

Head Start Family News



News from Lorain County Community Action Agency Head Start • February 2020

Director's Corner

Heart Month Can Include Tough Topics



Welcome to February! The children and staff have been back in the classrooms now since the holidays getting reacquainted with their routines and venturing into more learning opportunities.

The staff have many great things in place as we embark into the second part of this program year. Unfortunately, it comes with a bit of sad news for our Head Start family.

Long-time employee and Family Service Worker Elsa Quinones passed away unexpectedly on Monday, December 30, 2019. She will truly be missed. Elsa loved her Head Start families and loved serving them. She was a committed employee and always believed in the mission of our program.

With February being heart and health awareness month, this brings to my mind the topic of grief and how we share and help children through the grief process. I lost my father in November and had to work with all of my grandchildren through this difficult time.

As I researched this subject, I found that what helps us as adults will also help our children. Here are some focus points when dealing the death of a friend or

loved one:

- ▶ Be honest.
- ▶ Use simple language.
- ▶ Offer a listening ear.
- ▶ Observe behaviors.
- ▶ Accept kids' feelings.

The Dougy Center, the national center for grieving children and families, also provides these tips:

- ▶ Answer the questions they ask; even the hard ones – children need to understand.
- ▶ Give the child choices whenever possible – children like to be included.
- ▶ Talk about and remember the person who died – give the opportunity to reflect.
- ▶ Respect differences in grieving styles – children will grieve in many different ways.
- ▶ Listen without judgment – just listen, no evaluation.
- ▶ Hold a memorial service and allow for saying goodbye – this is important for children.
- ▶ Take a break – grieving comes in cycles; it's okay to take a break.

Learn more at: www.dougy.org/grief-resources/how-to-help-a-grieving-child/.

Thank you all for supporting our staff so well.

Elsa Quinones 1947-2019

Elsa moved to Lorain from Puerto Rico in 1997 and worked for LCCAA Head Start since 1998.

Funeral services were held Jan. 3, 2020. Learn more about Elsa at dovinfcs.com.



Head Start Works because we all work together.

Shauna Matelski, Ed.D.
Head Start Director



Head Start Works!

www.lccaa.net

1-888-245-2009



How Head Start Adapts to Learning Styles

LCCAA Head Start classrooms are filled with different types of learners.

One child may love looking at an alphabet book, another may enjoy cutting letters out of magazines, while still another prefers singing the ABC song. All of these different activities support the children in learning the alphabet.

During the early childhood years, students typically learn in one of three ways:

Visual: These students best remember information that is presented with pictures or graphics, as in the example above with the alphabet book. Incidentally, these are the children that will likely recognize letters and numbers sooner than their peers.

Auditory: These are the children that learn best by hearing or retelling



information through stories or songs.

Kinesthetic: These students learn best by manipulating objects or engaging in physical activities. Tracing sandpaper letters with their fingers or finding and cutting letters from a magazine are great activities for kinesthetic learners.

As children get older and develop more skills, they may adapt and be able to learn in multiple ways. For now, however, our Head Start teachers are well-versed in the typical learning styles of early childhood and work daily to make sure each type of learner gets what he or she needs.

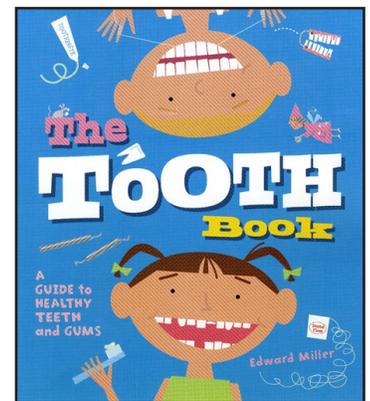
Book of the Month: *The Tooth Book*

February is Dental Health Month and Head Start is wild about good dental health!

Students brush their teeth every day at school. We always have dental health activities and books in the classroom available for students to choose during free choice time.

This book by Edward Miller is a fun, but factual, picture book that goes into more detail than just brushing alone.

Remember: healthy practices established in childhood are more likely to become healthy habits later!



Spirit Week Begins March 2

Monday, March 2 is Dr. Seuss' Birthday, Read Across America Day and the beginning of a fun week at LCCAA Head Start.

Students will be invited to wear crazy socks and hats and even try green eggs and ham!

Watch for details coming home from your child's teacher.

Holding On: Correct Pencil Grip Matters

How do you hold your pencil? You probably don't think about. For older preschoolers, learning how to hold a pencil correctly is one of their biggest projects.

LCCAA Head Start at Firelands tackled this critical fine-motor skill in collaboration with the kindergarten teachers in their building. Since their classroom is housed inside Firelands Elementary School in Oberlin, Head Start teachers have been able to meet multiple times with their colleagues to discuss necessary preparation for the students they share.

"Our main goal was to see how our students from last year are faring in kindergarten and whether we needed to concentrate more on any skills," said Site Administrator Pam Caruso.

The teachers shared that many kindergarten students struggle with writing because of incorrect pencil grip. They asked that the Head Start teachers concentrate on correcting the grip so the children come in ready to write.

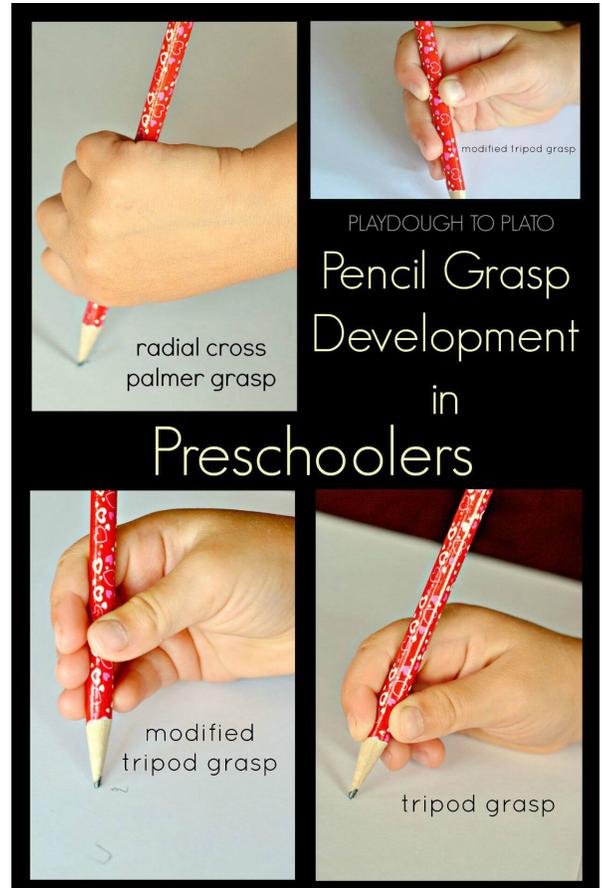
As children grow and develop, there is a progression in how they hold a pencil. First, they use their whole fist instead of the preferred tripod grasp. Children need lots

of opportunities to try different grasps as their small motor muscles develop, Caruso said.

"For the younger 3s and 4s we encourage the use of play-dough, tweezers to pick things up, and other types of writing such as shaving cream or sand to strengthen those muscles," she said. "Particularly in this age of white boards and finger swiping with technology, children do not always have opportunity to develop the necessary muscles."

Caruso and teachers Shannon Smith and Jennifer Ketchum had already switched the Head Start students to golf pencils whose shorter length offers less room for mistakes.

"The kindergarten teachers showed us the plastic grip they put on pencils to help the children to place their fingers in the correct position," Caruso said. "Coincidentally, Mrs. Smith had already suggested the same grips after seeing them at an early childhood conference."



The pencil grips were ordered and demonstrated to parents at December conferences. The grip is also more comfortable and will, with practice, lead to improved handwriting.

"We are determined that our Head Start students will master the correct pencil grip during their time with us," Caruso said.

Tips Parents Can Try at Home

For younger children, encourage small motor development with play-dough or writing in shaving cream or sand. Make sure they have chances to practice.

Have plenty of writing materials available to your child. Scrap paper, crayons and shorter or "mini" pencils are perfect for preschoolers.

Give them opportunities to practice. Color with them or sit to do paperwork while they scribble on

scrap paper.

Watch them. Look for changes in the way they hold a pencil or crayon. Demonstrate the hold you want them to adopt.

If they are struggling or you are concerned about their development, contact their teacher immediately.

Learn more at www.thepencilgrip.com or www.yourkidsot.com/blog/holding-a-pencil-does-it-really-matter-how.

Checking Up on Children's Dental Health

Baby's first teeth aren't just milestones, they are important tools for learning healthy habits.

February is Dental Health Month nationwide and a good time to check up on your children's dental hygiene. All children should see a dentist twice a year for an exam, cleaning and fluoride treatment.

Cavities aren't always painful. Pain means the cavity is big enough to affect the nerve. Don't wait for pain to take your child to the dentist. If you need help finding a dentist, ask your family service worker for a copy of LCCAA's Community Resource Directory.

Other tips for keeping kids' teeth healthy include:

► Brush twice daily with a fluoride toothpaste (look for "anti-cavity" on the label).

► Avoid sugary drinks like soda, juice and sports drinks. Water is a better choice, especially since most



tap water is treated with fluoride.

► Eat meals and limit snacks. Snacking all day can lead to tooth decay.

For more tips, visit www.oralhealthohio.org.

Health Manager Earns Master's

LCCAA Head Start Health and Nutrition Manager Rebecca Rodriguez has earned her master's degree.

Rodriguez oversees all meals and snacks served to Head Start students and ensures both quality and correct nutrition.

She also oversees the many health screenings provided to Head Start students such as vision checks, hearing checks and blood tests.

Under her tenure, LCCAA Head Start has offered grant-funded "Try Days" to expose children to new foods.

The kitchen has also transitioned to making more things from scratch, especially seasonings and ranch dressing. Making their own allows the staff to control the salt and sugar as well as eliminating artificial ingredients often found in commercial products.

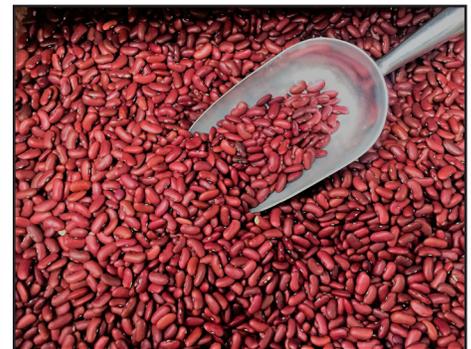


"She facilitates the Health Services Advisory Committee and works closely with various community partners to coordinate services to the children and families of Lorain County," said Stefanie Drew, Family, Health and Community Services Specialist.

"Becky's attention to detail and her systems approach to services have created a foundation for high quality and efficiency. Her contributions to the organization have resulted in standardized operating procedures, new programming and statewide connections."

A certified medical assistant, Rodriguez has been a manager at LCCAA Head Start since 2012.

Her master's degree in Public Administration was awarded by Ohio University Dec. 19.



Try Day: Kidney Beans

Feb. 20, Griswold Lobby - Parent Try Day at drop off.

Feb. 21, Hopkins-Locke Lobby - Parent Try Day at drop off.

Feb. 21, Try Day for all students in directly operated centers.

Upcoming Labwork Dates

Does your child need labwork to complete Head Start records?

Lab services will be available at LCCAA Head Start centers this month: Cascade, Feb. 19; Wellington, Feb. 26; Hopkins-Locke, Feb. 27; LaGrange, Feb. 28.

See your family service worker for details and permission forms.

Make Sure You're Counted in the Census

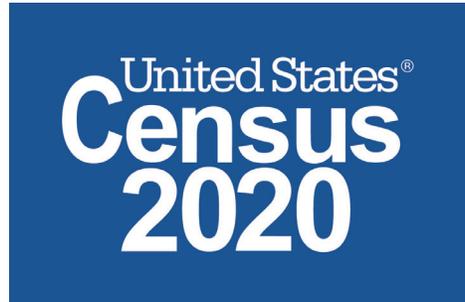
LCCAA Head Start knows you count. Make sure you are counted by completing the 2020 U.S. Census.

*Your responses are confidential.
Nothing you say can be used to identify you -
or anyone in your household - to anyone.*

The Census, mandated by the U.S. Constitution, determines our legislative districts, school districts, voting precincts and much more. Both governments and industries use the data to plan everything from where roads go to where new jobs will be created.

Each person counted equates to \$2,000 in federal funding for each of the next 10 years. For Head Start alone, \$8 billion in funding nationwide is driven by the Census.

In mid-March, residents will start receiving mailed invitations to complete the Census. Everyone should receive their invitation by April 1. When you complete the



questions, do so based on where you live on April 1, 2020 – Census Day.

You can respond by phone, by mail or – for the first time – online. The Census Bureau expects 45 percent of respondents to use that method.

Your responses are confidential. Nothing you say can be used to identify you – or anyone in your

household – to anyone, including other branches and departments of the federal government. It will remain confidential for 72 years.

No one will come to your home for the Census unless you do not respond. Completing the Census takes only 10 to 15 minutes. It is available in multiple languages and help is available for those who need it.

For more information on the Census, visit our special “Frequently Asked Questions” page at www.lccaa.net.

Hiring is underway for 2020 Census. Jobs in Lorain County pay as much as \$17 an hour. A variety of jobs with flexible hours are available. To apply, visit www.2020census.gov/jobs.

Anticipating Your Tax Refund

Are you anticipating a large tax refund? You may be tempted by a Refund Anticipation Loan (RAL).

Several companies offer RALs or refund advances at this time of year. Basically, you borrow cash and it is repaid with your tax refund.

These loans are tempting because they are usually offered with no credit checks. However, if your refund is not what you expected,

you will have to repay the full amount you borrowed, plus steep fees and penalties.

If you receive a large refund, you may be having too much removed from your regular paycheck. Many people feel strongly about not letting the government borrow their money (interest free). You can talk to your employer to change your withholding. Put the extra money you bring home into an interest bearing savings account instead.

You work hard for your money. Avoid high-interest loans and unnecessarily expensive tax preparation fees. Learn about free tax preparation services at www.loraincountyfreetaxprep.org.



Help Available for Utility Bills

LCCAA has several programs that can help pay or lower your utility bills.

Winter Crisis help is available now through March 31. Home Energy Assistance Program funds are available year-round but applied during winter months.

PIPP Plus can lower utility bills to a percentage of your income and help avoid crisis situations. Columbia Gas customers also have an option of using fuel funds.

Call 1-855-806-9620 to make an appointment and learn how these programs can help you.

Fathers Welcomed in Classes

“Read to Me Daddy” is not just something you hear your little one ask when they want some attention, it is also a major part of Lorain County Community Action Agency Head Start’s male involvement initiative.

LCCAA Head Start held another Read to Me Daddy event Friday, Jan. 31. Fathers were invited to read to their children and the entire class.

All of LCCAA’s directly operated Head Start centers participated.

For many more photos, please visit our Facebook page.



Daddy Hair Care Returns

LCCAA Head Start’s popular Daddy Hair Care event is planned again for two Head Start centers on Thursday, Feb. 13.

LCCAA Head Start fathers are invited to bring their daughters to either Hopkins Locke in Lorain or Griswold in Elyria beginning at 5:30 p.m.

Local stylists will provide tips on braiding, pony tails and more. Please RSVP to your family service worker.

Find Out How Your Child’s Day Really Was

Do you find yourself asking your children, “How was school today?” and every day getting an answer like “fine” or “good,” which doesn’t tell you a whole lot about their school experience? Don’t worry, this type of exchange is going on in households all over the world.

In order to get more information about your child’s school experience, you have to change how you ask questions. Here are some alternative questions to ask to get the type of responses you want:

1. Tell me about the best part of your day.
2. How did you help somebody today?
3. Tell me about a story you read in class.
4. Who did you play with today? What did you play?

5. What was your favorite part of breakfast, lunch, or snack?

6. Tell me something that made you laugh today.

7. Show me something you learned today at school.

8. What is your favorite area in the classroom to play? Why is this your favorite?

9. Were there any moments today when you felt worried (happy/sad/scared)?

10. What are you looking forward to tomorrow?

By changing your questions, you will elicit more than a one-word response, foster your child’s communication and language skills and have a better understanding of their school experience.

Do You Need to Get Ahead? LCCAA Can Help

LCCAA and OhioMeansJobs Lorain County invite you to find out what’s holding you back.

The agencies have partnered to offer two sessions of Getting Ahead in a Just Getting’ By World in February.

In this group setting, participants are truly empowered to become financially secure and reach their

personal goals.

The ten module curriculum will help build resources as the facilitator helps explore solutions. Students analyze their situations, assess their own resources and choose a plan of action.

A morning class begins Monday, Feb. 10 and will meet on Mondays, Wednesdays and Fridays from 9

a.m. to 12 p.m. for six weeks.

An afternoon class begins Monday, Feb. 24 and will meet on Mondays, Wednesdays and Fridays from 1 to 4 p.m. for six weeks.

OhioMeansJobs Lorain County is at 42495 North Ridge Road, Elyria. Contact Amy Steele at 440-204-3121 or asteele@lccaa.net to register or learn more.

LCCAA Head Start Menu for February 2020

Monday		Tuesday		Wednesday		Thursday		Friday	
B	Cherrios & Pineapple Tidbits 3	4	WG Banana Bread, Fresh Local Apple, Applesauce	5	Mini Wheats & Diced Pears	6	Hard Boiled Egg, WG Bagel w/ Cream Cheese, Applesauce	7	Yogurt, Peach & Granola Parfait
L	Vegetarian Chili w/Cheese WG Cornbread Diced Pears		Build Nachos: WG Tortilla Chips, Seasoned Beef, Black Beans, Salsa, Cheese; Clementine		WG Pepperoni Pizza, Tossed Salad w/Toppings: Cheese, Croutons, Assorted Dressing: French, Ranch, Italian; Tropical Fruit		BBQ Chicken Sandwich, Coleslaw, Mandarin Oranges		WG Spaghetti w/Meatballs, WG Breadstick, California Veggies, Apricots
S	Fresh Local Apple, Applesauce, Cheese Cubes		WG Graham Crackers & Milk		Seasonal Melon & Danimals® Yogurt		Baby Carrots, Ranch Drsg, Pretzel Sticks		WG Tortilla Chips & Salsa
B	Rice Chex & Pineapple Tidbits 10	11	Danimals® Yogurt & Fresh Orange	12	Mini WG Cornbread & Applesauce	13	Kix Cereal & Grapefruit	14	Yogurt, Berry & Granola Parfait
L	General Tso Beef, Brown Rice, Steamed Broccoli, Diced Pears		Build Tortilla: WG Tortilla, Seasoned Chicken, Cheese, Lettuce, Salsa; Mango Chunks		Chicken Grillbites, Dipping Sauce: Ketchup, BBQ, Honey Mustard; WG Pasta Salad w/ Veggies, Mandarin Oranges		Homemade Sloppy Joe, California Veggies, Fresh Fruit Salad		Turkey w/ Gravy, Mashed Potatoes, WG Dinner Roll, Seasonal Melon
S	Berry Smoothie & Bunny Grahams		WG Flatbread Round, WOWBUTTER®, Jelly		WG Flatbread Squares, Turkey Coins & Cheese Slice		Assorted Raw Veg, Ranch Dressing & Cheese Stick		Banana, WG Goldfish Crackers
B	Presidents' Day 17	18	WG Banana Bread, Fresh Local Apple, Applesauce	19	Mini Wheats & Diced Pears	20	Hard Boiled Egg, WG Bagel w/ Cream Cheese, Applesauce	21	Yogurt, Peach & Granola Parfait
L	No School		Build a Cheeseburger: WG Bun, Cheese, Lettuce, Tomato, Pickle Chips, Ketchup; Baked Beans, Apricots		WG Lasagna Roll-up, Steamed Green Beans, Clementine		Beef & Veggies w/ Gravy, Mashed Potatoes, Diced Peaches, WG Garlic Toast		WG French Toast Sticks, Sausage Patty, Tater Tots, Tangerine
S			WG Graham Crackers & Milk		Seasonal Melon, Danimals® Yogurt		Baby Carrots, Ranch Dressing, Pretzel Sticks		WG Tortilla Chips & Salsa
B	Rice Chex & Pineapple Tidbits 24	25	Danimals® Yogurt & Fresh Orange	26	Mini WG Cornbread, Applesauce	27	Kix Cereal, Grapefruit	28	Yogurt, Berry & Granola Parfait
L	Roast Pork, Puerto Rican Style Beans, Spanish Brown Rice, Fresh Local Apple, Applesauce		Build Italian Sub: WG Bun, Italian Meats, Cheese, Lettuce, Tomato, Mayo, Mustard; Asst. Raw Veggies w/Ranch, Diced Pears		BBQ Glazed Chicken Drumstick, Carrots & Green Beans, WG Italian Seasons Pierogies, Tropical Fruit		WG Homemade Mac-n-Cheese, Herb Roasted Broccoli, Mango Chunks		Orange Chicken, Brown Rice, Stir Fry Veggies, Seasonal Melon
S	Berry Smoothie & Bunny Grahams		WG Flatbread Round, WOWBUTTER®, Jelly		WG Flatbread Squares, Turkey Coins & Cheese Slice		Assorted Raw Veg, Ranch Dressing, Cheese Stick		Banana, WG Goldfish Crackers

Milk is served daily at breakfast and lunch. Children less than 2 years old are served whole milk. When a specific food allergy is identified, appropriate food substitutions will be provided. Menu items are subject to change due to food availability or unplanned school closings. Menus are reviewed and approved by M. Robison, MPH, RD, LD. Equal Opportunity Provider.

Students Try Kiwi



Head Start students tried kiwi in January and even Home-Based students got in on the act.

Meal	Food Components	Ages 1-2	Ages 3-5
Breakfast (Portions & Servings)	Fluid Milk	1/2 cup	3/4 cup
	Fruit or Vegetable	1/4 cup	1/2 cup
	Breads, Cold Cereal, Granola	1/2 serving, 1/2 cup, 1/8 cup	1/2 serving, 1/2 cup, 1/8 cup
Lunch (Portions & Servings)	Fluid Milk	1/2 cup	3/4 cup
	Meat or Cheese	1 oz.	1 1/2 oz.
	Cooked/Dry Beans/Peas	1/4 cup	3/8 cup
	Peanut Butter, Nut/Seed Butters	2 T	3 T
	Nut and/or Seeds	1/2 oz.	3/4 oz.
	Yogurt	1/2 cup	3/4 cup
	Vegetables and Fruits (1 each)	1/8 cup each	1/4 cup each
Breads/Grains, Pasta	1/2 serving, 1/4 cup	1/2 serving, 1/4 cup	
Snack (Portions & Servings) Must Select Two Different Protein Components	Fluid Milk	1/2 cup	1/2 cup
	Vegetable	1/2 cup	1/2 cup
	Fruit	1/2 cup	1/2 cup
	Meat or Cheese	1/2 oz.	1/2 oz.
	Cooked/Dry Beans/Peas	1/8 cup	1/8 cup
	Peanut Butter, Nut/Seed Butters	1 T	1 T
	Nut and/or Seeds	1/2 oz.	1/2 oz.
	Yogurt	1/4 cup	1/4 cup
	Breads/Grains, Pasta	1/2 serving, 1/4 cup	1/2 serving, 1/4 cup

Upcoming Events at LCCAA Head Start

Cascade Head Start

Feb. 10: No Classes, Conferences
Feb. 17: No Classes, Presidents' Day
Feb. 18: Parent Meeting, 9 a.m.
Feb. 19: On-site Lab Services
March 2-5: Spirit Week
March 6: No Classes, Agency Service Day

Firelands Head Start

Feb. 10: No Classes, Conferences
Feb. 17: No Classes, Presidents' Day
March 2-5: Spirit Week
March 6: No Classes, Agency Service Day

Griswold Head Start

Feb. 3: HS Five Day Rooms Closed
for Professional Development
Feb. 10: No Classes, Conferences
Feb. 17: No Classes, Presidents' Day
Feb. 19: Parent Meeting, 9 a.m.
Feb. 20: Try Day @ drop off: Kidney Beans
March 2-5: Spirit Week
March 6: No Classes, Agency Service Day

Hopkins-Locke Head Start

Feb. 3: HS Five Day Rooms Closed
for Professional Development
Feb. 10: No Classes, Conferences
Feb. 17: No Classes, Presidents' Day
Feb. 19: Parent Meeting, 9 a.m.
Feb. 21: Try Day @ drop off: Kidney Beans
Feb. 27: On-site Lab Services
March 2-5: Spirit Week
March 6: No Classes, Agency Service Day

LaGrange Head Start

Feb. 1: Beach Play Date, 10 a.m.
Feb. 7: Bubble Lady, 10 a.m.
Feb. 10: No Classes, Conferences
Feb. 17: No Classes, Presidents' Day
Feb. 28: On-site Lab Services
March 2-5: Spirit Week
March 6: No Classes, Agency Service Day

Wellington Head Start

Feb. 10: No Classes, Conferences
Feb. 17: No Classes, Presidents' Day
Feb. 26: On-site Lab Services
March 2-5: Spirit Week
March 6: No Classes, Agency Service Day

Home-Based Head Start

Feb. 7: Early Head Start Socialization, 10 a.m.,
at Cascade Head Start, 233 Bond St., Elyria.
Feb. 14: Head Start Socialization, 10 a.m.,
at Cascade Head Start, 233 Bond St., Elyria
Feb. 21: Early Head Start Socialization, 10 a.m.,
at Cascade Head Start, 233 Bond St., Elyria
Feb. 28: Head Start Socialization, 10 a.m.,
at Cascade Head Start, 233 Bond St., Elyria

