

Head Start Family News



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

Students Back in Head Start Classrooms



We have done it! The start of the 2019-2020 school year was a success! September is behind us and the children are settling in. They are exploring their classrooms and becoming familiar with their daily routines.

As we move into October, several things will happen. Developmental and health screenings will be completed and individualized plans will be created specifically for your child, based on their current knowledge and the teacher's assessment. Now, I would like to focus on the importance of parent and family engagement.

Head Start believes that you — the parent — are your child's first teacher. You know your child best, which is why building a relationship between school and home is vital to your child's success. One way to do this is by working with your assigned family service worker and classroom teacher concerning the progress and development of your child. Participating on various committees (education, health, safety, policy council) is another way you can be



LaGrange friends swap book reviews as school begins.

actively engaged.

Research supports the fact that children greatly benefit from their parents' involvement throughout their academic life. It is linked to better student behavior, higher achievement and enhanced social skills, according to the Center for Disease Control and Prevention.*

A wonderful thing begins to happen when parents and staff work together to establish goals for a child. The child begins to develop, grow and

gain skills that prepare them for school readiness and transition into kindergarten.

We want to give you the opportunities to be involved and engaged while your child is in the Head Start program. Please speak with your assigned classroom teachers or family service worker to find a way to get involved that fits your schedule. Hope to see you soon!

Shauna Matelski, Ed.D.
Head Start Director

*Adolescents and School Health, (2018), Parent Engagement in Schools, Center for Disease Control and Prevention, Department of Health and Human Services, Washington D.C. https://www.cdc.gov/healthyouth/protective/parent_engagement.htm.



Head Start Works!

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



Back to School, Back to Friends



Clockwise from top left: Cascade students share breakfast. Hopkins-Locke students enjoy playing in the indoor gym space. Griswold students play store in their classroom. Firelands students read together.

Home-Based Students Socialize Together

For a variety of reasons, many parents choose LCCAA's Home-Based option for Head Start. A vital part of the curriculum in this program is socialization. Using the Growing Great Kids curriculum, teachers provide 22 events for Early Head Start families and 16 for Head Start families.

Socializations enhance the weekly home visits by bringing the parents together to observe their own and others' children at play. Socializations also provide the opportunity for parents to network and become friends. These friendships often extend beyond the socializations into the families' outside lives.

During a socialization, parents can expect to participate in hands-on activities that promote learning and enhance their relationship with their child. Activities are aligned with the Head Start Early Learning and Outcomes Framework. Parents can also strengthen their observation skills and understanding of child development. Lunch is also served.

Learning social skills is a key part of a preschooler's development. LCCAA home visitors are excited to see parents and children at monthly socializations. Check with your home visitor for the next event.



Home-based Early Head Start families enjoyed a variety of activities at a summer picnic in Amherst.

Playing Equals Learning for Preschoolers

A typical scene in a Head Start classroom would include children playing in the block area, while others gather in the dramatic play area to cook and serve meals.

“They are having fun *playing*,” observers may think, “but when does the *learning* happen?”

Learning is happening all around the room! The children in the block area are measuring, counting, comparing and estimating, just to name a few skills. In the dramatic play area, the children are cooperating, using imagination, working through real life scenarios,

resolving conflicts and self-regulating. Additionally, they are all building vocabulary and conversational skills.

As this play happens, the teachers circulate through the room, ask questions and make comments to encourage higher order thinking. The children are supported as they test out theories and try new things. For preschool children, play *is* learning and is their work.

Parents should encourage preschoolers to play each day. In the words of Lawrence K. Frank, a founder of the Child Development Movement:



Students in Wellington build more than towers when they play with blocks.

“Play...is the way the child learns what no one can teach him. It is the way he explores and orients himself to the actual world of space and time, of things, animals, structures and people. Through play

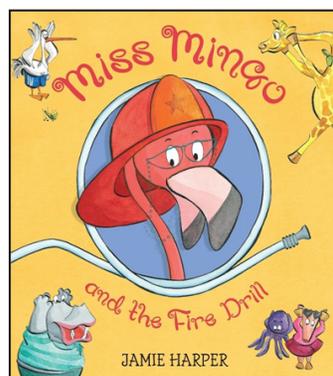
the child practices and rehearses endlessly the complicated and subtle patterns of human living and communication which he must master if he is to become a participating adult in our social life.”

Book of the Month: *Miss Mingo and the Fire Drill*

October 6 through 12, 2019, is Fire Safety Week. All Head Start centers have regular fire and tornado drills and these can be very scary for many preschoolers, especially the first few times.

It is important to regularly discuss fire safety with your children: what to do if there is a fire, where to go, who to call, etc. Jamie Harper’s *Miss Mingo and the Fire Drill* is a delightful non-threatening way to discuss this subject.

After reading, remind your child that he or she will have fire drills at school, but that it is only practice in case there is an actual fire emergency. Remind them never to play with lighters or matches and have them practice “Stop, Drop and Roll.”



Screenings Can Provide Help

Within the first 45 days of school, all Head Start children have a developmental screening completed that looks at communication, fine motor (small muscles), gross motor (large muscles), social and cognitive skills. Developmental screenings identify delays or concerns that may arise during normal childhood development.

These screenings are important, as not all children develop at the same pace and some may need additional support and resources to reach their milestones. If additional support or resources are needed, LCCAA Head Start’s Disability Manager, Pamela Butas, will work with the parent, the child’s local school district, and community agencies to find out if the child qualifies for services.

With early detection, implementation of support and services, the child will be on the path to future school success and enhanced child outcomes. Parents with children already on an Individual Education Plan (IEP), or receiving services (such as speech therapy) from a community agency, should notify teachers and family service workers.

Try Day Returns for Third School Year

Lorain County Community Action Agency promotes health and wellness in Head Start classrooms. For the third year, Head Start students will have the opportunity to try new foods thanks to a grant from the Black River Foundation.

In October, students will try zucchini. The multi-sensory experience includes seeing the new food in its raw form. 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, Oct. 15 and at Griswold Friday, Oct. 18.

These opportunities to try unfamiliar foods encourage favorable attitudes toward healthy eating. Foods that have a positive response may be incorporated into the school menu.

Other upcoming Try Days for this year will feature kiwi, kidney beans and barley.



Lead Poisoning Preventable

October includes National Lead Poisoning Prevention Week and LCCAA Head Start reminds parents to check their children for lead exposure.

Lead poisoning can occur with no obvious symptoms and still impact brain development and growth, said LCCAA Head Start Health and Nutrition Manager Rebecca Rodriguez.

Rodriguez oversees blood testing for lead exposure conducted at all LCCAA Head Start centers annually in partnership with Lorain County Public Health. A blood test is the only way to determine lead levels accurately.

“The goal is no lead,” she added. “However, we are one of the high risk ZIP codes in the state for lead exposure.”

Rodriguez said the age of Lorain County’s housing along with extensive ongoing renovation means lead paint is being disturbed. Lead paint scraped from a home can end up in the soil near the home and be tracked onto floors where children play. Rodriguez recommends families remove their shoes when entering a home.

National Lead Poisoning Prevention Week is October 21 through 27. For more information, visit www.epa.gov/lead. Local resources may be available to detect or abate lead in homes. For details, visit odh.ohio.gov.

Calling All Olympians!

All Head Start families are invited to join in on Daddy Olympics!

This special event encourages fathers and father figures to get involved in their child’s learning.

Two events will be held: Oct. 10 at Hopkins-Locke and Oct. 11 at Griswold. Both are from 5:30 to 7 p.m.

All Head Start families are welcome at either location. Dinner is included.

Lower Your Electric Bill



Are you throwing away food because your refrigerator isn't working properly? Living in the dark because you can't afford light bulbs? LCCAA's Community Connections Program might be the answer.

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.

Ramona Montanez of Lorain said she was throwing away lettuce and eggs because her refrigerator was freezing them. She also had some light fixtures in her home that were without bulbs.

"It gets really hard without these resources," Montanez said, noting her fixed income. "I am thankful."

To be eligible, clients must reside in Lorain County and live at or below 200 percent of the Federal Poverty Line. Current HEAP (Home Energy Assistance Program) or PIPP (Percentage of Income Payment Plan) participants are qualified. Clients must also own the appliances and have at least 12 months electrical service in their name.

Learn more and find out if you qualify by contacting Client Services Coordinator Colette Park at cpark@lccaa.net or 440-204-3401.

LCCAA Youth Bike Shop Now Open Three Days Each Week

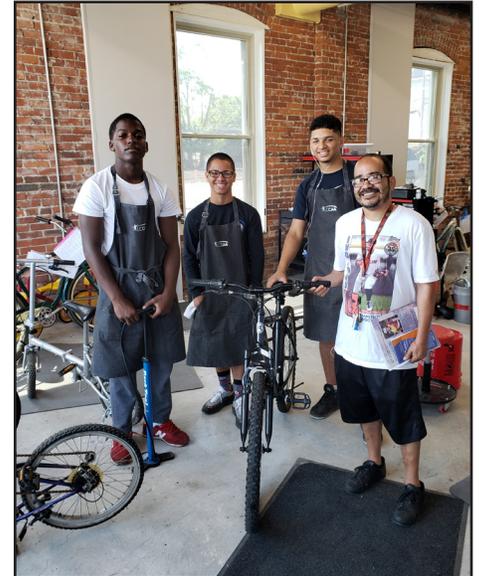
This summer, LCCAA dedicated its new Youth Center to a man who championed both LCCAA and the City of Lorain. The Modern Building, constructed in 1902, has a new life as the Ronald Nabakowski Youth Center housing the LCCAA Bike Shop.

The bike shop is operated by LCCAA's Youth Services program whose participants repair and resell used bicycles for adults and children. The work youths perform in the shop provides practical mechanical skills as well as experience in customer service and other "soft skills" important for success in the workforce.

The first customers at the bike shop have been local residents who depend on their bicycles as their primary means of transportation.

Franco Diaz (pictured above) brought his bike into the shop because he accidentally removed the valve stem in his inner tube while using a pump at the public library. The youth replaced the inner tube and discovered that the brakes had some issues.

The youth replaced the brake cables and discovered that Franco had a bent brake adjuster barrel. After replacing that part as well, the



youth inflated his tires to the proper levels.

"Franco was overwhelmed by the amount of dedication Kalib, Jonathan and Angel placed on his bike," said Youth Services Coordinator Bobby Taylor. "Franco told us that his bike is his only means of transportation. He said that he needs his bike to get to work every day."

Franco heard about the bike shop from friends and family and also saw the shop on the news.

The bike shop is now open Tuesdays and Thursdays from 2 to 7 p.m. and Saturdays from 1 to 5 p.m. The youth also partner in the Go Lorain bike share initiative with the Lorain Public Library System, Lorain County Public Health and Lorain County Metro Parks.

The Youth Services Program serves young men and women ages 16 to 24. For more information on the program, contact Taylor at btaylor@lccaa.net.



What to Expect During a Home Visit

LCCAA Head Start teachers and staff visit students at home to forge strong partnerships with parents.

Now that the school year is underway, family service workers will contact parents to schedule home visits. In addition to teachers who primarily focus on child development, social service visits are also offered to all Head Start and Early Head Start families.

Family service workers offer home visits because parents often feel more relaxed and comfortable at home, making it easier to address family needs and well-being as well as discussing goals and aspirations.

These visits are great opportunities for staff to share community resources, follow-up on registration paperwork, address health and attendance concerns, discuss program procedures, mention volunteer opportunities, and share center event dates.

Parents do not need to wait to hear from their family service worker, however. Any parent with questions about the program, paperwork or community assistance

should contact their family service worker at any time.

Teachers are scheduling home visits for Mondays, October 7 and 21. Parents and teachers will have the opportunity to discuss student screenings, developmental progress, kindergarten readiness and classroom observations.

Home visits provide positive communication and contact that support the student and family. Visits can also be conducted outside of the home for the comfort of the family.



Head Start Centers are closed Oct. 7 and 21 for home visits.

Make the Most of Your Drop-Off and Pickup

Preschoolers need time to adjust to a new school year and so do their parents. At LCCAA Head Start, drop-off and pick up times are opportunities to set the tone for the day and touch base with teachers.

Follow these tips to make the most of these brief encounters.



Follow a routine. Set clothes out the night before so no one has to rush out the door. Arrive as close as possible to the same time each day. Have a good-bye ritual (one hug, one high-five, etc.). Be on time for pickup.

Focus. Put your phone away so you can focus on saying good-bye or hello to your child. This also makes it easier for your child's teacher to approach you with any comments or concerns about the day.

Try to relax. If your child has separation anxiety, it may be hard for you to leave. LCCAA Head Start staff are very experienced and know how to help children work through tears. Say a good-bye and remind them you will be back at the end of the day. Lingering often makes

separation anxiety worse.

Avoid reprimands and bribes. Children who are nervous need time and encouragement. Saying "if you stop crying, you'll get a treat" or "have a good day or no TV" creates expectations children aren't old enough to understand – and that you may not be ready to follow through on. Encouragement and simple praise such as "I'm proud of you for having a great day!" or "You're learning so much!" will be more beneficial to everyone.

Ask open ended questions – of both your child and staff! Some examples include "Who did you play with today?" "What book did you read today?" Teachers and staff are always happy to answer your questions.

LCCAA Head Start Menu for October 2019

Monday		Tuesday		Wednesday		Thursday		Friday	
B Cheerios & Fresh Orange 30		WG Banana Bread & Pineapple Tidbits 1		Mini Wheats & Diced Pears 2		Hard Boiled Egg, WG Bagel w/ Cream Cheese, Applesauce 3		Yogurt, Peach & Granola Parfait 4	
L Braised Chicken Thigh, Maple Cinnamon Carrots, WG Cornbread, Pears		Cheeseburger: WG Bun, Cheese, Lettuce, Tomato, Pickle Chips, Ketchup; Baked Beans & Apricots		WG Lasagna Roll Up, Tossed Salad w/toppings (cheese, croutons) Asst. Drsg, Clementine		Beef & Veg w/Gravy, Mashed Potatoes, Diced Peaches, WG Garlic Toast		WG French Toast Sticks, Sausage Pattie, Tater Tots, Tangerine	
S Fresh 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 7		Danimals® Yogurt & Fresh Orange 8		Mini WG Combread & Applesauce 9		Kix Cereal & Grapefruit 10		Yogurt, Berry & Granola Parfait 11	
L 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	
S 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 Cheerios & Fresh Orange 14		WG Banana Bread & Pineapple Tidbits 15		Mini Wheats & Diced Pears 16		Hard Boiled Egg, WG Bagel w/ Cream Cheese, Applesauce 17		Yogurt, Peach & Granola Parfait 18	
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, 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 21		Danimals® Yogurt & Fresh Orange 22		Mini WG Combread, Applesauce 23		Kix Cereal, Grapefruit 24		Yogurt, Berry & Granola Parfait 25	
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, Seasonal Melon		Turkey w/ Gravy, Mashed Potatoes, WG Dinner Roll, Fresh Fruit Salad	
S 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	

WG = whole grain. 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.

**Try new foods
with your child
this school year!**

October: zucchini

January: kiwi

February: kidney beans

April: barley

Watch for specific dates
for your center.

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
 Oct. 23: Picture Day
 Oct. 23: Parent Activity: play dough, 9 a.m.
 Oct. 30: Labwork

Firelands Head Start
 Oct. 1: Operation Street Smart
 Oct. 3: Dental Screenings
 Oct. 25: Labwork

Griswold Head Start
 Oct. 1: Dental Screenings
 Oct. 3: Health Screenings
 Oct. 14: Health and Safety Meeting, 8:30 a.m.

Oct. 16: Parent Meeting, 9 a.m.
 Oct. 18: Try Day Lobby Tasting at Drop-Off
 Nov. 5 & 6: Picture Day

Hopkins-Locke Head Start
 Oct. 3 & 4: Health Screenings
 Oct. 14: Health and Safety Mtg., 10 a.m.
 Oct. 15: Try Day Lobby Tasting at Drop-Off

Oct. 16: Parent Meeting, 9 a.m.
 Oct. 17: Education Advisory Committee, 9 a.m.
 Oct. 31: Picture Day
 Nov. 8: Labwork

LaGrange Head Start
 Oct. 1: Picture Day
 Oct. 2: Dental Screenings
 Oct. 12: Fall Festival

Wellington Head Start
 Oct. 3: Dental Screenings
 Oct. 25: Labwork

Home-Based Head Start
 Oct. 11: Head Start Socialization, 10 a.m.
 Oct. 18: EHS Socialization, 10 a.m.
 Oct. 25: HS Socialization, 10 a.m.
 Nov. 1: EHS Socialization, 10 a.m.

Policy Council Meets Oct. 17, 6 p.m. at Griswold

Lorain County BRIDGES presents

Warm Up For Winter

Date: Saturday, October 12, 2019
Time: 10:00 am - 2:00 pm

Ohio Business College
 5095 Waterford Dr., Sheffield Village, OH
Phone: 440.934.3101



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