

# Head Start Family News



News from Lorain County Community Action Agency Head Start • December 2019

## Director's Corner

# Make Memories This Holiday Season

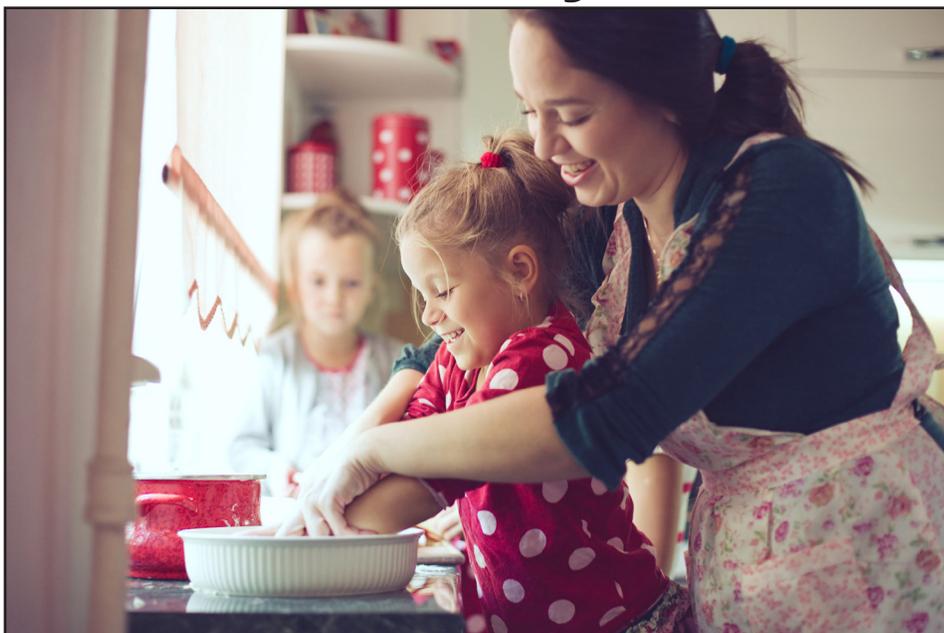


I bring you Holiday greetings! It is my hope that all of our Head Start Families, have a wonderful holiday season and a safe winter break!

So, what do you have planned during this break? Are you taking time to be together and create some family traditions? Are you taking time for you? Yes, you! It is so important for you as a parent to give yourself permission, to make time for yourself. You work hard! You are taking care of infants, toddlers, and preschoolers and in many cases, working other full or part time jobs.

What a great opportunity this time can be to make memories of a lifetime for yourself and your family. We all need time to rejuvenate, reflect and rejoice! Think about the things you have accomplished this past year and set goals for the things you couldn't get to. Here are some great activities you can plan while your children are at home:

**For families who celebrate the holidays** — Have your children help create your holiday decorations. Make paper snowflakes, a paper chain garland for the tree and string



popcorn! What a great way to build fine motor skills.

**Baking fun** — Let your children be part of the process while you are baking. This is a good opportunity to enhance math, science and creative skills.

**Reading Stories** — A story a day keeps imagination in play!

**Outdoor Fun** — Ahhhhh, there's nothing like fresh air and physical activity, even if it is just a 10-minute walk. It's also a great way to create dialog with your child about the world around them.

**Museums** — This is a great time to visit one of the many Museums our area and Cleveland has to offer. These outings are a great way to gain knowledge and your child learn new things.

In midst of it all, take time for you!

The Best of the Holidays to You,

Shauna Matelski, Ed.D.  
Head Start Director



## Head Start Works!

[www.lccaa.net](http://www.lccaa.net)

1-888-245-2009



# Head Start Students STEAM to Kindergarten

STEAM experiences are extremely beneficial to school success. STEAM stands for five things that are used in everyday learning: Science, Technology, Engineering, Art and Math.

Preschoolers are in the beginning stages of learning about these subjects and need daily exposure to build a solid foundation. The research-backed, play-based curriculum of Head Start supports STEAM learning.

STEAM requires the children to be active participants in learning by immersing themselves in the topic. It is all about investigation, discovery and solving problems.

All of this happens naturally each day as children play and try new things, but even more as teachers pose the open-ended questions that will enhance the children's knowledge and get them excited about learning.

With special events last month (pictured), parents had an opportunity to see STEAM learning for themselves.

LCCAA Head Start teachers work diligently each day to provide the hands-on activities that preschool children need in order to fully understand concepts. For example, mixing paint, creating music, building towers all happen daily in Head Start classrooms.



# Read with Your Child Over Winter Break

During winter break, snuggle up with your child and foster the love of reading. Taking time each day to read a book together is an essential part of building their language and literacy skills.

During that time, your child is creating a bond with you, increasing their vocabulary, fostering a love for knowledge, seeing a bigger world view and enhancing their communication skills. All of these skills play a vital role in future school success.



Here are some helpful tips:

1. Let the child pick out their favorite book. They will be more likely to be engaged in the story.
2. Helpful questions to ask, while reading a story.
  - Look at the cover and ask, “What do you think the story is about?” (predicting)
  - Do you know what the author or illustrator does?
  - What do you think is happening here? (comprehension)
  - What makes you think that? (inferring)
  - What do you think will happen next? (predicting)
  - Can you tell the story? (comprehension)

3. Start small. Remember the younger the child, the shorter the attention span.

4. Be creative with your voice. When the story has a sound effect, make the most of it!

5. Your child may have a favorite book. Read it again and again. Then have them retell the story to you!

6. Introduce new vocabulary and explain words the child may not know.

You are your child’s first teacher! Research has found that young children whose parents read them five books a day enter kindergarten having heard approximately 1.4 million more words than kids who were never read to. Enjoy this quality time together!

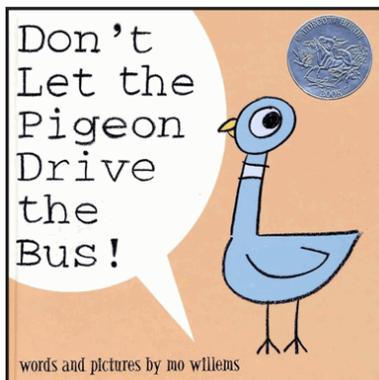
## Book of the Month: *Don't Let the Pigeon Drive the Bus*

Mo Willems’ pigeon is the main character in several funny books.

Children love this pigeon book because when you read it aloud, they get to participate by shouting no to him because the bus driver asks them to watch the

curious pigeon while he is away.

For students getting ready for kindergarten, you can talk about riding the school bus to school and some of the differences between riding in a car and a bus.



**Head Start students participated in the 14th Annual Read for the Record. Firelands Head Start welcomed guest reader Dick Killen. Mr. Killen is the former principal of Firelands Elementary and the father of teacher, Jenny Ketcham.**

# Holiday Choices Can Be Healthy

Special treats often come around only at this time of year but they don't have to completely derail your efforts to eat healthy. With a little planning and thought, you can maintain a healthy diet while enjoying the holidays.

With kids especially, it is important to maintain a routine. If they usually get dinner at 5 p.m and Grandma is serving turkey at 7 p.m., feed them a snack before you go.

Speaking of snacks, keep healthy ones handy in your home and on the go.

Eat a healthy snack before you go to parties to prevent over indulging in what's offered. And don't shop for groceries on an empty stomach either!

Don't deprive yourself. If Aunt Mary's pumpkin pie is your favorite food, enjoy a slice! Save those treats for what matters the most to you.

Watch what you drink. Alcohol has more calories than most people realize and also may make you hungrier. Soda may be convenient but the sugar and chemicals it carries aren't good for anyone at any age. Try to stick to water — with low or no sugar flavorings if you prefer.

Look for healthy swaps for holiday favorites. For example, try fresh green beans or roasted asparagus instead of green bean casserole.

Keep moving! You'll feel less guilt about Aunt Mary's pie if you join the cousins in a game of touch football after dinner.

# Help Available with Heating Bills

If you are struggling to maintain or start your heating service this winter, the Winter Reconnect Order may be for you. The order helps Ohioans reconnect or maintain electric and natural gas service during the winter heating season between Oct. 14, 2019, and April 15, 2020.

Any customer of a regulated electric or natural gas company may take advantage of the order. There are no income qualifications. Last winter heating season, more than 219,000 Ohioans used the Winter Reconnect Order.

Electricity and natural gas service is vital, especially in the winter. The Winter Reconnect Order is an opportunity for customers to avoid disconnection or to reconnect their gas and/or electric service once during the winter heating season.

Customers who use the Winter Reconnect Order must pay the utility no more than \$175 plus any applicable reconnect charge which cannot exceed \$36. If the company's reconnect charge is greater than \$36, the balance may be applied to the customer's bill the next month.

The Winter Reconnect Order also applies to customers seeking to establish new electric or natural gas service. Rather than paying the full security deposit that may be required for new service, customers can pay up to \$175 and the balance will be applied to the customer's bill the following month.

There is no income eligibility requirement to use the Winter Reconnect Order; however, customers who are at or below 175 percent of the federal income guidelines may apply for assistance through the Home Energy Assistance Program (HEAP) to pay the \$175 amount.

Winter Crisis Program help is currently available at LCCAA now through March 31.

If you need help, contact LCCAA today at 1-855-806-9620 or visit our website at [www.lccaa.net](http://www.lccaa.net) for more information.

## Many problems like Amblyopia can't be seen!

Amblyopia: decreased vision in one or both eyes. Up to 3% of kids are affected.

- Free eye patches to children diagnosed with Amblyopia (limits apply).
- Education, compliance information & support.
- Offered to Ohio residents under the age of 18 years old.

OHIO  
**AMBLYOPE**  
REGISTRY

Helping lazy eyes become healthy eyes.

[WWW.OHIOAMBLYOPEREGISTRY.COM](http://WWW.OHIOAMBLYOPEREGISTRY.COM)

1-877-808-2422

This work is funded either in whole or in part by a grant awarded by the Ohio Department of Health, Bureau of Maternal, Child and Family Health, Save Our Sight and as a sub-award of a grant issued by the Ohio Department of Health under the Save Our Sight Program.



# Partnerships Extend Food Help Further

Lorain County Community Action Agency is again partnering with more than 30 local food pantries to keep them supplied during their busiest time of the year.

“Everything we can do to stretch each dollar is important to people who depend on these pantries,” said Frank Prihoda, LCCAA’s Director of Planning and Community Services. “Our most recent Community Needs Assessment shows that food insecurity is still a major issue in our community.

The grants help approximately 31,000 people living at or below 125 percent of the Federal Poverty Line every year, Prihoda said. Many are vulnerable senior citizens.

Some of the partners use the grant funds in specific programming such as meals or holiday packages. Others use the funds to stock their regular pantries. To find a pantry’s hours, visit <https://www.secondharvestfoodbank.org/find-help/partner-directory>.

“We will use this money to help pay for turkeys given



away at our Nov. 25th food pantry from 4:30 to 6 p.m.,” said St. Mary Church’s Anne Parker. “A hot meal is also served at every pantry. Our December pantry will be Monday the 16th.”

For a list of partners, please visit [www.lccaa.net](http://www.lccaa.net). Calling ahead to verify hours is recommended.

## Free Refrigerators

Ohio Edison and LCCAA have partnered to offer customers energy assessments on refrigerators and freezers.

If necessary, the Community Connections Program replaces the appliances. The program also offers energy efficient light bulbs for all fixtures in the client’s home.

To be eligible, clients must reside in Lorain County and live at or below 200 percent of the Federal Poverty Line. Current HEAP or PIPP participants are qualified.

Clients must also own the appliances and have at least 12 months of electrical service in their name.

Learn more and find out if you qualify by contacting Client Services Coordinator Colette Park at [cpark@lccaa.net](mailto:cpark@lccaa.net) or 440-204-3151.

## Do You Need to Get Ahead?



What’s holding you back? Identify and demolish those obstacles by joining one of Lorain County Community Action Agency’s Getting Ahead classes.

In this group setting, participants are truly empowered to become financially secure and reach their personal goals. The program provides time and space for men and women to delve deeply into their lives to find strengths and identify their resources. It helps them face what advocates call “the tyranny of the moment” and avoid making emotional decisions.

As Client Services Educator Amy Steele puts it: “Getting ahead gets you to the point where you can say: ‘Wait. Let’s step back. Let’s take a breath.’ It allows you to see the bigger picture.”

Steele facilitates the class which meets twice a week for eight weeks. In a kitchen-table style setting, participants examine and eliminate their individual barriers to self-sufficiency.

Classes form around residents’ needs. Contact Steele at 440-204-3121 or [asteel@lccaa.net](mailto:asteel@lccaa.net) to join. Steele also conducts presentations for organizations and employers throughout Lorain County. Contact her to schedule.

# Families Helped with Goal Setting, Getting



How can Head Start support you?

Families new to Head Start may be surprised by everything offered by the program. LCCAA Head Start serves the entire family beginning with the above question.

The answers are documented in a Family Partnership Agreement (FPA) designed to meet each family's unique interests, goals, strengths and needs.

The process is relationship driven. No two families are alike, so no two FPAs are alike. Creating their FPA provides families opportunities to identify and set goals, and create a plan for achieving them.

Staff assist families in defining goals, discussing action steps

and identifying and celebrating milestones.

FPAs are driven by what the family wants, not necessarily the program's beliefs about what parents should do. A trust-based relationship is important because the process is comprehensive.

This means any aspect of life could be examined if relevant to helping them to reach their objectives. Consideration is given to areas such as health, legal, housing, etc. All activity is guided by the family's interests.

Family service workers and home visitors start the process with everyone working together for the best outcome for the family.

## Choose Gifts that Spark Learning, Creativity

It can be so disappointing to purchase a toy that your child asks for, only to find it tossed aside shortly after opening. Often the latest toys don't offer the countless hours of fun that were advertised.

If your goal is to find things that your child will return to again and again, perhaps even for years, the answer is to look for open-ended toys.

Open-ended toys are ones that have multiple uses, can be used multiple ways, and can be used by children of all ages. Different children could be given the same toy and each of them would find a different way to

play with it.

These are the toys that will foster creativity and imagination, and are probably among the things you remember most fondly from your own childhood. Wooden blocks, dolls, pretend cooking items, playdough, and Legos® are some of the best open-ended toys.

Preschool rooms are filled with open-ended toys. Ask your child's teacher for the things that interest him or her the most if you are having trouble selecting things that will stand the test of time.

## LCCAA Head Start Rarely Closes for Bad Weather

LCCAA's directly operated Head Start centers rarely close for inclement weather.

Public and private schools in Lorain County provide bus transportation and must decide when it is not safe for them to do so.

LCCAA Head Start typically remains open and encourages you to bring your child if you can do so

safely.

Head Start classrooms inside public schools will be closed if the public school is closed (Firelands, Wellington, LaGrange).

Extreme cold and wind chill may also result in a closure. If the sheriff's office declares an emergency situation requiring vehicles to stay

off the roads, we will close.

Watch local TV news or check stations' websites for a list of closures.

Closures are also posted on our website at [www.lccaa.net](http://www.lccaa.net) and our Facebook page.



# LCCAA Head Start Menu for Dec. 2019/Jan. 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>B</b> Rice Chex & Pineapple Tidbits <b>2</b>	Danimals® Yogurt & Fresh Orange <b>3</b>	Mini WG Cornbread & Applesauce <b>4</b>	Kix Cereal & Grapefruit <b>5</b>	Yogurt, Berry & Granola Parfait <b>6</b>
<b>L</b> Roast Pork, Puerto Rican Style Beans, Spanish Brown Rice, Apple	Build an Italian Sub: WG Bun, Italian Meats, Cheese, Lettuce, Tomato, Mayo, Mustard; Snap Peas; Diced Pears	BBQ Glazed Chicken Drumstick, Carrots & Green Beans, WG Italian-Seasoned Pierogies, Tropical Fruit	WG Homemade Mac & Cheese, Herb Roasted Broccoli, Seasonal Melon	Orange Chicken, Brown Rice, Stir Fry Veg, Mango Chunks
<b>S</b> Berry Smoothie & Bunny Grahams	WG Goldfish Bread & WOWBUTTER®	WG Flatbread Squares, Turkey Coins & Cheese Slice	Assorted Raw Veg, Ranch Dressing & Cheese Stick	Banana, WG Goldfish Crackers
<b>B</b> Cheerios & Pineapple Tidbits <b>9</b>	WG Banana Bread & Fresh Apple/Applesauce <b>10</b>	Mini Wheats & Diced Pears <b>11</b>	Hard Boiled Egg, WG Bagel w/Cream Cheese, Applesauce <b>12</b>	Yogurt, Peach & Granola Parfait <b>13</b>
<b>L</b> 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, Crou-tons, Assorted Dressing: French, Ranch, Italian; Tropical Fruit	BBQ Chicken Sandwich, Cole Slaw, Mandarin Oranges	WG Spaghetti w/Meatballs, WG Breadstick, California Veggies, Apricots
<b>S</b> Fresh Apple/Applesauce, Cheese Cubes	WG Graham Crackers & Milk	Seasonal Melon, Danimals® Yogurt	Baby Carrots, Ranch Dressing, Pretzel Sticks	WG Tortilla Chips & Salsa
<b>EHS ONLY</b> <b>16</b>	<b>EHS ONLY</b> <b>17</b>	<b>EHS ONLY</b> <b>18</b>	<b>EHS ONLY</b> <b>19</b>	<b>EHS ONLY</b> <b>20</b>
<b>B</b> Rice Chex & Pineapple Tidbits	WG Banana Bread & Orange	WG Bagel w/ Cream Cheese, Applesauce	Frosted Mini Wheats, Diced Peaches	Yogurt, Peach & Granola Parfait
<b>L</b> Turkey & Gravy, Mashed Potatoes, WG Dinner Roll, Tropical Fruit	Homemade Sloppy Joe, California Blend Veggies, Sliced Apricots	Braised Chicken Thigh, Cinnamon Maple Carrots, WG Corn Bread, Diced Pears	Veggie Chili w/Cheese, WG Cornbread, Saltine Crackers, Mandarin Oranges	WG French Toast Sticks, Sausage Patty, Tater Tots, Tangerine
<b>S</b> Goldfish Crackers & Applesauce	Strawberry Banana Yogurt, Diced Peaches	WG Tortilla Chips & Salsa	Applesauce & String Cheese	Graham Crackers, Milk

## Head Start and Early Head Start Closed Dec. 23 through 27.

<b>EHS ONLY</b> <b>30</b>	<b>EHS ONLY</b> <b>31</b>	<b>1</b>	<b>EHS ONLY</b> <b>2</b>	<b>EHS ONLY</b> <b>3</b>
<b>B</b> Banana Bread & Orange	WG Bagel w/ Cream Cheese, Applesauce	<b>LCCAA Closed New Year's Day</b>	Kix Cereal, Diced Pears	Cheerios, Pineapple Tidbits
<b>L</b> Pepperoni Pizza, Tater Tots, Tropical Fruit Salad	Orange Chicken, Brown Rice, Stir Fry Veggies, Mango Chunks		Chicken Grill Bites, Steamed Broccoli, WG Breadstick, Mandarin Oranges	Cheeseburger, Baked Beans, Applesauce
<b>S</b> Steamed Baby Carrots, Ranch Dressing, Pretzel Sticks	Crackers, Cheese Cubes		WG Flatbread Round, WOWBUTTER®, Jelly	Graham Crackers, Milk
<b>EHS ONLY</b> <b>6</b>	<b>EHS ONLY</b> <b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>B</b> WG Bagel w/Cream Cheese, Applesauce	Frosted Mini Wheats, Diced Pears	<b>Head Start &amp; Early Head Start Closed for Training</b>	Hard Boiled Egg, WG Bagel w/Cream Cheese, Applesauce	Yogurt, Peach & Granola Parfait
<b>L</b> WG Turkey Ham & Cheese Croissant, Dragon Punch, Fruit Cup	Soy Jammer Sandwich, Wango Mango Juice, Apple Crisps		WG Homemade Mac-n-Cheese, Herb Roasted Broccoli, Mango Chunks	Orange Chicken, Brown Rice, Stir Fry Veggies, Seasonal Melon
<b>S</b> Strawberry Banana Yogurt, Diced Peaches	Applesauce, String Cheese		Baby Carrots, Ranch Dressing, Pretzel Sticks	WG Tortilla Chips, Salsa



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.

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

# Upcoming Events at LCCAA Head Start

## **Cascade Head Start**

Dec. 2: No School, Conferences  
Dec. 9: No School, Conferences  
Dec. 13: WinterFest  
Dec. 16-Jan. 8: Winter Break  
Jan. 9: School Resumes

## **Firelands Head Start**

Dec. 2: No School, Conferences  
Dec. 9: No School, Conferences  
Dec. 11: WinterFest  
Dec. 16-Jan. 8: Winter Break  
Jan. 9: School Resumes

## **Griswold Head Start**

Dec. 2: No School, Conferences  
Dec. 5: Dental Exams  
Dec. 9: No School, Conferences  
Dec. 13: WinterFest  
Dec. 16-20: Head Start Out, EHS In  
Dec. 23-27: No HS or EHS  
Dec. 30-31: EHS In Session  
Jan. 1: No EHS  
Jan. 6 & 7: EHS In Session  
Jan. 8: No EHS  
Jan. 9: School Resumes for all

## **Hopkins-Locke Head Start**

Dec. 2: No School, Conferences  
Dec. 9: No School, Conferences  
Dec. 12: Dental Exams  
Dec. 13: WinterFest  
Dec. 16-20: Head Start Out, EHS In  
Dec. 23-27: No HS or EHS  
Dec. 30-31: EHS In Session  
Jan. 1: No EHS  
Jan. 6 & 7: EHS In Session  
Jan. 8: No EHS  
Jan. 9: School Resumes for all

## **LaGrange Head Start**

Dec. 2: No School, Conferences  
Dec. 9: No School, Conferences  
Dec. 13: WinterFest  
Dec. 16-Jan. 8: Winter Break  
Jan. 9: School Resumes

## **Wellington Head Start**

Dec. 2: No School, Conferences  
Dec. 9: No School, Conferences  
Dec. 13: WinterFest  
Dec. 16: Winter Break Begins  
Jan. 9: School Resumes

## **Home-Based Head Start**

Dec. 6: Early Head Start Socialization, 10 a.m., at Cascade Head Start, 233 Bond St., Elyria.  
Dec. 13: Head Start Socialization, 10 a.m., at Cascade Head Start, 233 Bond St., Elyria.

**JOIN US FOR WINTERFEST!**

**SONGS, TREATS AND MORE!**

**SEE CENTERS FOR DETAILS**