

NEWS FROM CASSIE

JULY 2017

LITTLE PEOPLE'S HEAD START

FEATURING • Employee of the Month • Important Dates •

LINDA GARCIA IS OUR EMPLOYEE OF THE MONTH FOR JULY

Linda has worked at LPHS for 13 years. She has held roles of teacher, manager, coach and friend.

She enjoys coffee, family and spending time with her grandchildren.

Thank you Linda for all that you do for the Program,

DATES

07/27/2017– Policy Council
at 8:15

07/25/2017– Board
Meeting at 10:30

HUMAN RESOURCES

July's employee of the month is Linda Garcia. Linda has been with our program since September 2003.

Here are some of the nice things her co-workers had to say about her.

She is always with us and always helping us.

She makes sure that we are doing good.

She is a great asset to our school. She is ready to help and make sure our staff has what they need to succeed.

She helped finish extra questions after submitting the care courses. Thank you for all you do.

Thank you Linda for supporting our staff and loving our kiddos.

Linda helps me achieve my goals and helps me find information when I don't have time .

**Employee
of the
Month**



July News Letter
Christina Burdick
Family Service Manager

I hope everyone had a wonderful 4th of July. If you haven't turned in your enrollment packets for the 2017-2018 year, please do so. If you have any question come in and see me. Parents make sure you are calling and letting us know if your child is going to be absent. It is very important that we keep our attendance up.

We had a wonderful turn out for our parent breakfasts. Thank you to all the parents that stopped by.

We had 4 children with perfect attendance this month:
Lisa Fishel, Angelo Woods, Ryan Crossman and Preston Mishler.

The class with the most in-kind for Early Head Start was classroom 5 Jungle Babies and Head Start was classroom 1 Smashing Dinosaurs.

Parenting isn't a practice. It's a daily learning experience.

Positive things you can say to your children:

I'm grateful for you.
You make me proud.
You have great ideas.
I love being your parent.
You are important.
You are loved.
You are helpful.

July 2017

Home Based Super Heroes

Hello and welcome to July! Our summer is well under way and our families are certainly enjoying it! Be sure to wear plenty of sunscreen as well as light colored, light weight clothing. And drink plenty of water. Our little home based group will be learning about sports and our bodies this month as well as continuing each super heroes development and goals.

Important dates to remember this month are:

- **July 4th- LPHS is closed**
- **July 5th and 19th are our Group Socialization Meetings in The Family Resource Room at 10 AM.**
- **July 28th is a half day. Children pick up is at 12.**



Happy 4th of July

Early Head Start Parents

For the month of July our School Readiness Goal is in the Approaches to Learning Domain. At the top of the goal is the children's goal by ages. Below the goal is a list of effective teaching and family practices that will support this goal. Please work on these goals to support our efforts to educate your child.

DOMAIN: APPROACHES TO LEARNING		
Goal: Children will demonstrate an ability to persist and to be creative during age appropriate activities.		
Early Head Start Objective 1: By Spring 2018, infants and toddlers will persist as stated in specific goal as measured below:		
Young Infants: The children will meet or exceed the TSG Objective (11.b) of repeating actions to obtain similar results.	Older Infants: The children will meet or exceed the TSG Objective (11.b) of practicing an activity many times until successful.	Toddlers: The children will meet or exceed the TSG Objective (11.b) of practicing an activity many times until successful.
Effective Teaching Practices:		
<ul style="list-style-type: none">• Teachers will help the child stay focused by singing about an activity if it is helpful to the child, e.g., "This is the way we stack the blocks, stack the blocks, stack the blocks..."• Teachers will support children's efforts during challenging tasks by providing specific verbal feedback or physical support while encouraging them to come up with solutions.• Teachers will describe children's problem solving strategies. e.g., "You tried reaching into the jar to get the balls out, and then you turned the jar over and dumped them."• Teachers will demonstrate, explain, and engage children in trying different ways of doing things. Discuss whether the strategies worked well.		
Family Practices:		
<ul style="list-style-type: none">• Families will volunteer in their child's classroom to better understand how to help their child increase their persistence.		

- Families will then use those skills at home to improve their child's persistence.
- Families will attend Classroom Meetings to help understand their child's educational needs.
- Families will attend parent teacher's conferences to help the teacher set learning goals on the Individual Child Plan.
- Families will then work on these Approaches to Learning goals at home.
- Families will offer many different activities at home to increase their child's persistence.

Thank you,

Linda Garcia

Education/Disabilities/Mental Health Manager

Head Start Parents

For the month of July our School Readiness Goal is in the Approaches to Learning Domain. At the top of the goal is the children's goal by ages. Below the goal is a list of effective teaching and family practices that will support this goal. Please work on these goals to support our efforts to educate your child.

DOMAIN: APPROACHES TOWARD LEARNING	
Goal: Children will demonstrate an ability to attend and engage during age appropriate learning activities and to use creativity during dramatic activities.	
Head Start Objective 1: By Spring 2018, preschoolers will demonstrate attending and engagement skills as measured below:	
Three Year Olds: The children will meet or exceed the TSG Objective (11.a) of sustaining interest in working on a task, especially when adults offer questions, suggestions and comments.	Four to Five Year Olds: The children will meet or exceed the TSG Objective (11.a) of sustaining work age-appropriate, interesting tasks and ignoring most distractions and interruptions.
Effective Teaching Practices: <ul style="list-style-type: none">• Teachers will provide many opportunities for children to make choices from among interesting materials to play with.• Teachers will rotate materials regularly to maintain children's interest.• Teachers will provide many opportunities for children to make choices from among interesting materials that are familiar and challenging, and encourage children to use them in many ways.• Teachers will interpret and expand on what children do and say. Model deliberate, strategic engagement in activities and self-talk to help children stay engaged and persist in challenging tasks.• Teachers will support children's efforts during challenging tasks by providing specific, positive verbal feedback or physical support while encouraging them to come up with solutions.	
Family Practices: <ul style="list-style-type: none">• Families will volunteer in their child's classroom to better understand how to help their child increase their attention, persistence and engagement skills.	

- Families will then use those skills at home to improve their child's attention and engagement.
- Families will attend Classroom Meetings to help understand their child's educational needs.
- Families will attend parent teacher's conferences to help the teacher set learning goals on the Individual Child Plan.
- Families will then work on these Approaches to Learning goals at home.

Thank you,

Linda Garcia

Education/Disabilities/Mental Health Manager

JULY
HEALTH AND NUTRITION
NEWS

Do you believe its July? I think I say that every month but I can hardly believe it is here already.

Ok we need to make sure all of our children have had their immunizations, physicals, dental visits and all of this is brought in to ME. I know that I let you slide a little last year but the State will be here this year. When we show out of compliance with the state we can get a fine and even be closed down. Let's work together and keep our children healthy and on time.

Being a parent is a tough job! Parenting is the most important one you will ever have. Children are like a résumé of your life with them. Everything you put into your children, Time, Effort, Kindness, will all show up again one day and if you don't put in the basics early they may not have the ability to be everything they were born to be. If you need help because YOU didn't get it, then ask for it, find it, take a class. Don't be afraid to ask for help, everybody needs help once in a while just be prepared to put in some work too.

When you leave a job anyplace else no one will remember the work you put in but as a parent your child will always

remember. They will even discuss it at a dinner table or on face book when they get older. "Take my word on that one"

It's really nice when it's a positive response.

You need to know that they (politicians) are trying to cut the health department back again. So if you utilize this service or not, you may want to send a letter to your county commissioners, editor of the newspaper or even a Nevada Senator, and let them know this is a service we cannot do without. It is hard to get your child into the clinic at times and we have a Health nurse come in just once a week now to see the community that uses that facility. The nurse's time is

going to be cut shorter again due to cuts and we need to let the County Commissioners know we need her more not less. Don't be afraid to call or send a letter to them. Voice your concerns.

Our community will suffer and it is always harder to get it back once it is gone.

Ok I'm off my soap box for now.

Please check your children's finger and toe nails when you get them out of the tub. Some of the children have really long nails and we are not allowed to cut them. This can result in scratches to themselves and their class mates. The longer the finger and toe nails the more

germs they hold. The child can also end up damaging their nail and causing pain and infections.

It is SUMMER and it is getting hotter so please bathe your children nightly and put some lotion, cream or oil on their little bodies it is so dry here and they need that extra moisture just like you do.

Once you get your child into the routine of a bath before bed they will soon be able to do it themselves without harping when they get older. We all feel and sleep better if we get the day washed off before bed.

Bath, teeth, hair and a story it's a great ending to any day.

WHATS COOKING

Pound cake

1 pound soft butter
3 cups sugar
6 lg. eggs
4 cups all-purpose flour
 $\frac{3}{4}$ cup milk
1 tsp almond extract
1 tsp. vanilla extract

this cake is great with fruit or whipped cream or just alone.

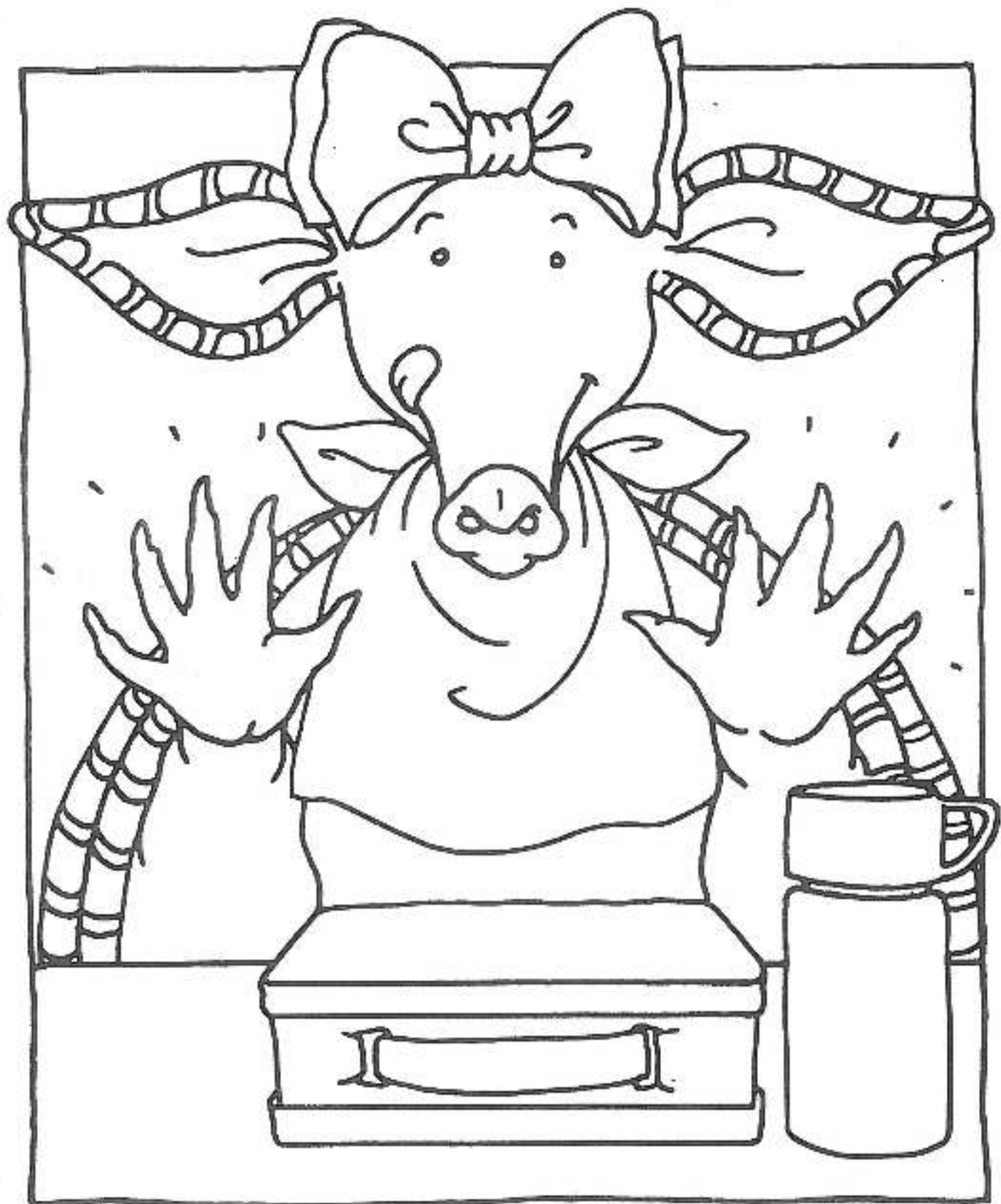
Beat butter at medium speed with an electric mixer until creamy. The butter will turn a lighter color. This is an important step. You want air incorporated into the butter so the cake will rise. It may take 1 to 7 minutes depending on the power of your mixer. Gradually add sugar, beating at medium speed until light and fluffy add eggs, one at a time beating just until the yellow of the yolk disappears.

Add flour to creamed mixture alternating with milk beating on low speed keeps the mess down beginning and ending with flour. The batter should be smooth, and bits of flour well incorporated, to rid batter of lumps you can stir with a rubber spatula. Stir in extracts. Pour batter into a well-greased and floured 10 inch tube pan. (Butter or shortening is best for greasing the pan make sure you get every nook and cranny covered).

Bake at 300 for 1 hour and 40 minutes (pre heat your oven) or until a wooden pick (tooth pick) comes out clean. Cool on wire rack for 15 minutes remove from pan and finish cooling on wire rack.

Enjoy 

Wash before you eat



Why Snacks?

Most kids like snacks. That's great! Think of snacks as mini-meals that help provide nutrients and food energy your child needs to grow, play, and learn.

Help your child snack smart.

Your child has a small stomach. So he or she probably eats less at meals than you do. Smart snacks can help your child eat and drink enough during the day. In fact, most young children do best when they eat four to six times a day.

Keep food group snacks handy: for example, raw vegetables, fruit, juice, milk, cheese, yogurt, bread, peanut butter, and hard-cooked eggs.

Let snacks fill in the gaps. If your child misses juice for breakfast, offer fruit at snack time.

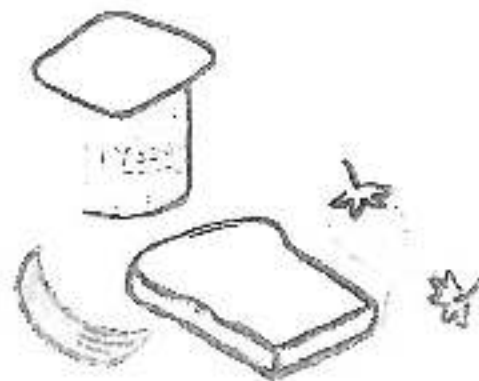
Time snacks carefully – two to three hours before meals. That way your child will be hungry for lunch or supper.

Offer snacks to satisfy hunger: Skip the urge to offer a snack to quiet tears, calm your child, or reward behavior. That can lead to emotional overeating later on.

Keep snacks small. If your child is still hungry, he or she can ask for more. Let your child decide what's enough.

Encourage tooth brushing after snacking – especially after eating bread, crackers, and sweet foods.

Snack wisely yourself! Do you snack when you feel stressed or bored – or just when you're hungry? What foods do you snack on? Remember, your child learns snack habits by watching you. Be a great role model!



Go easy on snacks with added sugars.

Offer milk, juice, or water as snack drinks. Soft drinks and fruit drinks can crowd out foods your child needs to grow and stay healthy.

Make food group foods the usual snacks. A little candy occasionally is okay.

Remember...

Sometimes kids say they're hungry when they really want attention. Take a little time with your child – talk or do something fun. Your child will let you know if he or she really is hungry.

Provided by

Women, Infants, and Children



WOMEN, INFANTS & CHILDREN

Starting healthy habits, growing brighter futures

WIC's Mission:

To safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.

Food, nutrition counseling, and access to health services are provided to low-income women, infants, and children under the Special Supplemental Nutrition Program for Women, Infants, and Children, popularly known as WIC. WIC provides Federal grants to States for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children who are found to be at nutritional risk.

Most State WIC programs provide vouchers that participants use at authorized food stores. A wide variety of State and local organizations cooperate in providing the food and health care benefits, and 46,000 merchants nationwide accept WIC vouchers. WIC is effective in improving the health of pregnant women, new mothers, and their infants. A 1990 study showed that women who participated in the program during their pregnancies had lower Medicaid costs for themselves and their babies than did women who did not participate. WIC participation was also linked with longer gestation periods, higher birthweights and lower infant mortality. **Please call 775-289-6113, ext #4 and sign up for WIC!**

The WIC Farmers' Market Nutrition Program is Coming this Summer!

- The WIC FMNP provides \$30 in coupons per eligible participant to buy fresh fruits and vegetables at Northern Nevada Farmers' Markets
- EACH eligible participant in a household will receive coupons
- Coupons can be spent with any WIC authorized farmer in Northern Nevada

You can walk-in and grab your coupons on the following dates:

Monday - Wednesday

From 8-12:00 & 2-5:00



This is a WIC logo. It is not a trademark of any company.



Family to Family Resource Center

Although each child has his or her own individual growth timetable, all children go through stages. Here are checklists of traits of the different stages. Looking them over will give you a sneak preview of what is to come if your child is still a baby; if your child is older, it should help give you some idea of normal development. Remember, though, that children do have many individual differences in the way they develop.

One Year Olds

Identify and react to the emotions of others
 Play games like patty cake and peekaboo
 Sit up without support
 Say mama and dada; imitate sounds
 Recognize their own name
 Wave bye-bye
 Crawl, may walk
 Have no sense of caution
 Pull themselves up to standing position
 Feed themselves small pieces of food or crackers
 Show interest in other children

Two Year Olds

Assert independence
 Demand attention
 Favorite word is "no"
 Prone to tantrums, hitting, and biting
 Easily distracted
 Self-centered and possessive
 Still do not play with other children for long periods
 Need help dressing and undressing
 Affectionate
 May develop fears
 Walk well, constantly on the go
 Can jump
 Can throw a ball
 Appetite may fall off sharply
 Learn many new words
 Adorable, although for some only when asleep.

Three Year Olds

Still say no a lot
 Favorite word now is "Why?"
 Attention span is increasing
 Begin to play with other children
 Active imagination; may enjoy imaginary playmate
 Can repeat short nursery rhymes
 Speak in short sentences
 Learning to share and wait for their turn
 Imitate others
 Want to please parents if relationship is good
 Very active; large motor skills developing rapidly
 Small motor skills begin to improve
 Can build a tower of blocks
 Getting neater at mealtime, but still lots of spills
 Need help in dressing
 Can wash and dry hands and face
 May develop a slight stutter

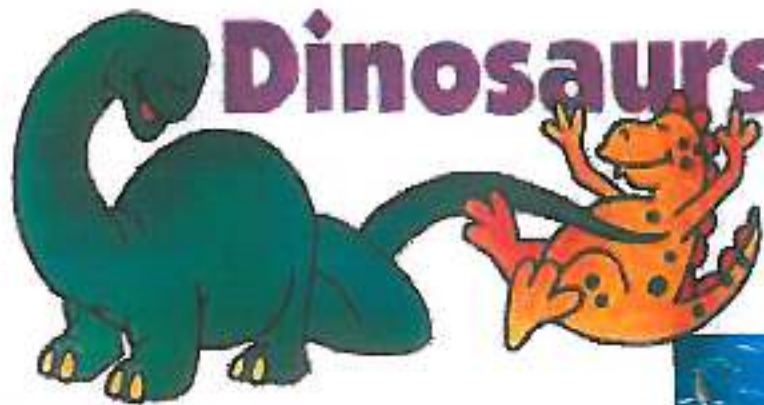
Four Year Olds

Quite verbal, able to express themselves in words
 Ask constant questions
 Attention span is longer than at age three
 Still very imaginative
 Recognize colors
 Can match sizes, shapes, and colors
 Play well with other children
 Boss and criticize others
 May be afraid of the dark, thunder, animals, etc.
 Enjoy dramatic play - puppets, dolls, dress-up
 Learning right from left
 Love physical activity
 Can go up and down a short ladder
 Throw balls overhand
 Balance is good
 Can dress alone, manage buttons and shoelaces
 Able to cut with scissors
 Begin to form letters, sometimes backwards



Stop by Family Resource Center.....
 Play Group, Cribs for Kids Class, Referral
 Resources, Gas Cards, Energy Assistance/
 Medicaid/SNAP Application Assistance and more!!

Smashing Dinosaurs



Ms. MIKKA &
Ms. JANELLE

This month we will be diving into our ocean unit. We will also be learning about the beach. We will be having a



water day every Friday. Please bring swimming suit and/or extra clothes. We will be having a movie day July 3, you may wear pjs, bring a blanket and pillow. We will be watching Finding Dory to tie into our ocean unit.

Socialization: July 3rd- Movie day and Every Friday-water day

No School: July 4th

Parent Meeting: July 14th

1/2 day : July 28th



Sea Creatures

MS. KATHLYN

&

MS. KATHLYN

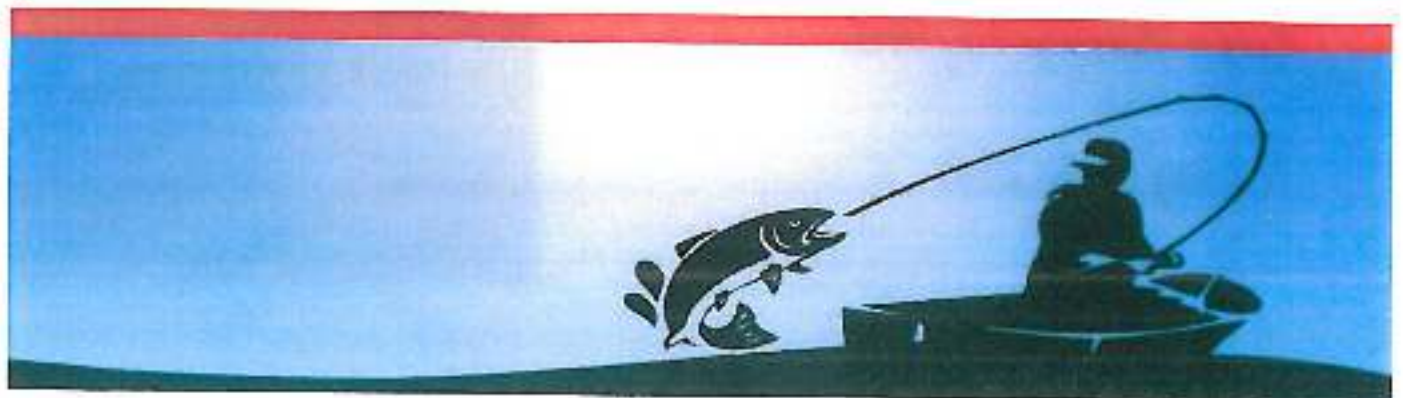


This month the Sea Creatures are continuing our exploration on outdoor activities such as fishing and camping. Then later this month we will begin our ocean unit. Thank you Sharie Martin for donating ice cream coupons for us to go on a field trip! Pay close attention to get more information on our field trip.

field trip



We are sad that our time with this class is coming to an end. We have been through so much together and we will never forget these past two years.



Little



Ms. Morgan

&

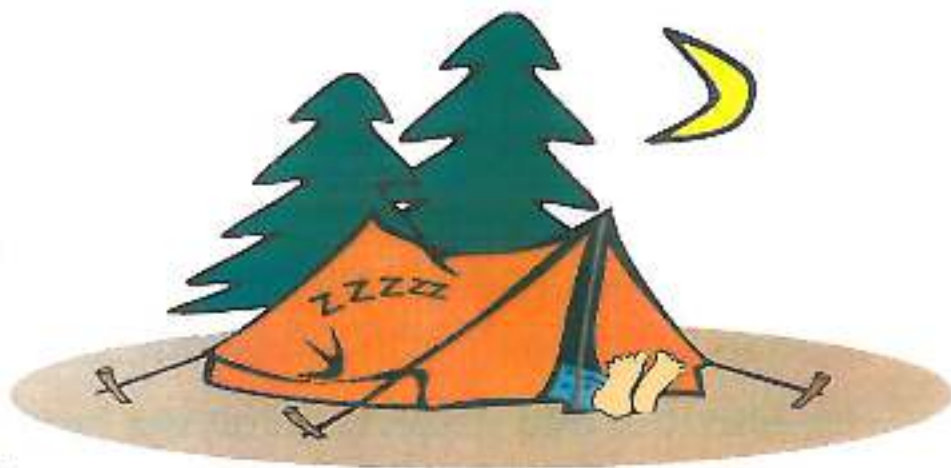
Ms. Tami

Cubs

July's theme is Camping!

We have a lot of fun new toys and activities in our classroom this month. We are learning about letters and numbers as well sharpening our fine motor

skills. The school readiness goal is persistence, so the camping unit is perfect for teaching this goal. Come join our classroom to see what we are learning.



Water play will be every Friday weather permitting.

PERSEVERANCE



I CAN do it,
if I put my
mind to it!



THE EXPLORERS

We hope everyone had a fun filled and safe Independence Day! It has been getting really hot outside, so please dress accordingly, stay hydrated, and bring clothes for your child to wear for water play. We are learning about animals and their habitats this month. We will be doing activities and projects involving farm animals and sea creatures. Volunteers are welcome to join us ! Our school readiness goal is : practicing an activity many times until successful(persistence).



Thank you to all our amazing volunteers!



Ms. Alisha & Ms. Kirstan



Miss Shana

&

Miss Esther

Bumble Bees

For the month of July we will be going out to space and learning about the sun, moon, and stars. We will show the children the different planets and teaching them about astronauts. They will get to make their own moon sand, build a spaceship and sing the song "5 Little Astronauts." Shana will make exploding moon rocks and moon craters. Children will get to look into a telescope. Parents please bring your children with appropriate clothes for this warmer weather.





MS. ANNY

MS. JASMINE

We are working on transitioning to the one year old classroom. We are trying to get everyone on an afternoon nap schedule, so we have time for more activities in the mornings.

We are also trying to go outside everyday from 9:15-9:45 am. Please bring swim wear for our water play on Fridays.

Please remember to work on the homework activities and reading logs each day with your child.

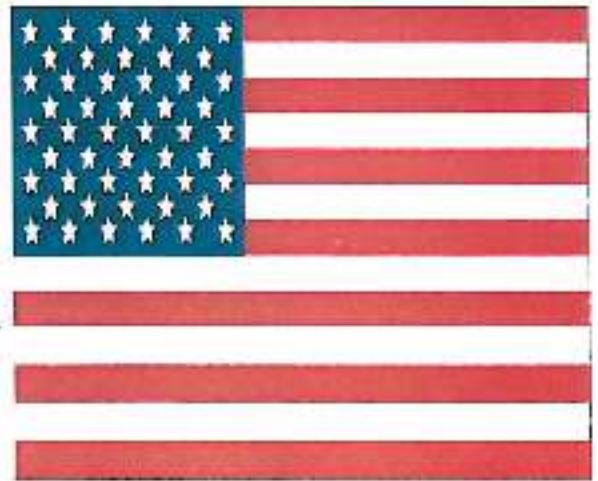


Extended Day



It is now July. The weather is getting warm and we are enjoying this weather so much. Our class will be doing a lot of activities outside and we call it "Classroom without Walls."

Theme of the month: America



We will learn about our country and making fun stuff to celebrate the 4th of July. A warm welcome to Angelo who is a new student to the Sea Creatures classroom and our extended day. Enjoy your Summer!

Ms. EL

