

Head Start Family News



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

Director's Corner

Better Communication Takes Resolve

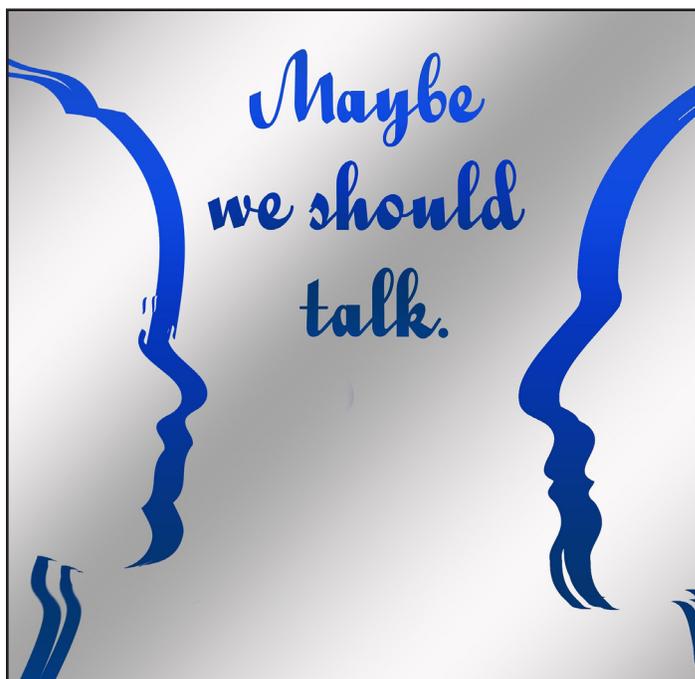


Happy New Year and welcome back! It is my hope that you and your family had a wonderful break and holiday season.

Did you make a new year's resolution? I know they can be very hard to stick to; however, I think resolutions can still play a very important role in setting reasonable goals for ourselves. Health and wellness is definitely on my list for the new year, but I came across some great information concerning communication as I attended the Ohio Head Start Association's conference in December.

Often, communication is the first thing we think of when considering what we would like to improve or change in our work or home lives. As Head Start Director, it is important to me that I continue to find meaningful ways to communicate with staff, parents, and our community. I learned the following tips from a Ted Talk by Celeste Headlee:

1. Don't multitask. – Be present.
2. Don't pontificate. – Assume you have something to learn.
3. Use open-ended questions. – Why? What? How?
4. Go with the flow. – Thoughts come into your mind and you need to let them go.
5. If you don't know, say you don't know. – Talk should not be cheap.
6. Don't equate your experience with theirs. – All experiences are individual.
7. Try not to repeat yourself.
8. Stay out of the weeds. – They don't care



about details; they care about you.

9. Listen. – If your mouth is open, you're not learning.
10. Be brief.

This is great advice and I am going to use it in the coming year to improve my methods of communication. I look forward to resuming our normal activities this month and hope you have a great start to 2020!

https://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation?language=en

Shauna Matelski, Ed.D.
Head Start Director



Head Start Works!

www.lccaa.net
1-888-245-2009



JVS Students to Join Head Start Classes

This month, LCCAA Head Start classrooms will again welcome students from Lorain County Joint Vocational School to gain hands-on experience in early childhood education.

The long-time partnership between LCCAA and JVS allows high school juniors in the Early Childhood Program to see how a Head Start room operates, interact with the children, observe experienced teachers, and learn classroom management strategies and curriculum implementation.

The 23 students will be placed in LCCAA directly operated sites (Cascade, Firelands, Griswold, Hopkins-Locke, LaGrange and Wellington) from January through



March.

Their JVS instructor will also visit to observe the high schoolers as they present a lesson to Head Start

students.

The group visited Griswold Head Start in November for a tour and orientation to the program.

Keep Building on Fall Success

Halfway through the school year...OH MY! It's hard to believe we are halfway through the 2019-2020 school year.

Parent and teacher conferences just occurred in December and parents were able to view report cards and learn where children are exceeding or meeting expectations as they progress in their skills and development.

The report card gives teachers and you a baseline of where your child started the Head Start program this school year. Your child's growth and development will be measured throughout the school year and results will be shared at future conferences and home visits.

You may be asking yourself: "What should I do with the information shared at my child's conference?"

Every child's first and most important teachers are the family members who nurture their development and learning.

You play a vital role in developing skills at home, through having conversations with your child, allowing your child to practice self-help skills (getting dressed, zipping coat, etc.), assigning simple chores and tasks, reading with your child and through play experiences.

Head Start provides each family with a list of school readiness activities you can do at home. Turn in your completed activity log each week and use what you learned at conference to help select the most beneficial activities.

Together, as partners we can work together to develop your child's skills, which will lay the foundation for future school success.



Dolly Parton's Imagination Library is a book-gifting program that mails free, high-quality books to children from birth until they begin school, no matter their family's income.

Reading to your child is so important at an early age. Children from lower income homes may hear 30 million fewer words by age three. Together we can close the vocabulary gap and foster the love of reading!

Please see your family service worker to get your children signed up for the Lorain County Imagination Library Program.

Head Start Staff Save Child from Choking

LCCAA Head Start teachers are ready for anything and three at Hopkins-Locke recently proved it by saving a child from choking.

Yaxiel Rodriguez, 3, is a student in one of two Spanish-speaking rooms at Hopkins-Locke. One day in November, while enjoying a snack of oranges, Yaxiel was suddenly gasping for breath.

Teachers Steve Ortiz and Estephanie Alvarado each tried the Heimlich maneuver on the boy with no results. Meanwhile, they used the classroom intercom to call for site administrator Akeea Hodges.

Hodges picked Yaxiel up, turned him over her forearm and administered three back blows dislodging the orange. Meanwhile, 9-1-1 was called and family service worker Nilsa Baez reached Yaxiel's mother, Joyce Rivera.

Hodges rode with Yaxiel to Mercy Hospital where they were met by a very grateful Rivera.

"I love the fact that all staff are trained in safety," Rivera said. "I'm very grateful to Mrs. Akeea and the teachers."

All Head Start staff take classes every two years to stay certified in first aid and CPR. Hodges renewed her certification in July.

"In that moment, you can't show fear. You can't be scared. You just have to react," she said, adding that after Yaxiel was safe, she definitely felt the fear her training had kept at bay.

"I'm so proud of how the entire staff took care of Yaxiel," said Head Start Director Shauna Matelski, M.Ed. "They trusted their training and their compassion for this family drove everything they did that day."

A few days after the incident, Yaxiel returned to school with no ill effects. His mother enthusiastically



recommends the program. And Hodges, has a new shadow at the center.

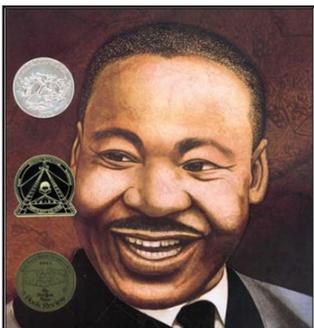
"He is my new buddy," she said.

For information on how to help a choking child, including the techniques used in this situation, visit the following websites:

<https://www.mayoclinic.org/first-aid/first-aid-choking/basics/art-20056637>

<https://www.stanfordchildrens.org/en/topic/default?id=how-to-help-a-choking-child-1-197>

Book of the Month: *Martin's Big Words*



Martin Luther King, Jr. Day is January 20, 2020.

This book is a great way to talk to preschoolers about what Martin Luther King, Jr. Day is all about and why it was made a national holiday.

Martin's Big Words by Doreen

Rappaport is a multiple award winning book, and written in a way that allows little people to begin to understand big complicated concepts.

If your little one wants more information, check out the alphabet book *A is for Activist* by Innosanto Nagara.

Set Healthy Limits on Children's Screen Time

Kids are spending more time than ever with screens - and at younger ages.

It is not uncommon to see children playing on a phone or tablet to keep them occupied during errands, meals, or just hanging out at home. Since screen time is bound to occur at some time in your child's life, it is important to know how to use it and what limits to set.

The American Academy of Pediatrics guidelines allow some screen time for children as young as 18 months, but with some usage tips:

- ▶ For children younger than 18 months, avoid use of screen media other than video-chatting.

- ▶ For children ages 18 -24 months, find high-quality programming and always co-view or co-play.

- ▶ Limit screen use to 1 hour of high-quality programs for children ages 2 to 5 years.

- ▶ For children ages 6 and older, place consistent limits on the time spent using media.

Beyond selecting quality programs, parents are encouraged to:

- ▶ Designate media-free times together, such as



dinner or driving, as well as media-free locations at home, such as bedrooms.

- ▶ Make sure media doesn't take the place of adequate sleep or physical activity.

- ▶ Co-view and co-play to ensure the lessons or new vocabulary being introduced are being understood.

Screen media is here to stay, so it is up to parents to make sure it is being used in a healthy and educational way.

Head Start Students to Try Kiwi This Month

LCCAA Head Start students have the opportunity to try new foods thanks to a grant from the Black River Foundation.

In January, students will try kiwi. Head Start nutrition staff have also organized stories and other age appropriate activities.

Students at all directly-operated centers will be able to try the food in their classrooms. Sampling for students and their parents will take place during drop off at Hopkins-Locke Tuesday, Jan. 21 and at Griswold Friday, Jan. 24.



By Popular Request: Homemade Ranch Dressing

Head Start Nutrition Services strives to make the best use of all ingredients and exceed federal nutritional guidelines.

The staff created this recipe for ranch dressing to control salt and other additives often found in the commercial product.

This often requested recipe stores in the refrigerator for several days and makes 30 servings.

- 3 cups mayonnaise
- 1 and 3/4 tsp. garlic powder
- 1/4 tsp. black pepper
- 1 tsp. dried parsley flakes
- 3/4 cup buttermilk

- 2/3 tsp. dried mustard
- 1/3 tsp. paprika
- 1/3 tsp. dried dill weed
- 2 tsp. onion powder

Mix all ingredients together and whisk until well blended.

Pour into container and keep refrigerated.

Free Tax Help Available

Don't pay expensive tax prep fees! If you made less than \$66,000 in 2019, you are probably eligible for free assistance preparing your tax return.

The Lorain County Free Tax Prep Coalition is a group of individuals, non-profits, financial institutions, and government agencies, working to provide free tax preparation and filing as well as financial literacy resources specifically targeted for low and moderate-income households of Lorain County, Ohio, including seniors.

As an alternative to paid tax preparers who may assess filing fees and offer other high-cost services, the Lorain County Free Tax Prep Coalition trains and certifies volunteer tax preparers through the IRS and Volunteer Income Tax Assistance (VITA) Program, the AARP Foundation's Tax-Aide Program, and the Ohio Benefit Bank.

Low- and moderate-income individuals and households can avoid the sometimes costly fees associated with paid preparers by utilizing one of the Coalition's many FREE tax preparation sites located throughout Lorain County. To take advantage of this FREE tax filing service, contact 2-1-1 to have your questions answered and be scheduled for an appointment at the appropriate location.

Last year alone more than 1,900 returns were filed through the VITA program in Lorain County, saving residents more than \$510,000 in filing/service fees. (From: <http://loraincountyfreetaxprep.org/>)

Are You Eligible for the EITC?

The Earned Income Tax Credit (EITC), enacted by Congress in 1975, is a refundable tax credit that increases the income of low- and moderate-income working families through the provision of tax reductions and wage supplements.

The program's primary purpose is to aid employed workers in achieving and maintaining their independence from welfare by making work more attractive.

The EITC has been widely praised for its effectiveness in reducing poverty and has been instrumental in closing the poverty gap for the country's working poor.

Since low-income families pay little or no Federal income taxes, the refunds received represent increases

in income, not reductions in taxes owed, providing a greater level of support.

The EITC is designed to fill a gap between what can be earned in the labor market and what is required to meet household needs.

In 2010, across the country, the EITC lifted about 6.3 million people out of poverty. It is estimated 20% of those eligible do not claim this valuable credit thus creating the need for innovative outreach strategies and Volunteer Income Tax Assistance (VITA) programs.

VITA programs help low-income, working families make their way through the tax code, claiming the full amount of any tax refund for which they are qualified.

(From: <http://loraincountyfreetaxprep.org/>)



Columbia Gas Funds Available

Columbia Gas Fuel Funds are now available through LCCAA. The funds are for Columbia Gas customers who have already used their seasonal Winter Crisis Program benefit.

Customers must live at or below 200% of the Federal Poverty Line and the maximum benefit is \$250. Customers do not need to be in disconnect status to use these funds. They are available until they are depleted.

The Winter Crisis Program continues through March 31.

LCCAA has offices in Lorain, Elyria, North Ridgeville and Wellington. Please see our website for complete hours at all locations.

Appointments can be made by calling 1-855-806-9620 or visiting www.capappointments.com

2020 By Car Funds Released

New funding for the year 2020 has been released into LCCAA's By Car Program.

Residents who previously inquired are now invited to call again if they are still interested in the program.

By Car matches earned income to help eligible residents purchase a reliable used car. Participants must live at or below 125% of the Federal Poverty Line and no one in the household can own a car.

If you have questions or need more information, contact Colette Park, Client Services Specialist at 440-204-3151 or email info@lccaa.net.

Winterfest Fun Included Whole Family

Bells rang and children sang as Head Start classrooms welcomed families for Winterfest activities just before winter break.

Activities included cookie decorating, ornament making, other crafts and many seasonal songs.

Parents, grandparents and more joined in the fun. Thank you to all who attended and all who made these events special memories

for Head Start families.

For more photos, please visit our Facebook page.



Policy Council Chooses New President

Susan West has been named President of the LCCAA Head Start Policy Council. As required by the Head Start grant, West will also hold a voting seat on the agency's board of directors.

Susan replaces Reginald Cremeans who served as Policy Council President and Board Director for two years.

Susan has been active on Policy Council for over a year. Her grandchildren attend or have attended Wellington Head Start where Susan "just fell in love with the program."

Her grandchildren, of whom she has custody, have endured hardships in their short lives, she said, and Head Start has helped them overcome obstacles and turn into completely different kids now doing well in third and first grades. The youngest is a current Head Start student.

"Being a part of it all has been a gift," Susan said.

Susan's perspective includes work as a life coach, meditation coach and minister specializing in those touched by the opioid crisis. Since joining Policy Council, she has attended several conferences

and plans to start work on her bachelor's degree in social work.

"I love what I learn at the meetings," she said. "I love listening to people because it puts a different light into a situation."

Susan represents the Low-Income Sector on the agency's three-part board. LCCAA's board must include equal numbers from the Low-Income Sector, Public Sector and Private Sector.



LCCAA Head Start Menu for January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
EHS ONLY B WG Bagel w/Cream Cheese, Applesauce 6	EHS ONLY Frosted Mini Wheats, Diced Pears 7	8	9 Hard Boiled Egg, WG Bagel w/Cream Cheese, Applesauce	10 Yogurt, Peach & Granola Parfait
L WG Turkey Ham & Cheese Croissant, Dragon Punch, Fruit Cup	Soy Jammer Sandwich, Wango Mango Juice, Apple Crisps	Head Start & Early Head Start Closed for Training	WG Homemade Mac-N-Cheese, Herb Roasted Broccoli, Mango Chunks	Orange Chicken, Brown Rice, Stir Fry Veggies, Seasonal Melon
S Strawberry Banana Yogurt, Diced Peaches	Applesauce, String Cheese		Baby Carrots, Ranch Drsg, Pretzel Sticks	WG Tortilla Chips & Salsa
13 B Rice Chex & Pineapple Tidbits	14 Danimals® Yogurt & Fresh Orange		15 Mini WG Cornbread & Applesauce	16 Kix Cereal & Grapefruit
L General Tso Beef, Brown Rice, Steamed Broccoli, Diced Pears	Build Tortilla: WG Tortilla, Seasoned Chicken, Cheese, Lettuce, Salsa; Mango Chunks	Chicken Grillbites, Ketchup, BBQ, Honey Mustard; WG Pasta Salad w/ Veg; Mandarin Oranges	Homemade Sloppy Joes, California Veggies, Fresh Fruit Salad	Turkey w/ Gravy, Mashed Potatoes, WG Dinner Roll, Fresh Fruit Salad
S 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
20 B	21 WG Banana Bread & Fresh Local Apple/Applesauce	22 Mini Wheats & Diced Pears	23 Hard Boiled Egg, WG Bagel w/ Cream Cheese, Applesauce	24 Yogurt, Peach & Granola Parfait
L No School Martin Luther King Jr., Day	Build Cheeseburger: WG Bun, Cheese, Lettuce, Tomato, Pickle Chips, Ketchup; Baked Beans, Apricots	WG Lasagna Roll Up with Marinara Sauce, Green Beans, Clementine	Beef and 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
27 B Rice Chex & Pineapple Tidbits	28 Danimals® Yogurt & Fresh Orange	29 Mini WG Cornbread, Applesauce	30 Kix Cereal, Grapefruit	31 Yogurt, Berry & Granola Parfait
L Roast Pork, Puerto Rican Style Beans, Spanish Brown Rice, Local Apple or Applesauce	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, Seasonal Melon
S 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.

Agency Releases Annual Report

Lorain County Community Action Agency released its 2019 report to the community last month with thanks for ongoing support.

The theme of this year's report is *The Power of Community*. Highlights include the opening of the LCCAA Bike Shop and many community partnerships.

Head Start had a strong year with a very affirming federal review. Services were also expanded with a new Head Start center in LaGrange and a new HEAP office in North Ridgeville.

Download the report by visiting the agency's website at www.lccaa.net.

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

- Jan. 16: Parent Activity, No Sew Blankets, 8:45 a.m.
- Jan. 20: Closed for MLK Day
- Jan. 31: Read to Me Daddy

Firelands Head Start

- Jan. 20: Closed for MLK Day
- Jan. 22: Parent Activity, No Sew Blankets, 2:30 p.m.
- Jan. 31: Read to Me Daddy

Griswold Head Start

- Jan. 13: HS Five Day Rooms Closed for Professional Development
- Jan. 15: Parent Meeting, 1:15 p.m.
- Jan. 20: Closed for MLK Day
- Jan. 24: Try Day: Kiwi
- Jan. 31: Read to Me Daddy

Hopkins-Locke Head Start

- Jan. 13: HS Five Day Rooms Closed for Professional Development
- Jan. 20: Closed for MLK Day
- Jan. 21: Try Day: Kiwi
- Jan. 22: Parent Meeting, 9 a.m.
- Jan. 31: Read to Me Daddy

LaGrange Head Start

- Jan. 20: Closed for MLK Day
- Jan. 22: Parent Meeting, 2:15 p.m.
- Jan. 31: Donuts with Dudes & Read to Me Daddy

Wellington Head Start

- Jan. 20: Closed for MLK Day
- Jan. 24: Parent Meeting and Cookie in a Jar Activity, 2:15 p.m.
- Jan. 31: Read to Me Daddy

Home-Based Head Start

- Jan. 10: Early Head Start Socialization, 10 a.m., at Cascade Head Start, 233 Bond St., Elyria.
- Jan. 17: Head Start Socialization, 10 a.m., at Cascade Head Start, 233 Bond St., Elyria
- Jan. 24: Early Head Start Socialization, 10 a.m., at Cascade Head Start, 233 Bond St., Elyria
- Jan. 31: Head Start Socialization, 10 a.m., at Cascade Head Start, 233 Bond St., Elyria

Read to Me Daddy

Read to Me Daddy is a great opportunity for fathers and father figures to visit Head Start classrooms. Check with your child's teacher for details on this event taking place Friday, Jan. 31.

