

Head Start Family News



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

Director's Corner

Child Development a Continuing Process



A h h h h ... November! The beautiful fall colors at their fullness, the sounds of crunching leaves, and a month for giving thanks. It is hard to believe that the children have been in school for two months!

So much learning has occurred since that first day, and we are now getting our first look at how all Head Start children are doing with their development.

Teachers have been assessing your child's skills and implementing their own individualized learning plan. You will get a look at your child's plan and also see just where your child is in the developmental continuum. What is the developmental continuum you ask? That is a great question!

The Continuum of Development outlines the sequence of skills that children can be expected to acquire as they develop. Think of it like a



map that gives you direction on what road to take next.

Head Start's curriculum helps us follow the continuum and gives guidance as to important next steps for your child.

As the information is shared with you, teachers can also give guidance as to how you can extend and expand your child's knowledge

and learning at home.

Do not hesitate to ask questions concerning your child's development!

Happy Thanksgiving, Head Start families!

Shauna Matelski, Ed.D.
Head Start Director

Skill

What I know now.

This is where I am going.



Head Start Works!

www.lccaa.net

1-888-245-2009



Head Start Welcomes, Honors Fathers

Head Start has long recognized the importance of parent engagement with children. This includes the significant care giving role fathers and father figures play in their children's lives.

Events such as Daddy Olympics foster this family interaction, help to provide a positive outcome for families and recognize participants with medals. This year, dozens of families attended Daddy Olympics events enjoying games and food, and winning prizes.

Events such as Daddy Olympics foster this



Reading, Talking Can Bridge Word Gap

Reading and talking to children stimulates the part of the brain that helps them understand the meaning of language and build literacy skills.

Children who hear rich vocabulary through conversation and books have an advantage in learning to read and write. Children who do not hear rich vocabulary may struggle.

This “word gap” has been documented by Stanford University who found that by three years of age, there is a 30 million word gap between children from the wealthiest families and those from the poorest families.

The American Academy of Pediatrics also found that one in three American children start kindergarten without the skills they need to learn to read.

The good news is families have control over the language development of their child! Parents are encouraged to talk to children where ever they are:

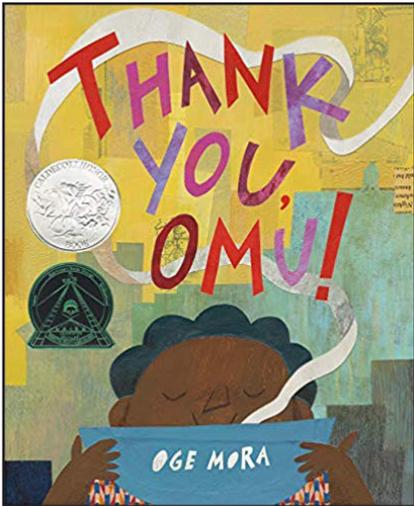
the grocery store, laundromat, car wash, or the park. Talk about the names of the things seen and heard or talk about feelings. Converse about each other’s day.



Additionally, parents are encouraged to spend 15 minutes a day reading to their children. Read old books, new books, picture books, and even parts of chapter books. Seeing their parents reading for pleasure also benefits children.

Working together, parents and teachers can bridge the word gap and change the statistics on literacy. For resources on reading with children, contact any Head Start center.

Read for the Record Planned for Nov. 7



LCCAA Head Start students will participate in the 14th Annual Read for the Record event scheduled for Nov. 7.

The global event, organized by Jumpstart for Young Children, raises awareness about the importance of building early literacy skills in every child so all are prepared for kindergarten.

This year’s book is “Thank You, Omu!” author Oge Mora’s debut tribute to her grandmother. Jumpstart partnered with publisher Little, Brown Books for Young Readers to create this exclusive edition.

This heartwarming tale follows Omu, whose delicious stew emits a sumptuous smell that lures the entire neighborhood to her home.

Head Start students regularly participate in Read for the Record. Last year, 427 students were involved. The event also includes activities related to the story.

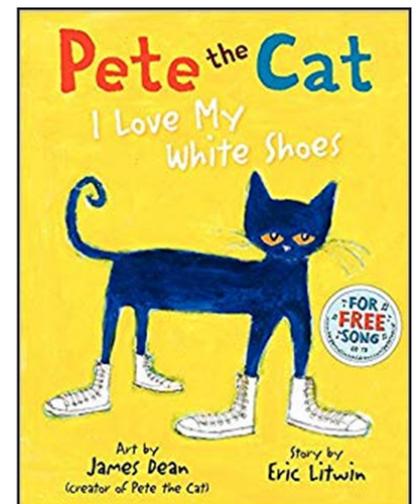
Book of the Month: *Pete the Cat: I Love My White Shoes*

November 4 through 10, 2019 is Children’s Book Week and there is no better time to take a trip to the library.

Most public libraries have puzzles and games in the children’s book section, some have story time, and they are all FREE.

Try to find a copy of this book that comes with the CD, but if you can’t, go online so you can hear the song that kid’s LOVE.

Then next time you’re at the library, look for all the other Pete the Cat books by James Dean.



Students Eat Family Style



Students at LaGrange Head Start enjoyed ‘build your own sub’ day in September. Students choose their sandwich toppings and learn about sharing, serving themselves and many other skills.

Mealtime is a great opportunity to encourage and support child development.

Food shapes and colors are expected to be discussed, but so much more happens during breakfast, lunch and snack time in a Head Start classroom.

Meal times support all the domains of learning and provide opportunities to practice and master new skills for daily living: using a cup and eating utensils, pouring their own milk, setting a table, cleaning.

These daily interactions help build social skills like cooperation and qualities like responsibility and helpfulness. Children look to teachers and their classmates for guidance, communication and role modeling expectations. Family style meal service is a great opportunity

for all of these to happen.

Preschoolers will begin to learn mealtime expectations, such as table manners, timing and how to interact throughout a meal.

Food is more than just nourishment. It tends to be the connection for family tradition and culture.

The Head Start program provides meals in accordance with Child and Adult Care Food Program guidelines and is the perfect time to talk about healthy habits and healthy foods.

There are so many chances for students to learn during meal service and their language and fine motor skills will develop during these interactions.

Mealtime is always a great time for learning, fun, sharing and bonding.

LCCAA Grants Boost Area Food Pantries

For a sixth year, LCCAA is making grants to area food pantries during their busiest months.

Funding is for the sole purpose of purchasing food and grocery items (both edible and inedible) for distribution between Nov. 1 and Dec. 31.

“We started this program in response to cuts made to food stamps several years ago,” said Frank Prihoda, Director of Planning and Community Services.

“These awards are intended to help with the food pantries’ busiest time,” Prihoda added. “Dependence on local food pantries has become a way of life for too many people. Everything we can do to stretch each dollar is important.”

Awards were announced in late October with many partners returning from past years.

LCCAA strives to include all parts of the county in the grant awards. Please visit www.lccaa.net for a list of pantries and their hours.

Did you know? LCCAA Operates Care Cupboard

LCCAA’s Youth Services Program operates a Care Cupboard at 936 Broadway Ave. on Lorain on the third Saturday of each month.

The Care Cupboard provides a package

with three days of food as well as cleaning supplies and toiletries.

Hours are from 11 a.m. to 1 p.m. No appointment is needed but identification is required.

Winter Crisis Program Starts Nov. 1

Utility assistance for residents who need help paying for heat or who have had their heat turned off will be available Nov. 1 through March 31, 2020.

Residents who have received a disconnection notice are especially urged to call the HEAP hotline at 1-855-806-9620 or go online to capappointments.com to make an appointment. Residents trying to restore, reconnect and or transfer services also qualify for the program.

Utility companies will stop a service disconnection if an appointment to determine eligibility has been made.

Please note:

- ◆ Appointments must be no less than 48 hours before a disconnection to service is scheduled;
- ◆ The appointment must be kept to maintain an account hold;
- ◆ An account number must be added to the appointment booking;
- ◆ Rescheduling removes the hold and possibly triggers loss of service; and
- ◆ If an appointment has been made but an individual chooses to be seen as a walk-in, the HEAP office needs to be notified of the active appointment so that the time can be released.

LCCAA assists clients at four locations: the main office, 936 Broadway Ave. in downtown Lorain; at the OhioMeansJobs office, 42495 North Ridge Road, Elyria; at Wellington Village Hall, 115 Willard Memorial Square; and in North Ridgeville on the campus of Lorain County Community College, 32121 Lorain Road.

At the Lorain office, walk-ins and appointments are seen Monday through Friday from 8 a.m. to 5 p.m.

The Elyria location sees only those with appointments on Mondays and Tuesdays from 8 a.m. to 4 p.m.

The Wellington location is open Wednesdays from 7:30 a.m. to 4:30 p.m. and sees walk-ins in the morning only; appointments are required in the afternoon.

The North Ridgeville location is open Thursdays from 8 a.m. to 5 p.m., seeing walk-ins in the morning and appointments in the afternoon.

All sites are closed for lunch daily from noon to



1 p.m. Applicants must be seated with an advocate within 45 minutes of closing to be seen.

LCCAA's automated appointment line includes a recorded message describing the documents needed for the appointment. Those needing to do so may also speak to a representative during regular office hours.

Please visit www.lccaa.net or call 440-245-2009 (select 2 for HEAP) during business hours for a detailed list. Customers may also complete an application at energyhelp.ohio.gov.

Required documentation includes:

- ◆ Income information for all household members 18 years of age or older. Any member reporting "no income" must complete a no income form;
- ◆ Social security numbers for all household members;
- ◆ Proof of citizenship for all household members;
- ◆ Most recent electric and gas bills;
- ◆ Additional information may be required.

Last year, LCCAA directly helped more than 2,000 clients during the winter crisis period.

The Winter Crisis Program is funded by the U.S. Department of Energy and administered by the Ohio Development Services Agency's Office of Community Assistance.

Make an appointment as soon as you can!
1-855-806-9620 or www.capappointments.com

What to Expect at Parent Teacher Conferences

Open communication between teachers and parents positively impacts child development. LCCAA Head Start offers parent-teacher conferences and home visits throughout the school year.

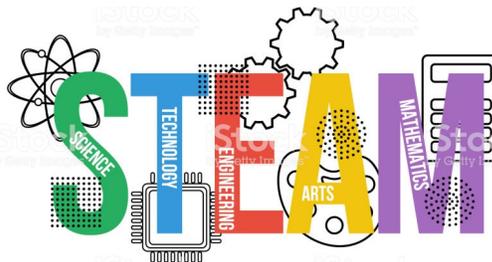
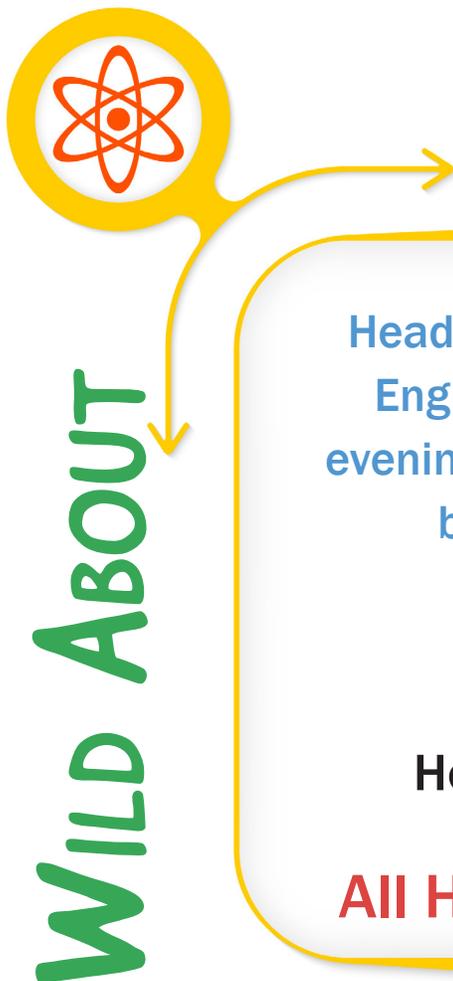
Conferences will be scheduled for December 2nd or 9th. One-on-one time with teachers provides an opportunity to hear about successes, growth, and perhaps some struggles this first half of the school year.

Many parents are unsure of questions to ask their child's teacher during conferences. Here are some guided questions that will be helpful to gain more knowledge about your child's growth and development:

- ◆ How does my child interact with other children?
- ◆ What skills and tasks should my child be working on? How can I help my child at home?
- ◆ How are my child's self-help skills (ex. washing hands, eating and cleaning up lunch, brushing teeth, etc.)?

- ◆ What do you consider my child's best strengths and interests?
- ◆ In what areas do you think my child needs improvement?
- ◆ How does my preschooler respond to classroom rules and procedures? Does he/she need a lot of redirection and reminders?
- ◆ When needed, how is discipline handled? What can I do at home to correct problem behavior?
- ◆ Are there any concerns I need to address with my child's pediatrician?
- ◆ Do you have any advice for (ex. potty training, sibling rivalry, positive behavior guidance, etc.)?

Teachers and parents both have the same goal to build a solid educational foundation. Fostering relationships builds a partnership that puts that goal within reach. This will lead to future school success. *Early experiences last a lifetime, make them meaningful!*



Head Start is Wild About Science, Technology, Engineering, Art and Math. Join us for a fun evening of learning activities, games and prizes, books and fun! Dinner will be served.

Wednesday, November 13

5:30 to 7:30 p.m.

Hopkins-Locke & Griswold Schools

All Head Start families are invited!

LCCAA Head Start Menu for November 2019

Monday		Tuesday		Wednesday		Thursday		Friday	
B	Rice Chex & Pineapple Tidbits 4	Danimals® Yogurt & Fresh Orange 5	Mini WG Cornbread, Applesauce 6	Kix Cereal & Grapefruit 7	Yogurt, Berry & Granola Parfait 8				
L	Roast Pork, Puerto Rican Style Beans, Spanish Brown Rice, Apple/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 Pierogies, Tropical Fruit	WG Homemade Mac & Cheese, Herb Roasted Broccoli, Mango Chunks	Orange Chicken, Brown Rice, Stir Fry Veggies, Seasonal Melon				
S	Berry Smoothie, Bunny Grahams	WG Flatbread, WOWBUTTER®, Jelly	WG Flatbread Squares, Turkey Coins, Cheese Slice	Asst. Raw Veggies, Ranch Dressing, Cheese Stick	Banana, WG Goldfish Crackers				
B	Cheerios & Pineapple Tidbits 11	WG Banana Bread, Fresh Apple/Applesauce 12	Mini Wheats, Diced Pears 13	Hard Boiled Egg, WG Bagel w/Cream Cheese, Applesauce 14	Yogurt, Peach & Granola Parfait 15				
L	Chef's Choice Bagged Lunch ONLY LAGRANGE IN SESSION	Build Nachos: WG Tortilla Chips, Seasoned Beef, Black Beans, Salsa, Cheese; Clementine	WG Pepperoni Pizza, Tossed Salad w/toppings: cheese, croutons, asst. dressing: French, ranch, Italian; Tropical Fruit	BBQ Chicken Sandwich, Cole Slaw, Mandarin Oranges	WG Spaghetti w/Meatballs, WG Breadstick, California Veggies, Apricots				
S	Fresh Apple/Applesauce, Cheese Cubes	WG Graham Crackers & Milk	Seasonal Melon, Danimals® Yogurt	Baby Carrots, Ranch Dressing, Pretzel Sticks	WG Tortilla Chips, Salsa				
B	Rice Chex & Pineapple Tidbits 18	Danimals® Yogurt & Fresh Orange 19	Mini WG Cornbread, Applesauce 20	Kix Cereal & Grapefruit 21	Yogurt, Berry & Granola Parfait 22				
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 Joe, California Veggies, Fresh Fruit Salad	THANKSGIVING: Roast Turkey, Stuffing, Sweet Mashed Potatoes, Salad w/asst. drsg., Ambrosia				
S	Berry Smoothie, Bunny Grahams	WG Flatbread Round, WOWBUTTER®, Jelly	WG Flatbread Squares, Turkey Coins, Cheese Slice	Asst. Raw Veggies, Ranch Dressing, Cheese Stick	Banana, WG Goldfish Crackers				
B	Cheerios & Pineapple Tidbits 25	WG Banana Bread, Fresh Apple/Applesauce 26	Mini Wheats, Diced Pears 27	No School Thanksgiving Break	No School Thanksgiving Break				
L	Braised Chicken Thigh, Maple Cinnamon Carrots, WG Cornbread, Pears	BUILD A CHEESEBURGER: WG Bun, Cheese, Lettuce, Tomato, Pickle Chips, Ketchup; Baked Beans, Apricots	WG Lasagna Roll-up, Tossed Salad w/Toppings: Cheese, Croutons, Asst. Drsg: French, Ranch, Italian; Clementine						
S	Fresh Apple/Applesauce, Cheese Cubes	WG Graham Crackers, Milk	Seasonal Melon, Danimals® Yogurt						

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.



Dental screenings have been held in LCCAA Head Start centers over the past several weeks.

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
Snack (Portions & Servings) Must Select Two Different Protein Components	Breads/Grains, Pasta	1/2 serving, 1/4 cup	1/2 serving, 1/4 cup
	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

Nov. 18: Closed for Professional Development
Nov. 19: Parent Meeting, 8:45 a.m.
Nov. 28-29: Thanksgiving Break

Firelands Head Start

Nov. 11: Class IN SESSION
Nov. 18: Closed for Prof. Development
Nov. 20: Parent Meeting/Activity, 2:30 p.m.
Nov. 22: Grandparents Lunch
Nov. 27-29: Thanksgiving Break

Griswold Head Start

Nov. 5 & 6: Picture Days
Nov. 7: Health Services Advisory
Committee, 9 a.m.
Nov. 13: Lead & Hemoglobin Screenings
Nov. 13: Wild About Learning - STEAM
Nov. 18: Closed for Prof. Development
Nov. 22: Grandparents Lunch
Nov. 28-29: Thanksgiving Break

Hopkins-Locke Head Start

Nov. 8: Lead & Hemoglobin Screenings
Nov. 12: Lead & Hemoglobin Screenings
Nov. 13: Wild About Learning - STEAM
Nov. 18: Closed for Prof. Development
Nov. 20: Parent Meeting
Nov. 22: Grandparents Lunch
Nov. 28-29: Thanksgiving Break

LaGrange Head Start

Nov. 11: Class IN SESSION
Nov. 18: Closed for Prof. Development
Nov. 20: Parent Meeting
Nov. 22: Grandparents Lunch
Nov. 25-29: Thanksgiving Break

Wellington Head Start

Nov. 8: Parent Meeting
Nov. 11: Class IN SESSION
Nov. 18: Closed for Prof. Development
Nov. 22: Grandparents Lunch
Nov. 27-29: Thanksgiving Break

Home-Based Head Start

Nov. 1: Early Head Start Socialization, 10 a.m., Cascade Head Start, 233 Bond St., Elyria.
Nov. 8: Head Start Socialization, 10 a.m., Cascade Head Start, 233 Bond St., Elyria.
Nov. 15: Early Head Start Socialization, 10 a.m., Cascade Head Start, 233 Bond St., Elyria.

