



NOVEMBER 2021

A Publication of ADVOCAP's Head Start

also available online @ www.advocap.org/head-start



FROM THE DIRECTOR'S DESK

Dear Head Start Families:

Fall is here and in addition to all the sights, sounds and colors, it is a busy time for many families.

Our teaching staff is happy to see such a positive turn out for Fall parent-teacher conferences. Your attendance is so important to communication, sharing progress (both at home and school,) but most of all to your child!

Please join us for our **Pizza and Education Night** on **Tuesday, November 16th from 5-7 pm.** Guests will include Sam Twohig from the Save A Smile Program and Dr. Kristine Nehring from FDL County. Make connections with other parents, discuss concerns, and share resources. Pizza and child care provided. We will also offer a Google Meet. Please ask your child's teacher or family development specialist for more details.

This event will be held at our main ADVOCAP location at 19 W First St. in Fond du Lac.

I would like to thank all the parents who have offered to serve on our 2021-2022 Policy Council. By representing your centers on the ADVOCAP Head Start Policy Council, you are showing your family and community how important it is to take an active role in your child's education. I am pleased that you are willing to learn more about Head Start and how the program operates. Thank you for making a commitment to ADVOCAP's Head Start.

Take Care, Be Safe and Have a Great Thanksgiving!

Beth Zachwieja, ADVOCAP's Head Start Director

Head Start Policy Council

Upcoming Meetings:

Wednesday November 10th (officer elections)
Wednesday, December 8th

THE CONSCIOUS DISCIPLINE CORNER

What is Conscious Discipline?

It is a comprehensive classroom management plan and social emotional curriculum. It is based on brain research, child development information, and developmentally appropriate practices. It has been designed to make changes in the lives of adults first. In turn, adults change the lives of children. It focuses on building the School Family, then helps children learn the skills needed to form relationships, communicate effectively, become sensitive to the needs of others, and getting along with others.

Conscious Discipline empowers adults with the Seven Powers for Self-Control. The powers change adults' perception and relationship with conflict, empowering them to be proactive instead of reactive in times of conflict.

From the Seven Powers for Self-Control comes the Seven Basic Skills of Discipline. These skills change how adults respond to conflict in a way that enables the development of the frontal brain lobes in children. These Seven Skills are the only skill needed for an adult to effectively transform conflict into teaching moments. Through the Powers and Skills, adults stay in control of themselves and in charge of children.

As adults change their behavior so will the children in their care. We cannot teach behaviors and skills we do not possess ourselves. Conscious

Discipline can work in the classroom, as well as at home.

<https://consciousdiscipline.com>

Center Operations Managers

FAMILY MEALS

How often do you eat meals as a family? Is it a pleasant time or a hectic and frustrating time?



Consistent family meals are more important to your child's nutrition and development than you may think. Did you know that children who eat together with their family tend to have a healthier diet and eat more fruit and veggies, do better in school overall and create good social skills. Family meals are a great opportunity to learn about different foods and trying new foods, table side manners, connecting with their family in a fun way by talking about their days and help children to recognize feelings of fullness better without distractions such as TVs or other electronic devices.

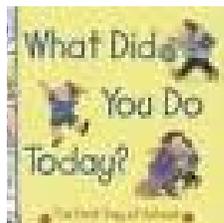
Tips for an enjoyable family meal:

- Start small- try adding at least one more family meal to your week where there are no distractions and everyone sits down together
- Encourage a variety of foods, including fruit and veggies- if you eat them, your child is more likely to eat them too
- Have your children cook the meal with you by having them stir, peel or measure (this also helps fine-motor skills)
- Have a taste test at the dinner table of a new fruit or veggie that week- everyone can rate it and you can talk about why they did or did not like it, cook it a different way next time

If ever you have a question regarding your child's nutrition status or the food your child is served at ADVOCAP's Head Start, please contact the registered dietitian nutritionist, Ellen Miller at: 920-922-7760 (ext 3598) or ellenm@advocap.org.

**Some content adapted from: WSU Extension Read for Health Newsletter "Enjoy a Family Meal"*

DON'T WORRY, BE SPECIFIC



Are you tired of asking your child, "What did you do in school today?" only to hear "Nothing", "I don't know", or "I played"? If so, there is good news, help is available!

Try asking other questions. Many times children have difficulty remembering because it's hard to start at the beginning. When they get home, their day becomes history. It's over and they go on to the next thing in their lives. However, there are a few pointers to keep in mind when questioning your child about school. Avoid general questions like, "What did you do in school?"

Instead, be specific. Say:

- "Who did you play with today?"
- "What was at the art center?"
- "Tell me about the shape or letter you're learning about this week?"
- "Did you play house today?" "Who were you, the mom, the baby, the dad?"
- "What choices did you make at playtime today?"

Have fun!

Center Operations Managers

TRANSPORTATION REMINDER

Winter months are coming and soon the snow will be flying. Bus pick-up and drop-off times could be affected by weather. The buses are only allowed to wait three minutes and need to move on to stay on schedule, especially in bad weather. We appreciate all of your patience during these months. Safety is our number one concern. Please call the transportation phone number if your child is going to be absent for any reason. Route change requests must be called in at least 24 hours in advance of the change and we cannot guarantee any change immediately. The direct number is **(920) 539-0159**. Your phone call helps speed up the transportation process.



If you have questions or concerns, please contact:

Thank you,
Transportation Team

MENTAL HEALTH TIPS

Encourage your child to share their feelings. Let your child know that everyone experiences pain, fear, anger and anxiety. Try to learn the source of the child's feelings. Help your child express anger with words instead of violence.

Listen to your child. Use words and examples your child can understand. Encourage questions. Provide comfort and assurance. Be honest. Be willing to talk about things that are important to your child. Celebrate accomplishments of every child. Appreciate your child. Spend time with your child, and do things that your child enjoys. Try not to compare your child's abilities to those of other children. Every child is unique, and every child is good at something.

Love your child no matter what. Withholding love, care and warmth from a child creates confusion and problems with trust. Children need to feel secure to succeed. Seek help if you're overwhelmed by your child's behaviors or if you are unable to control your own frustration or anger. Confidential, professional mental health consultations are available free of charge to all Head Start parents.

Debbie Serwe, RN, Health Services Manager

TIPS TO BETTER HEALTH

Here we are in the eleventh month of the year. Going into the winter season, we could all use some tips to beat the winter blues and the dreaded "winter weight gain"!

- Watch portion sizes; use smaller plates.
- Have a V8; it curbs appetite.
- Home-brew coffee, it has less calories and is less expensive.
- Increase your calcium, it curbs your appetite.
- Walk faster; increase your pace from 3.5 mph to 4 mph and you'll burn an extra 80 calories.
- Eat an apple a day, it can lower blood



pressure up to 30%.

- Try doing crunches or lunges during commercial breaks of your favorite TV show.
- Eat more beans; one cooked cupful can provide as much as 17 grams of fiber!
- Eat oatmeal; Oatmeal can reduce chances of heart disease and cut the risk of type 2 diabetes.
- Drink more water; try the "2" method - drink 2 glasses before 2:00 pm, drink 2 glasses after 2:00 pm.
- Get kids to eat their vegetables; try using low fat ranch dressing as an easy, delicious veggie dip.

COLD WEATHER

Head Start children enjoy playing outside every day. Please dress your children for cold weather with jackets, hats, and mittens and boots so they can enjoy the outdoors.



When Should I Keep My Child Home?

ADVOCAP's Head Start staff will continue to closely monitor children who attend our centers and activities and will send home any child with the following health conditions:

- Fever of 100 degrees or more
- Influenza (flu) symptoms
- Vomiting
- Diarrhea
- Undiagnosed rash
- Cough
- Any illness that prevents a child from participating comfortably in program activities
- Illness that results in a greater need for care that staff can provide without compromising the health and safety of other children



If your child has any of these symptoms, they need to stay home from school, recreational/social events, and childcare until they are symptom free without the use of medicine for 24 hours. If any child is ill for three days or longer, a medical excuse will be needed before return, per our medical director. Limiting your child's exposure to others will decrease the chance of disease spreading to others.

Parents are responsible for notifying their child's school when their child is symptom free and healthy enough to return to school. If your child rides an ADVOCAP Head Start bus, the bus will not pick up your child until you have notified the school that your child has been symptom free without medication for 24 hours.

Debbie Serwe, RN
Health Services Manager

DISABILITY SERVICES

We have been in school for long enough that all of our Head Start/School District special education programs are up and running. This includes services for any children who came into Head Start with an IEP (Individual Education Plan). If your child does not receive any services now, things such as speech therapy, early childhood, etc., and you feel that your child may be slightly behind in these areas, please talk to your child's teacher. We can help you determine how your child is currently doing and what, if any, further testing could be done.

We want all of our kids to succeed and get the most of the educational opportunities available to them. When we work as "Partners in Education", our kids at Head Start will blossom.

Please feel free to call with any questions about referrals to school district programs. We would be happy to help.

Educational Coaches

FAMILY SERVICES

WAHOOO! We are two months in to the school year and only eight weeks from Winter Break!! Please take a moment to notice all the hard work you have put in making sure your little one has a great start to their education journey. This can be an exciting time for children! It can also be a challenging one.

Family Development Team is here to support you and your child through this new phase in life. One of the challenges we begin to notice this time of year is inconsistent attendance.

Did you know that missing only two days per

month can derail your child's gains in learning? Making it harder to develop solid reading skills and social development.



TIPS:

- *Set a routine. This will pay off for everyone! Children thrive off of routines and believe it or not so do adults!
- *Create a chart of your child's attendance at home.
- *Set a regular morning and bed time routine.
- *Develop a back up plan for getting to school if something comes up.
- *Try to schedule medical appointments when school is not in session.
- *If your little one is anxious, talk to your FDS and/or teacher for support.
- *Know that you are not alone! Creating positive attendance habits can be a real challenge! Let your Family Development be there to help!

Family Development Team

EDUCATION AND PIZZA NIGHT

Tuesday, November 16th - 5:00 pm - 7:00 pm
Fond du Lac Center

Speakers include:

Sam Twohig/Save-A-Smile Program
Dr. Kristine Nehring/FDL County

Pizza and Childcare provided

Please RSVP:

(920) 922-7760, ext. 3554 or
debbies@advocap.org

THANKSGIVING BREAK

Wednesday, November 24th
Thursday, November 25th

Classes resume on Monday, November 29th

CHRISTMAS BREAK

Wednesday, December 22nd (Berlin & Ripon only)
Thursday, December 23rd
Monday, December 27th
Tuesday, December 28th
Wednesday, December 29th
Thursday, December 30th

Classes resume on Monday, January 3rd



November, 2021 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9 FDL Cty Mental Health parent activity (Spanish) 10:00-11:30	10 Policy Council 5:00 dinner/child care provided RSVP needed for child care	11 Parent Cafe at The Children's Museum Topic: Positive Parenting We will be having pizza!!! 5:00-6:30pm Veterans Day	12
15	16 Education/Pizza Night FDL Center 5:00-7:00 Parents, children welcome	17	18	19
22	23	24 No Classes in Session	25 No Classes in Session Thanksgiving Day	26
29	30			



December, 2021 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6	7	8 Policy Council 5:00	9 FDL Cty Mental Health open consults 9:00-11:15	10
13	14 Dinner w/ Dr. Nehring PV Center 5:00-6:00	15	16	17
20	21	22 Berlin, Ripon no classes	23 No classes	24 Christmas Eve
27 No classes	28 No classes	29 No classes	30 No classes	31 New Year's Eve