Programs
Pathways to Care

Announcements
The next meeting will be Wednesday, March 11th. As always, a light dinner will begin at 5:30, and the
meeting will begin promptly at 6:00. We look forward to seeing you! Remember to RSVP to Sherry at (920) 922-7760 ext. 3578 or sherrya@advocap.org NO LATER THAN Monday, March 9th.

Adjournment
A motion to adjourn was made by Susan Locke and seconded by Rhiannon Riel. 
Vote = unanimous approval. Meeting adjourned at 7:22 p.m.

Minutes were taken, typed, and submitted by Sherry Auchue, Administrative Assistant.

BUS SAFETY

As we approach the midway point in our program year, we want to remind our students of the importance of Bus Safety. For the safety of our riders, our policy is everyone is buckled before the bus moves and remains buckled until an adult says it is safe to unbuckle.

AT HOME:
You can foster the concepts of this at home by discussing the danger of unbuckling while the bus is in motion and without permission from an adult when arriving at their bus stops and/or at school. Feel free to sing the song “Wheels on the Bus” and ask questions such as, “While the wheels on the bus are going round and round, is it safe to unbuckle?” or when you come to the part in the song, where the people on the bus go “up and down”, you can ask “how can the people on the bus stay safe when going over bumps?”. You can further foster this message by ensuring they are buckled in during family car rides. For a more rewarding experience, allow them to show you they can buckle themselves in (or attempt to). Helping children to identify potentially dangerous situations and hazards will help to avoid accidents and serious injury.

Lastly, I’d like to remind parents, the weather is getting better and that means the buses may begin to run slightly ahead of the normal schedule. Although our drivers will continue to drive safely and within the posted speed limits, soon, snow and ice will no longer be contributing factors.

Thanks, and let’s work together to finish this year off safely! :O)

Transportation Team

FOND DU LAC KINDERGARTEN ROUNDUP

Letters will be sent to you by your home school. Please be sure to send back your reply marking that yes you plan to send your child there for Kindergarten, this is how they plan for numbers of classrooms etc...

Watch for information that will be coming about April registration dates.

You will need to go to your home school office and pick up registration forms and show your child’s birth certificate. NO APPOINTMENTS ARE NECESSARY. Please note: If you would like to send your child to a school other than your home school, you need to fill out Open Enrollment forms. Pick these up at your home school or the Administration office. There is no guarantee that you will be accepted, but get your request in at your earliest convenience.

Lorri Bohn
Family Engagement Manager

DID YOU KNOW

Rx Drug Alert!!!!

“Secure your Prescription Drugs”

“It is illegal to share prescription medications”

“Keep track of the number of pills in your container”

“Don’t flush unused or expired medications”

* Kids as young as 12 are trying or using prescription drugs non-medically.
* “pain killers” are made from opioids, the same substance as in heroin.
* Buying, taking, or sharing some prescription drugs is illegal.
* Most parents and young adults use prescription and over-the-counter drugs only as directed. Help keep others safe by keeping them out of the reach of children.
* Children and teens who learn about the risks of misusing prescription and over-the-counter drugs from their parents are less likely to abuse them. Parents, talk to your family regularly about the proper use of prescription and over-the-counter drugs.
* We know that prescription drugs,
when used correctly and under a doctor’s supervision are safe and effective. Sharing prescription medications is unsafe and illegal. Be safe - use prescription drugs only as directed.

* Keeping our environment and ground waters safe are concerns of most people in our community. Flushing prescription and over-the-counter drugs is not the way.

* Take your outdated, unused medications to the Fond du Lac Police Station Drug Disposal Box.

**MR. YUK MEANS NO!**

During the month of March, our Head Start children will be learning about “Mr. Yuk” and the dangers of poisons. Our homes are filled with many products that make life easier and more pleasant as long as they are not eaten or inhaled. Products like cosmetics, cleaners, and medicines can be dangerous and even fatal.

Watch for the “Mr. Yuk” stickers that will be coming home in your child's school bag. They will have learned that his green scowling face means poison! Mr. Yuk can help you keep your child safe. The stickers work best when you and your child talk about the dangers of poisons together and attach the stickers to dangerous substances in your home.

Make it a fun learning activity for you and your child besides being an excellent warning signal to your child. “Mr Yuk” stickers provide the emergency telephone number of the Poison Center of Eastern Wisconsin at Children’s Hospital of Wisconsin in Milwaukee.

Debbie Serwe
Health Services Manager

**COMMON SENSE TIPS**
* Set media time limits and stick to them. Limit your child’s screen time to no more than one to two hours per day. Children under the age of two should watch as little TV/videos as possible.
* Check media content and ratings at [www.commonsensemedia.org](http://www.commonsensemedia.org) to choose media that is age appropriate and educational. You might pre-record high quality shows or movies and let your children watch them several times. Your child learns through the repetition.

* No TV or computer in your child’s bedroom. Research shows that when media is located in children’s bedrooms, its negative influence on their development is greater.

* Watch and listen with your kids. Ask questions such as, who was your favorite character? What was it about her/him that you liked? Which character would you like to be?

* Use media to spark your child’s imagination and creativity. You can ask questions such as: if you wrote the story, how would you change the ending? You can make a book out of his/her drawings and write down the story.

* Help your child understand fantasy from reality. Explain to children that they can’t do things that cartoon characters or super-heroes can, like jumping off buildings or falling out of a tree without getting hurt.

* Point out that violence is not a good way to solve problems. Offer non-violent ideas of how to resolve problems if you’re watching a show with characters that solve arguments by hurting people. Ask your child if he/she has any ideas.

* Balance electronic media with playtime and encourage your children to go outside and be active.

* Read to your child. It is the best way you can build their literacy skills and help them establish a love of books.

Lorri Bohn
Family Engagement Manager

**NOW! THIS IS ENCOURAGING NEWS!!**

Family Development’s Conscious Discipline Series for March will be focusing on encouragement and choices. It is the characteristics of encouragement, connection and belonging that prime the brain for academic achievement. We will be learning the skill of noticing our children’s strengths vs judging the outcome.

Every thought, feeling and choice has a consequence. Guiding our children in making healthy choices will nurture their inner strength and willpower. The lesson for all of us, big or small, is that we are responsible for our choices. As interdependent human beings, we only have the power to change ourselves, not others.

In order to reach as many families as possible,
the Family Development Team will be offering the series in both Fond du Lac and Green Lake Counties.

Attend one or both. We can’t wait to see you!!

**Encouragement**
- Fond du Lac March 10th
- Prairie View March 17th

**Choices**
- Fond du Lac March 24th
- Prairie View March 24th

All programs are held from 5 to 6:30 p.m. and offer a light dinner and childcare.

**PFCA Sidney Tarpey-Gumuski Visited NFDL 4K Class**

NFDL 4K class sent Christmas cards to members of the military this past December. PFCA Sidney Tarpey-Gumuski paid a visit to thank the children for their thoughtfulness.

He was a Head Start student in the ECHO Program, which was a partnership with the FDL YMCA, and he later joined the Marines.

Below is a picture that was taken when Sidney was enrolled in the ECHO Program. He is the happy, proud boy holding the letter H.
## ADVOCAP’s Head Start Program Calendar

### March 2020

We are LUCKY to have each of you!

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- **Friday, March 5:** Mental Health Observations & Staff Consults – R, PV
- **Tuesday, March 10:** 5-6:30 pm FDL Center Consciously Discipline: Encouragement Childcare/Meal provided
- **Thursday, March 12:** Fellas Council – FDL Center, Light Supper @ 5:30, Meeting @ 6:00
- **Monday, March 16:** Ripon Spring Break
- **Tuesday, March 17:** Ripon Spring Break
- **Wednesday, March 18:** Ripon Spring Break
- **Thursday, March 19:** Ripon Spring Break
- **Friday, March 20:** Ripon Spring Break
- **Saturday, March 21:** Make-Up Day
- **Tuesday, March 24:** Prairie View Center Consciously Discipline: Encouragement Childcare/Meal provided

### Calendar Template

Calendar Template by www.calendarlabs.com

### April 2020

It’s been a great year so far! NO FOOLING!

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- **Monday, April 6:** Berlin, NFDL, PV Spring Break
- **Thursday, April 9:** Berlin, NFDL, PV Spring Break
- **Monday, April 13:** FDL, FP Spring Break
- **Tuesday, April 14:** FDL, FP Spring Break
- **Wednesday, April 15:** Dental Screenings – PV Green Lake County
- **Thursday, April 16:** Dental Screenings – PV
- **Friday, April 17:** Dental Screenings – Berlin, PV Fond du Lac County
- **Saturday, April 18:** Self-Assessment Work Day

### Calendar Template

Calendar Template by www.calendarlabs.com