

## PROGRAM NEWS FROM CASSIE

### SEPTEMBER 2017

Welcome to a new school year! We are glad you have chosen to enroll your child in the program. We have some wonderful staff members who will work hard to make this a great year for your child.

We want to welcome several new staff members to the agency. Jody Gledhill is the new Administrative Assistant. She is located in the front office of the Head Start building. Melinda Homan, the teacher for Busy Bees is out until October. Linda Garcia is the teacher for Leaping Lizards. Mya Burdick, is a classroom aide for the Little Hoops, Alisa Banuelos is a classroom aide for Busy Bees, and Candy Knackert is a classroom aide for the Leaping Lizards.

New Early Head Start teachers are Melissa Castillo and Jazmine Gonzalez, who are teachers for the Courageous Cubs.

Just a reminder that parents are welcome at any time in your child's classroom to volunteer. Teachers welcome your help during classroom activities including meal times, center play time, outside time. We do ask that you follow teachers requests for assistance and please let teachers handle the child guidance and discipline.

Classrooms will be electing parent representatives to the Policy Council and Board of Directors at their classroom meetings in September. If you are interested or would like more information, talk with your child's teacher, or Christina Burdick.

Parents, please be working on getting your child's physical exam, immunizations and dental screening completed. Physicals must be completed within 30 days of program entry, dental within 90 days of program entry, and immunizations within 30 days of the due date. Talk to Joy Astler our Health/Nutrition Manager if you have questions.

#### IMPORTANT DATES

September 4—NO SCHOOL, LABOR DAY HOLIDAY

September 26—Board of Directors' Meeting, 10:30 a.m.

*Cassie Carlstrom*



**September Newsletter**  
**Christina Burdick**  
**Family Service Manager**

Welcome back families!!! We are so excited to see your children back at school. This is going to be an exciting year.

**School Hours:**

Please remember school starts at 8:00 am. Pick up for Head Start is at 3:00 pm and pick up for Early Head Start is 3:30 pm.

**Policy Council:**

Parents please let your child's teacher know if you would like to be on our Policy Council. It is a great opportunity to be more involved with your child's education.

**Homework:**

This year we are trying something new with the homework folders, please make sure you return them when the teachers have you scheduled to. In-kind is a very important part of our program.

**Attendance:**

Attendance is very important to your child's education. Please make sure if your child is absent to call in and let us know. If we are not here yet just leave a message at 289-6113 ext 104. If we do not hear from you by 9:00 am, we will be calling you to find out why your child is absent. After 3 unexcused absences I will need to meet with you and see how we can come up with a plan to help you bring your child on a regular basis.

Please feel free to come and visit with me if you have any question or concerns. My door is always open.




# HUMAN RESOURCES

September's employee of the month is Kirstan Ashdown. Kirstan has been with our program since August 2015.

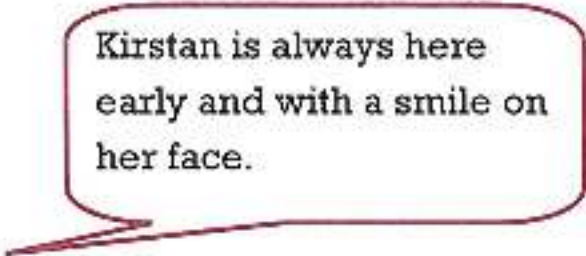
Kirstan is one of our Early Head Start teachers. She has her Infant/Toddler CDA (Child Development Associates). Kirstan is currently working on her Associates Degree at Great Basin College.

Kirstan enjoys playing video games, reading, drawing, experiencing and cooking new cuisine.


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



The children really enjoy being around Kirstan. She is kind & gentle and is always interacting w/the kids in a positive manner.



Kirstan is always here early and with a smile on her face.



She always tries to stay positive and is kind & giving towards others.

**Employee  
of the  
Month**

# SEPTEMBER 2017 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SCHOOL HOURS:</b> HEAD START:  EARLY HEAD START:	8:00am - 3:00pm  8:00am- 3:30pm			1) <b>TEACHER IN -SERVICE DAY ...NO SCHOOL</b>
4) <b>HOLIDAY</b>	5) <b>1ST DAY OF SCHOOL</b>	6)	7)	8) <b>TEACHER IN -SERVICE DAY ...NO SCHOOL</b>
11)	12)	13)	14)	15) <b>TEACHER IN -SERVICE DAY ...NO SCHOOL</b>
18)	19)	20)	21)	22) <b>TEACHER IN -SERVICE DAY ...NO SCHOOL</b>
25)	26)	27)	28) <b>PICTURE DAY</b> 	29) <b>FAMILY PICTURE DAY ( MAKE APPOINTMENT W/CRYSTAL)</b>  <b>TEACHER IN-SERVIC DAY ...NO SCHOOL</b>

## Parents

Below are the Head Start School Readiness Goals for the month of September. Please complete the Family Practices at home to help your child gain their fine motor skills.

September 2017 SRG: DOMAIN: PHYSICAL WELL BEING (FINE MOTOR)

Goal: Children will demonstrate age appropriate fine motor, balancing and self-help skills.

**Head Start Objective 1:** By Spring 2018 preschoolers will develop the ability to use drawing and writing skills as measured below:

**Three to Five Year Olds:** The children will meet or exceed the TSG Objective (7.b) of holding drawing and writing tools by using a three point finger grip.

**Effective Teaching Practices:**

- Teachers will provide a wide variety of fine motor activities that interest and appeal to all children in the classroom.
- Teachers will allow plenty of time for children to explore materials and complete tasks.
- Teachers will provide activities to strengthen the hand grasp and release of children, e.g., using squirt bottles, medicine droppers. Punching holes, using close pins and handling play dough.
- Teachers will include activities for preschoolers that support eye-hand coordination; e.g. stringing beads, lacing, picking up objects with tweezers, placing pegs in holes and folding paper.

**Family Practices:**

- Families will volunteer in their child's classroom to better understand how to help their child increase their fine motor, drawing and writing skills.
- Families will then use those teacher strategies at home to improve their child's fine motor, drawing and writing skills.
- Families will assist their child's teacher with setting fine motor, drawing and writing goals for their child's Individual Child Plan and then work on these goals at home.
- Families will assist their child with the home activities and also with literacy activities that are provided by the child's teacher.

- Families will provide many opportunities at home to improve their child's fine motor, drawing and writing skills.

Linda Garcia

Education/Disabilities Manager

## Parents

Below are the Early Head Start School Readiness Goals for the month of September. Please complete the Family Practices at home to help your child gain their fine motor skills.

<b>September 2017 SRG: DOMAIN: PHYSICAL WELL BEING (FINE MOTOR)</b>		
<b>Goal:</b> Children will demonstrate age appropriate fine and gross motor skills and age appropriate self-help skills.		
<b>Early Head Start Objective 1:</b> By Spring 2018, infants and toddlers will develop the ability to use fingers and drawing tools as measured below:		
<b>Young Infants:</b> The children will meet or exceed the TSG Objective (7.a) to reach for, touch and hold objects purposefully.	<b>Older Infants:</b> The children will meet or exceed the TSG Objective (7.a) of using fingers and whole arm movements to manipulate and explore objects.	<b>Toddlers:</b> The children will meet or exceed the TSG Objective (7.b) of gripping drawing and writing tools with their whole hand but may use whole-arm movements to make marks.
<b>Effective Teaching Practices for Infants and Toddlers:</b> <ul style="list-style-type: none"><li>• Teachers will offer activities that strengthen infants and toddlers hand grasp.</li><li>• Teachers will engage children in activities that encourage them to move their fingers individually, e.g. finger plays, pointing at pictures.</li><li>• Teachers will include activities for toddlers that support eye-hand coordination, e.g., stringing beads on pipe cleaners or laces, picking up objects with tongs or tweezers, placing various sizes of pegs in holes and folding paper.</li><li>• Teachers will provide activities to strengthen the hand grasp and release of toddlers; using squirt bottles, medicine droppers, punching holes, using clothes pins and handling play dough.</li></ul>		
<b>Family Practices:</b> <ul style="list-style-type: none"><li>• Families will volunteer in their child's classroom to better understand how to help their child increase their fine motor, drawing and writing skills.</li></ul>		

- Families will then use those teacher strategies at home to improve their child's fine motor, drawing and writing skills.
- Families will assist their child's teacher with setting fine motor, drawing and writing goals for their child's Individual Child Plan and then work on these goals at home.
- Families will assist their child with the home activities and also with literacy activities that are provided by the child's teacher.
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Linda Garcia

Education/Disabilities Manager



# Juice or Fruit Drinks?

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## Why Fruit Juice?

Juice is an easy way to enjoy fruit. Keeping juice on hand is good for your whole family! Here's what juice provides.

- **Vitamin C** to help heal cuts and bruises, fight infection, and use iron from food.
- **Vitamin A** in some juices for healthy eyes and skin.
- **Carbohydrates** for energy. Sugar from fruit is the carbohydrate in 100% juice.

Juice is mostly water. Like you, your child needs enough fluid to stay healthy.

## How Much Juice

Offer your child enough, but not too much:

**Ages 1 to 6 years:**  
**1/2 to 3/4 cup of juice a day.**



## Go Easy...

Because juice is convenient, it's easy to drink too much of it. Here's why drinking too much juice can be a problem:

- Juice has calories. Too much may give your child more calories than he or she needs. That may contribute to overweight. Go easy for yourself, too!
- If juice replaces milk or calcium-fortified soy beverages, your child may not get enough bone building calcium.
- Sipping juice a lot promotes cavities. Sometimes diarrhea is a problem too.

DEAR PARENTS,

THE UNIVERSITY OF LAS VEGAS DENTISTRY WILL BE HERE ON THE 14<sup>TH</sup> OF SEPTEMBER. THEY WILL BE DOING EXAMS AND FLUORIDE VARNISHING ON THE CHILDREN THAT NEED IT. PAPER WORK WILL BE IN EACH CLASS ROOM FOR YOU TO SIGN. THIS CONSENT NEEDS TO BE SIGNED EVEN IF YOU DON'T WANT YOUR CHILD TO GET THE TREATMENT THAT IS BEING OFFERED SINCE WE NEED A DENIAL OF SERVICE FOR THE CHILD'S FILE FOR THE STATE. IF YOU HAVE ANY QUESTIONS ABOUT THIS PROGRAM PLEASE COME SEE ME, MY OFFICE IS LOCATED IN THE W.I.C. BUILDING.

THANK YOU,



JOY ASHER, HEALTH/NUTRITION MANAGER.

SCHOOL DAYS  
I HAVE BEGUN AGAIN

WE ARE SO GLAD YOUR CHILDREN ARE HERE  
THIS YEAR!

YOU WILL ALL BE GETTING NOTICES FROM ME  
AGAIN THIS YEAR. IF YOU FIND ANY  
DISCREPANCIES IN THE MEDICAL REQUESTS  
FROM ME AND THE INFORMATION THAT YOU  
RECEIVE FROM YOUR HEALTHCARE PROVIDER,  
PLEASE LET ME KNOW. WE MUST STAY  
COMPLIANT WITH THE STATE AND IF THERE  
ARE CHANGES IN YOUR CHILD'S NEEDS WE  
NEED TO HAVE THAT INFORMATION IN THEIR  
FILES.

IF YOUR CHILD HAS A FOOD OR DAIRY ISSUE  
PLEASE COME GET A FORM FOR YOUR  
HEALTHCARE PROVIDER TO FILL OUT, IT HAS  
TO BE UP TO DATE AND ON THE CORRECT  
FORM. WE CANNOT ACCEPT WIC FORMS FOR  
HEAD START.

WE CANNOT SERVE YOUR CHILD SPECIAL  
FOODS AND NON-DAIRY WITHOUT THAT  
FORM FILLED OUT.

PLEASE CHECK YOUR CHILD'S IMMUNIZATIONS,  
DENTAL AND PHYSICAL INFORMATION AND  
MAKE SURE IT IS ALL UP TO DATE IF YOU HAVE

WHAT IS THE FIRST THING YOU REACH FOR  
WHEN YOU'RE HUNGRY?

IS IT A COOKIE, HAND FULL OF POTATO CHIPS,  
MAYBE A PIECE OF CAKE OR PIE? JUST BECAUSE  
IT'S FAST AND EASY.

TRY GETTING YOUR HANDS AROUND FRESH  
VEGGIES AND FRUIT! IF YOU WASH AND CUT  
THEM UP AND PLACE IN CONTAINERS IN THE  
FRIDGE YOU WILL FIND THEY ARE MORE  
SATISFYING THEN THAT HANDFUL IF CHIPS. THE  
CHILDREN WILL START TO ASK FOR THE FRUIT  
AND VEGETABLES AFTER THEY KNOW YOU  
HAVE THEM TOO.

I HAVE CHILDREN COME TO MY OFFICE ALL  
THE TIME AND ASK FOR THE APPLE OR  
ORANGE THAT IS ON MY DESK BEFORE THEY  
ASK FOR THE OTHER. ITEMS THEY KNOW I KEEP  
ON HAND.

EASY VEGETABLES AND FRUIT THAT KIDS LOVE  
TO SNACK ON.

APPLES

ORANGES

GRAPES

BANANAS

PEACHES

CHERRIES (CUT OUT THE PIT)

RAISINS (AGE APPROPRIATE)

CARROTS

CELERY

BROCKLEY

CAULIFLOWER

JICAMA

TURNIPS

CUCUMBERS

THIS IS JUST A START. CHECKOUT THE LOCAL GROCERY STORE AND SEE WHAT THEY HAVE ON SALE THIS WEEK, BREAK UP THE HUMDRUM AND GIVE SOMETHING NEW A TRY IF YOU LIKE IT THAN YOU CAN ADD IT TO YOUR LIST IF YOU DON'T THAN DON'T GET IT FOR A WHILE YOU TRY IT AGAIN. TRY DIPPING YOUR VEGGIES IN HUMMUS OR LITE RANCH DRESSING, MAKE YOUR OWN DIP OR SAUCE TO GO WITH THE FRUIT, SAY YOGURT WITH HONEY OR SOME OF THE FRUIT YOU'RE SERVING. YOU MAY WANT TO SPRINKLE A LITTLE LEMON OR LIME JUICE ON THE FRUITS THAT TURN BROWN QUICKLY TO KEEP THE FRESH CUT LOOK TO IT.

ANY QUESTIONS COME SEE ME AND I WILL BE  
HAPPY TO GO OVER THE INFORMATION WE  
HAVE WITH YOU ON YOUR CHILD.  
IT'S GOING TO BE A GREAT YEAR. COME JOIN  
THE FUN SEE WHAT YOUR CHILD CAN DO.  
LOOK FOR THE FOOD AND EXERCISE  
INFORMATION THAT WILL BE IN THE MONTHLY  
NEWS LETTERS

THANK YOU,  
JOY ASHER HEALTH/NUTRITION MANAGER

## Butternut Squash Risotto With Fried Sage



### Ingredients

- 1 cup arborio rice
- 3 cups chicken or vegetable broth, heated
- 1 butternut squash, peeled and roasted [2]
- Olive oil
- 1 bunch sage, leaves only
- 1/2 cup parmesan cheese, shredded, plus more for garnish
- Salt and pepper, to taste

### Directions

1. In a medium saucepan, combine 1 cup rice with 1 1/2 cups broth. Bring to a boil over high heat. Reduce heat to medium, and stir constantly until liquid is absorbed. Add more broth in 1/2-cup increments, cooking and stirring until liquid is absorbed. Repeat with remaining broth until all is used and rice is cooked through, about 30 minutes total. Rice should have a slight bite and should not be completely mushy. Use more or less broth to achieve the right consistency. Just before risotto cooking time finishes, add most of the butternut squash to the risotto, reserving 1/3 cup of butternut squash for garnish. Stir in 1/2 cup shredded parmesan cheese.
2. About 10 minutes before serving the risotto, fry the sage leaves. In a small frying pan, fill with 1 inch of olive oil. Heat over medium-high heat. Fry sage leaves, three at a time for three seconds. Remove quickly and carefully with tongs. Place on a plate with a paper towel to cool and absorb extra oil. Season with salt. Set aside.
3. To serve, divide risotto between two bowls. Garnish with leftover butternut squash, a few sage leaves, and shredded parmesan cheese. Salt and pepper to taste.

### Information

#### Category

Rice, Main Dishes

#### Cuisine

North American

#### Yield

2 main-dish servings

#### Cook Time

1 hour

Wash after playing with pets





## What is WIC?

WIC provides nutritious foods, nutrition education, breastfeeding support, and referrals to health and other social services to participants at no charge.

### WIC food packages include:

- Fresh fruits and vegetables
- Milk and Cheese
- Eggs
- Peanut Butter
- Beans
- Whole grains
- Cereal



Starting healthy habits,  
growing brighter futures



## Who Can Qualify for WIC?

Women who are pregnant, postpartum or breastfeeding

Infants or children up to the age of 5

Families who have a moderately low income or are already receiving TANF, Medicaid or SNAP benefits

A variety of families can qualify for WIC:

- Single and Married families
- Working or not working
- Mothers and Fathers
- Grandparents
- Foster parents
- Legal Guardians

## WIC Services Include

For more information

1-775-289-6113 ext. 4

### Nutrition Education

We will help your family create healthy habits and reach your family's nutrition goals with helpful tips, recipes and support.

### Nutritious Food

We will show you how to create healthy, affordable meals with the WIC Food Package by focusing on whole grains, fruits, vegetables and low-fat dairy.

### Breastfeeding

Breastfeeding is the best way to feed your newborn. We offer breastfeeding support, education and counseling.

### Community Referrals

We want you to have the community and healthcare assistance you need. We provide referrals for immunizations, health care and other programs.

### Counseling

Parents often worry about their child's eating habits. Our qualified nutritionists and staff can give you professional nutrition and wellness advice.

### Health Screening

Tracking your child's growth will help you understand their health and development.





....Dedicated to Helping  
Children and Families in Need!

## Scheduled events:

**Cribs for Kids Class:** Helping every baby sleep safer. Friday's at 10:00 (class participation gift given)

**Play/Social Group:** Thursday's at 10:00. Bring your infant, toddlers, children and enjoy a fun time of socialism and activities.

**Clothes Closet:** Come check out the newly donated gently used clothing....Sizes newborn to 6/7

**Baby Basics Class:** Starting this Fall (swaddling, breast/bottle feeding, diapering, bathing, umbilical cord care, starting solids and how to soothe a crying infant will all be covered). All participants will have the knowledge and skills to confidently care for their infant.

## Services/Programs:

**Family Advocacy:** Individualized family support in developing health, independence, and self-sufficiency.

**Referrals and Information:** Each year we receive more than 9,500 calls for assistance from families residing in Northeastern Nevada. We connect these families and individuals with community services, businesses, etc.

**Women, Infants and Children (WIC):** Nutritional education and supplemental food for low income families.

**Breastfeeding Support & Information:** Help and resources for breastfeeding women.

**Clothes closet, Car seats (\$20 donation), Gas Cards** (use for travel to medical/dental appointment), **Parenting Classes** (starting in October)

**Teen Health Education:** Medically-accurate, evidence-based education programs, for adolescents and teens, aged 9-18, proven effective in reducing the risk of HIV, STDs and Teen Pregnancy (refer to Elko FRC).

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WOMEN, INFANTS & CHILDREN

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Ms. MIKKA &  
Ms. JANELLE

We are beyond excited to start the new year. We will begin our year by learning our schedule, names of friends and staff and learning about their new environment your children will be in every day. Reminder school is only Monday thru Thursday 8 a.m. to 3 p.m.

Parent meeting: 09/13/17

Socialization 09/21/17 & 09/28/17

On our socializations we will have community members come in to tell us about their heritage.



# Busy Bees



Welcome to the Busy Bee's classroom. This month we will be learning about routines and playing with peers. Our school readiness goals for this month is physical well being and fine motor skills. We will be strengthening our hand grips by using hole punches, using clothes pins, picking up objects with tweezers and playing with play-doh. We will also be working on our hand eye coordination by stringing beads, lacing and folding paper. We would like to thank Kendall Seminoff for volunteering in our classroom.



**Ms. MELINDA & Ms. TERESA**



# Leaping

Ms. LINDA &  
Ms. RENEE



# Lizards

For the month of September we will be learning about our schedules and routines for our classroom. Some of our Focus Questions are: "What names do we need to know at our school?", "What should we do if we get sad or scared at school?", "What are our rules?", and "When do things happen at school?". Some of the books we will be reading this month are: Corduroy, Love is a Family, Wemberly Worried, Down by the Bay, and The Napping House. We are using a new curriculum called the Creative Curriculum in our classroom and we are very excited to see how it improves our children's learning outcomes.



CREATIVITY



shutterstock - 153308033



shutterstock - 153308033

**Ms. Shana**

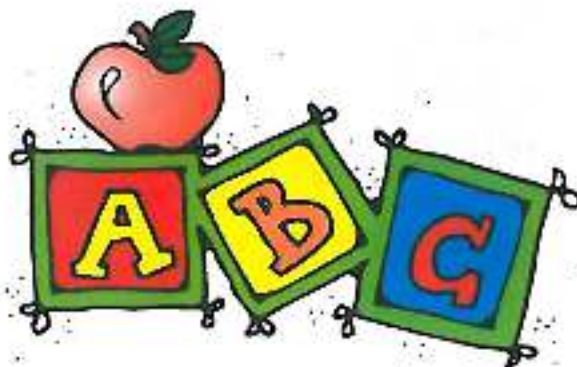
**&**

**Ms. Esther**

# Bumble

# Bee

Welcome back! The bumble bees have a new classroom, it's a new year and we are ready to kick off the year with new fun projects. For the month of September teachers will ask parents to make a all about me posters. Children will learn about themselves naming body parts, and point at them. We will go over fire drills, walking in the parking lot and showing our children about safety. We will continue to work on our school readiness goal for the month.





# THE EXPLORERS

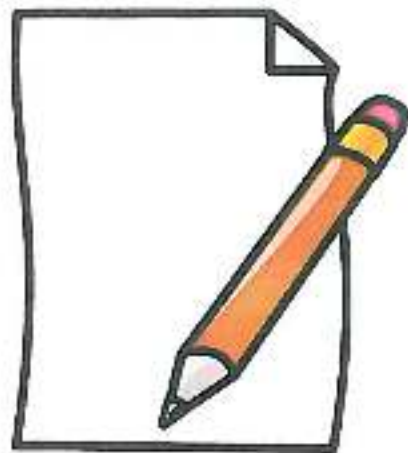
Welcome back for the new school year. We are exploring our new classroom and getting to know our new friends. Our school readiness goal is fine motors skills.

We would like to ask to make a all about me poster to display in the classroom to talk about.

Please watch for cars in the parking lot and make sure your child is holding your hand. Children are smaller and harder to see and it can be dangerous when the parking lot is busy.

Just a reminder there is no school on Fri-

days, we are looking forward to the new school year.



*Ms. Allsha & Ms. Kirstan*

# Courageous

Ms. Melissa

&

Ms. Jasmine



## Cubs

Hello, welcome to EHS classroom #3 for the month of September our focus is to build strong relationships with each child & to help children adjust to their new schedules.

### My Daily Schedule



We would like to remind parents to help wash hands of their child in the mornings to help with transitioning. Also, if your child is not enrolled in Extended Care school starts at 8:00 a.m. We would also like for parents to bring in extra clothes for their child in case we get a little messy or wet from water play.

We will do a Parent Meeting the last Monday of the month during pick up and drop off.





MS. AMY

MS. MORGAN



For the month of September we are getting used to our new classroom and getting to know our new teacher Ms. Morgan. We have a new student joining our group. We want to welcome Ms. Morgan and Jake!

The school readiness goal for this month is fine motor skills, writing and drawing. We will be doing fun things like pudding painting and introducing sidewalk chalk.

Parent meeting Thursday Sept 21 at 3 pm. We will be voting for our policy council representative at that time.



# Forest Friends

MS. KATHLYN



MS. TAMM



What a crazy first few weeks of school it has been. The Forest Friends are working on building relationships with the teachers. We are excited to be able to watch them grow throughout their EHS years. On Thursday September 21 we will

be having our first parent meeting. It will be in the classroom at 3:00. We hope to see you there.

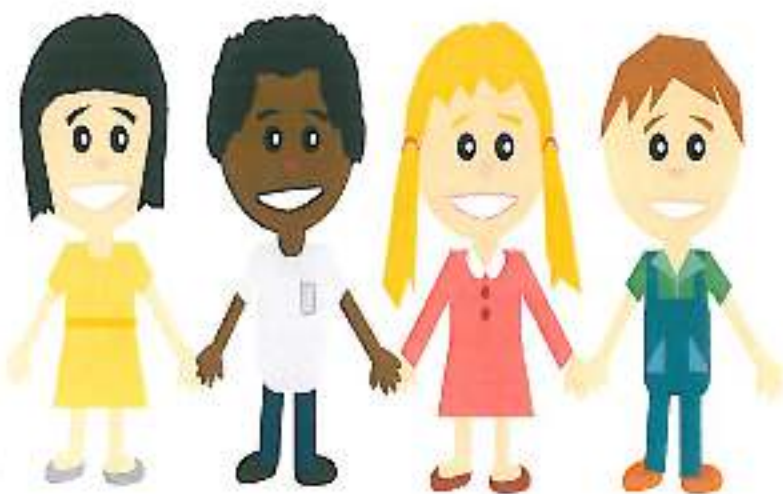


# Extended Day



Welcome Back to School! Let's say a big Hello to the new friends in our class: Aliyah, Carter, Peytyn, and Kingston.

**Theme of the month:** Getting to know our after school program.



This month we will be learning about our new room, new friends, and new routines in our after school program. Our program starts at 3:30-5:15 pm. Enjoy your school time!

Ms. EL