

Head Start Family News



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

Director's Corner

Students back in Head Start classrooms



Hello, Head Start families! Welcome to the 2019-2020 program year! As its Director, I want to thank you for choosing the Head Start program. Head Start is in its 54th year of providing, comprehensive child development services for children and families.

We look forward to partnering with you and your family this year. Whether your child is returning or new to the program, get ready for a new year of learning experiences that will help your child grow in knowledge and development. The best news of all is that your child will have fun in the process!

Children learn through play. Theorist John Dewey is known for the idea that children will learn if they are actively engaged with hands-on learning experiences.

He suggested that children learn best through both physical and intellectual activity. Head Start classrooms are intentionally set up for this purpose. Research-based theory, curriculum and assessments are used to guide your child's



Head Start students are recognized for their achievements in Bridging ceremonies at the end of the school year.

developmental journey.

LCCAA Head Start recognizes that you are your child's first teacher. Partnering with Head Start will help to nurture your child's development and prepare them for kindergarten.

Your participation and engagement are important to your child's growth, development and overall success in the program. You will have a variety of opportunities to be involved this year:

- Leadership – Policy Council/

subcommittees

- Parent committees
- Classroom volunteering
- Home volunteering
- Evening Events – Wild About Learning/socializations
- Other program activities

We look forward to a wonderful Head Start Year and again, thank you for choosing Head Start!

Shauna Matelski, Ed.D.
Head Start Director



Head Start Works!

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



Get to Know Your Family Service Worker



Family Service Workers walk with Head Start families on every step of their journey. They are usually some of the first staff that parents meet and they work to build positive, trusting relationships

Family Service Workers assist parents with registration and follow up to ensure that the enrolled student is ready for school. Students may be able to start school without some forms or documents, but staff will follow up to gather:

- Insurance cards
- Birth certificates
- Income information
- Lab-work results
- Physicals (within 30 days)
- Dentals (within 90 days)
- Missing immunizations

Each classroom has an assigned Family Service Worker who will meet with families, provide supportive home visits, and support parents as they work on goals.

Parents should expect to receive a text or phone call from them if their child is absent, or if additional paperwork or services are needed.

LCCAA's Family Service Workers

help parents set realistic and challenging goals to move their families forward.

Head Start Family Service Workers also strive to connect families with community resources to empower the family for self-sufficiency.

Lorain County is a generous community that provides a variety of programming and services to children and families.

LCCAA Head Start can connect parents to resources for food, clothing, housing, employment, English as a second language, adult education programs and more.

Family Service Workers stay informed about what is available in the community and work as a team to help families. They encourage parents to volunteer and to share talents, attend parent meetings or trainings, as well as center and family activities.

Family Service Workers are here to support the entire family so children can succeed in school.

Parents can contact their Family Service Worker through their child's teacher or site administrator. Supervisors (listed below) can also help make the connection.

Cascade	Deanna Gregg	440-323-1737
Elyria Schools	Maria Vasquez	440-323-1737
Firelands	Maria Vasquez	440-323-1737
Griswold	Deanna Gregg	440-323-1737
Hopkins-Locke	Sharon Henry	440-246-0480
LaGrange	Sharon Henry	440-246-0480
Lorain Schools	Maria Vasquez	440-323-1737
Wellington	Sharon Henry	440-246-0480
Overall	Stefanie Drew	440-204-3162

Get Involved in Head Start Classrooms and Centers

Parents send children to school with dreams of academic success, hoping inspiring teachers will motivate and challenge them. Creating a partnership with these teachers can enhance a child's experience even further.

Parent involvement in school has been shown to result in improved reading and math skills, as well as increased confidence and social skills. This is why the Head Start community provides many ways for parents to become involved.

Aside from required home visits and parent/teacher conferences, a variety of partnership options exist including: volunteering in the classroom, completing activity logs, attending enrichment activities, attending monthly parent meetings, or joining committees.

Teachers or Family Service Workers will help parents become an integral part of their child's school success!



Head Start classrooms welcomed dads for a special lunch event "Dads and Dogs."

What is Policy Council?

Head Start Policy Council provides many opportunities for parents to grow as leaders and partner with educators to ensure their child – and all children – have a successful school year.

Policy Council members are currently enrolled Head Start parents and interested community members who act as a link between the people making and carrying out decisions and the people Head Start serves.

They also receive training and information valuable to them as parents and community members.

LCCAA Head Start Policy Council is formed by parent elections. During the first parent meetings at each center, representatives are chosen.

Policy Council then elects officers and meets monthly. The President of Policy Council also

serves on the LCCAA Board of Directors.

No experience is needed. Serving on Policy Council provides many opportunities including:

- Learning leadership skills
- Attending training
- Providing input on parent concerns
- Serving on several different committees
- Evaluating the program
- Reviewing program policies, goals and budget
- Learning more about your community and what Head Start has to offer

Be sure to attend your center's first Parent Meeting and get involved!

Thank you 2018-19 Policy Council

Reginald Cremeans, President
Crystal Bey, Vice President
Susan West, Vice President
Tabatha Smith, Secretary
Cierra Brady, Asst. Secretary
Kathryn Brenner
Kathy Byrnes
Abigail Ferry
Gina Gordon
Daniel Hunter
Sara Irvan
Cara Kashmer
Tami Krugman-Smith
Isha Merrell
Evelia Palafox-Ramirez
Brittany Sartin
Justin Smith
Monique West

CWRU to Provide Dental Screenings

Head Start provides a variety of screenings for all students to make sure they are healthy and receiving the nutrition they need. Dental screenings in partnership with Case Western Reserve University begin this month.

Tooth decay is the most common childhood disease, but it's preventable. Children with dental pain can have trouble speaking clearly, eating and learning.

All students are examined for plaque, cavities and any developmental issues. They also receive a new toothbrush and instructions for brushing correctly. If further treatment is needed, a Family Service Worker will contact the family and can even help find a dentist if needed.

Other screenings conducted throughout the year include vision, hearing, lead, hemoglobin and overall health.



Dental Screenings

Cascade Head Start	Sept. 27
Firelands Head Start	Oct. 3
Griswold Head Start	Sept. 26
Hopkins-Locke Head Start	Sept. 25
LaGrange Head Start	Oct. 2
Wellington Head Start	Oct. 3

Book of the Month: *David Goes to School*

Kids all love David Shannon, an author who writes about himself when he was little.

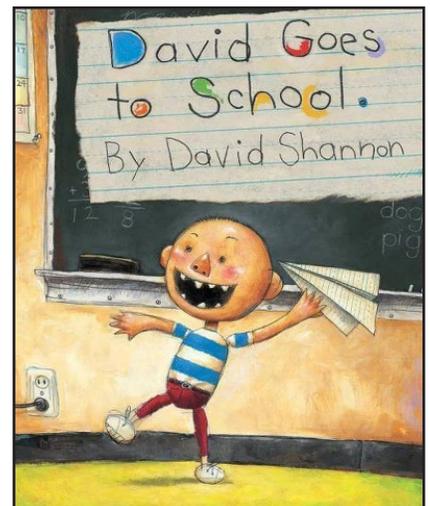
David is naughty and always gets in trouble! In *David Goes To School*, David takes his antics into the classroom.

Read this book with your child to open dialogue about school rules and appropriate school behavior.

Ask your child what their classroom rules are and what they have to do to follow them.

We all want your child to be successful in Head Start and have a wonderful school year!

For more David Shannon, read *No, David!* and *David Gets in Trouble*.



Support LCCAA When You Shop



Parents can support LCCAA while they shop by registering their Giant Eagle Advantage Card.

The store will donate a percentage of purchases to LCCAA. To register a card, go to <https://www.gianteagle.com/about-us/in-your-community/education/apples-for-students>.

LCCAA's organization number is 6046.

Shoppers can also support LCCAA on Amazon by using Amazon Smiles. Go to www.smile.amazon.com to set up an account. When shopping, remember to go to smile.amazon.com.

Lorain County Community Action Agency is a 501(c)(3) organization and all contributions are tax deductible.

Contributions are gratefully accepted at any time. Donate directly at <https://www.paypal.com/us/fundraiser/charity/1809234>.



Lower Your Utility Bills by Enrolling in PIPP Plus

Percentage of Income Payment Plan Plus (PIPP Plus or PIPP) allows eligible residents to reduce their energy bills to a percentage of their income and avoid crisis situations.

September and October are great times to enroll in or reverify your PIPP, even if your anniversary date isn't until later. When Winter Crisis begins Nov. 1, our offices will be busier. Make an appointment now by calling 1-855-806-9620 or visiting www.capappointments.com.

Once enrolled, PIPP customers must make their regular payments in order to remain on the program. Staying current also earns PIPP customers credit toward arrearages.

To be eligible for PIPP, residents must live at or below 150 percent of the Federal Poverty Line AND be customers of utilities regulated by the State of Ohio.

Under PIPP Plus, if you heat with gas, you pay six percent of your household income to your gas company and six percent of your household income to your electric company. If you heat with electricity, you pay 10 percent of your household income to your electric company.

Things to Remember About PIPP

1. **Pay your bill on time and in full!** To enjoy all the benefits of the PIPP Program, participants must stay current on bills, paying the PIPP amount on time and in full each month. The difference between the PIPP amount and actual usage is forgiven. Participants who cannot pay are encouraged to call LCCAA right away for help finding other resources.

2. Paying on time and in full eliminates old balances or arrearage. Customers who pay on time and in full for 24 months in a row, have their entire arrearage forgiven.

3. Changes in income must be reported as soon as they occur. Failure to do so may result in being removed from PIPP.

4. If a payment is missed, it must be made up as soon as possible. Missing payments impacts forgiveness and could result in a termination. However, if missed payments are made by the client's anniversary date, they can stay on PIPP.

5. Anniversary dates and reverification dates may not be the same. An anniversary date is the day the client originally enrolled in the program. It does not change. A reverification date may change. It is one year from the client's last visit to LCCAA. Customers can reverify BEFORE their reverification date and LCCAA recommends visiting its offices during non-crisis periods (September and October or April, May and June) to avoid crowds.

6. PIPP participants can still get bill payment assistance during the Winter Crisis period if they are in termination.

Starting a Conversation with Your Teachers

Head Start families are busy getting into a new routine and schedule, and so are teachers.

As teachers get to know children and their families, they will be asking questions and sharing information. These conversations are the first steps to building strong relationships that lead to school success.

Talking to teachers is also a great opportunity for parents. They can share important information and insights and play an active role in their child's learning.

Here are four ways parents can start a good conversation with teachers that many parents find helpful:

“I am concerned about...”

Start with something that has been on your mind. Your child's teacher may share your concern. Working together means your child gets the individualized instruction Head Start is designed to deliver.

“What do you see as my child's strengths?”

Conversations with teachers do not need to be just about struggles. Focusing on your child's positive aspects keeps you and your child's teacher equally centered on your child's greatest abilities and qualities, too.

“Do you have any suggestions about...”

You know your child best; however, the teacher might have some ideas on how you can help your son or daughter in class. Asking for suggestions lets the teacher partner with you on your child's learning and growth.

“I've noticed that my child responds to...”

Share your perspective with teachers and provide information that could be helpful to how your child behaves in class. Teachers welcome such tidbits and your child's day at school will likely be better.

Maximize Learning by Being on Time for School



From the moment children step into a Head Start classroom, the day is carefully planned to maximize learning.

A healthy meal and a class meeting are two ways teachers prepare students for the day ahead.

Being on time and present for both of these important daily components is key to a successful day in school.

Regular attendance is also critically important in our quest to build lifelong learners.

Preschool is a time for building

the social, emotional, cognitive, and language skills needed for school readiness.

Many of these skills build on one another so absent children may miss the foundational skills needed for the next skill. Additionally, following the predictable daily routine helps to build confident and eager learners who are lifelong learners.

It all starts by getting to school every day, on time.

**2018-19
Average Daily
Attendance was
80%.
Let's beat that
this year!**

LCCAA Head Start Menu for September 2019

Monday		Tuesday		Wednesday		Thursday		Friday	
B Labor Day L No School S	2	WG Banana Bread & Pineapple Tidbits	3	Mini Wheats & Diced Pears	4	Hard Boiled Egg, WG Bagel w/ Cream Cheese, Applesauce	5	Yogurt, Peach & Granola Parfait	6
		Homemade Sloppy Joe California Blend Vegetables Sliced Apricots		Vegetarian Chili w/Cheese WG Cornbread Diced Pears		Beef & Veg w/Gravy, Mashed Potatoes, Diced Peaches, WG Garlic Toast		WG French Toast Sticks, Sausage Patty, Tater Tots, Tangerine	
		WG Graham Crackers & Milk		Seasonal Melon & Danimals® Yogurt		Baby Carrots, Ranch Drsg., Pretzel Sticks		WG Tortilla Chips & Salsa	
B L S	9	Rice Chex & Pineapple Tidbits	10	Mini WG Cornbread & Applesauce	11	Kix Cereal & Grapefruit	12	Yogurt, Berry & Granola Parfait	13
		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	
		Berry Smoothie & Bunny Grahams		WG Goldfish Bread & WOWBUTTER®		WG Flatbread Squares, Turkey Coins & Cheese Slice		Assorted Raw Veg, Ranch Dressing & Cheese Stick	
B L S	16	Cheerios & Fresh Orange	17	Mini Wheats & Diced Pears	18	Hard Boiled Egg, WG Bagel w/ Cream Cheese, Applesauce	19	Yogurt, Peach & Granola Parfait	20
		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, Cole Slaw, Mandarin Oranges	
		Fresh Apple/Applesauce, Cheese Cubes		WG Graham Crackers & Milk		Seasonal Melon, Danimals® Yogurt		Baby Carrots, Ranch Dressing, Pretzel Sticks	
B L S	23	Rice Chex & Pineapple Tidbits	24	Mini WG Cornbread, Applesauce	25	Kix Cereal, Grapefruit	26	Yogurt, Berry & Granola Parfait	27
		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, Seasonal Melon	
		Berry Smoothie & Bunny Grahams		WG Goldfish Bread & WOWBUTTER®		WG Flatbread Squares, Turkey Coins & Cheese Slice		Assorted Raw Veg, Ranch Dressing, Cheese Stick	

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.

Outside Food Prohibited

LCCAA Head Start and Early Head Start are committed to providing safe, healthy and nutritious food to children in our care. No food may be brought from home or elsewhere into any LCCAA Head Start facility.

The daily school diet follows the Ohio Child and Adult Care Food Program (CACFP) menu requirements and meets USDA guidelines for a child's recommended needs.

Additionally, outside foods cannot be monitored for students with allergies. Parents arriving with food from an outside source will not be allowed to bring it in.

Parents are encouraged to discuss options for "Healthy Celebrations" with their child's teachers for birthdays and other occasions.

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

Sept. 17: Parent Meeting, 8:45 a.m.
Sept. 27: Dental Screenings
Oct. 7: Home Visits/Centers Closed

Firelands Head Start

Sept. 19: Parent Meeting, 2:30 p.m.
Oct. 3: Dental Screenings
Oct. 7: Home Visits/Centers Closed

Griswold Head Start

Sept. 18: Parent Meeting, 9 a.m.
Sept. 26: Dental Screenings
Oct. 3: Health Screenings
Oct. 7: Home Visits/Centers Closed

Hopkins-Locke Head Start

Sept. 18: Parent Meeting, 9 a.m.
Sept. 25: Dental Screenings
Oct. 4: Health Screenings
Oct. 7: Home Visits/Centers Closed

LaGrange Head Start

Sept. 18: Parent Meeting, 2:30 p.m.
Oct. 2: Dental Screenings
Oct. 7: Home Visits/Centers Closed

Wellington Head Start

Sept. 13: Parent Meeting, 2:15 p.m.
Oct. 3: Dental Screenings
Oct. 7: Home Visits/Centers Closed

Home-Based Head Start

Sept. 6: Early Head Start Socialization, 10 a.m., at Cascade Head Start, 233 Bond St., Elyria.
Sept. 13: Head Start Socialization, 10 a.m., at Cascade Head Start, 233 Bond St., Elyria
Sept. 20: Early Head Start Socialization, 10 a.m., at Cascade Head Start, 233 Bond St., Elyria
Sept. 27: Head Start Socialization, 10 a.m., at Cascade Head Start, 233 Bond St., Elyria

Policy Council Meeting

Sept. 26, 6 p.m.

Hopkins-Locke Head Start

1050 Reid Ave., Lorain

