



# The Center

Volume 26, Issue 5  
January 1, 2015



## Early Childhood Programs of Lake County School District

Our mission is to serve and respect children and families by providing research-based early childhood services that promote the development of knowledge, life skills, and self-esteem.

### January Events

- January 5  
*First day of school after break*
- January 14  
*Policy Council meeting  
5:00—7:00pm*
- January 13,15,20,22,27,29  
*Ski Program*
- January 19  
*The Center is CLOSED*
- January 22  
*Family Fun Night at Lake County Public Library  
5:30—7:00pm*
- January 26  
*The Center is CLOSED*
- Every Friday  
*Teacher Planning  
\*Families Welcome\**



### Parents' Voices

It is important for us to hear from you. We welcome your input to operate a program that meets the needs of the families we serve. To reach:

- Emily Bordigna 486-6920  
Interim Director
- Melina Compean 486-6929  
Child Care Director
- Policy Council 486-6888  
extension 2190

### Preschool News

#### Head Start Updates

#### Preventing Illness in Preschool

In January we often see a rise in cases of the flu and respiratory illness. Early Childhood Programs at The Center must follow many regulations and requirements from the State of Colorado, Federal Government and private funding sources to help prevent the spread of illness. They have very specific requirements in our preschool classrooms.

Children and staff must wash their hands frequently throughout the day. Hands must be washed thoroughly for 10 seconds with soap and running water and dried with a towel not shared. Children must wash their

hands upon arrival to their classroom, re-entering a classroom after being outside, before and after water play, after messy play, after using the bathroom and after touching contaminated surfaces such as trash can lids. Adults and visitors must also wash their hands when entering a classroom in which they will be staying. We have purchased a milder lotion soap to help prevent the dryness that results from so much hand washing.

Each table is sprayed with soapy water and wiped cleaned with paper towels and then sprayed again with a bleach solution that must sit for 10 seconds before wiping down.

This is done by the staff before and after meals and snacks.

Our children go outside everyday that the temperature is above 10 degrees. Please send winter gear to school with your child. If your child is not well enough to go outside, please keep them home an extra day. The health and safety of our children and staff is very important to us. If you have any questions on our policies, please stop by Room 9.



### Family Fun Night at Lake County Public Library

Come and explore the library with us.  
Thursday, January 22  
5:30—7:00pm

*The library is located at 1115 Harrison Avenue.*

## 5 Ways to Teach Your Child Anger Management Skills

Help your child learn healthy ways to deal with angry feelings

Many child behavior problems center around kids struggling to manage their anger. Oppositional behavior, disrespect, conflict and aggression can often be decreased by helping kids learn how to handle their anger better. If you teach your child anger management skills, it will improve behavior and give your child one of the most important life skills.



1. Differentiate Between Feelings and Behavior  
Kids often have difficulty understanding the difference between angry feelings and aggressive behavior. Teach kids about feelings so they can learn to verbalize feelings of anger, frustration and disappointment. Often, feelings like sadness and hurt are masked by aggressive behavior. Teach your child how to identify and verbalize feelings instead of acting them out.

Also, give the message that feeling angry is okay. Anger is like any other emotion and there are times that it is appropriate to feel angry. This can help kids learn that feeling **and talking about angry feelings aren't bad.**

### 2. Model Appropriate Anger Management Skills

**It's essential that you** role model appropriate behavior to teach kids how to manage their anger. **If your kids see you lose your cool, they'll be much more likely to have trouble managing their own anger or understanding what's appropriate and what isn't.**

**Sometimes parents hide their feelings and frustrations from their kids. Although it's good to shield kids from adult problems, they also need to see how you handle your angry feelings. Create opportunities to talk about feelings and share appropriate ways to deal with them.**

Pointing out times when you feel frustrated teaches kids how to talk about feelings. When you are riding in the car, say out loud, **"Wow, that makes me angry that the car in front of us didn't stop to let those kids cross the street. But, I'm going to stop so they can cross safely."**

Take responsibility for your behavior when you lose your cool in front of your kids. Apologize and discuss what you should have done instead. Say, **"I am sorry that you had to see me yelling today when I was mad. I should have gone for a walk to cool off when I was angry instead of raising my voice."**

## **5 Ways to Teach Your Child Anger Management Skills (Cont'd)**

### 3. Establish Anger Rules

**Most families have unofficial family rules about what behavior is acceptable and what isn't when it comes to anger. Some families don't mind doors being slammed and voices being raised while other families may have less tolerance for such behaviors.** Create written household rules that make it clear to kids what they can do when they feel angry and what sorts of behavior will result in a consequence.

Anger rules should center around behaving respectfully toward others. Kids need to learn **that just because they feel angry it doesn't give them a right to hurt anyone. Address areas such as physical aggression, name calling and destruction of property so that kids know they can't throw things, break things or lash out verbally or physically when they're mad.**

### 4. Teach Healthy Ways to Manage Anger

Kids need to know appropriate ways to deal with their anger. Instead of just being told, **"Don't hit your brother," tell them what to do when they feel frustrated. When** time out is used as discipline instead of punishment kids learn to take a break on their own to help them calm down.

Kids can also benefit from learning coping skills. Teach them to take a break when they are becoming frustrated. Show them how to relax by doing something enjoyable. Also, teach problem-solving skills and help them learn how to resolve conflict peacefully. Most importantly, teach them to walk away when they are angry before they become aggressive.

### 5. Offer Consequences When Necessary

Kids need positive consequences when they follow the anger rules and negative consequences when they break the rules. Positive consequences are especially important for kids who usually have difficulty managing their anger. A reward system or token economy system can provide extra incentive to help them remain calm and use their skills to manage their angry feelings safely.

There needs to be immediate consequences for any aggressive behavior. **Depending on your child's age, consequences may include** time out, loss of privileges, or even paying restitution by doing extra chores or loaning a toy to the victim.

**It's normal for kids to struggle to manage their anger at times but** difficulty with anger can cause serious problems for some kids. **If you grow concerned about your child's behavior or anger management problems,** seek professional help. A trained professional can rule out any underlying mental health problems and can offer assistance in creating a behavior management plan.





If you would like to give your suggestions for the preschool menu, please call AnnaMarie Valdez at 486-6923 for the date of the next Nutrition Committee meeting



From Anna Marie Valdez,  
Health Manager

## January 2015 Preschool Menu

			Thursday- 1	Friday- 2
<div style="border: 1px dashed black; padding: 10px;"> <p style="font-size: 24px; margin: 0;">The Center is CLOSED for Winter Break this week.</p> </div>				
Monday- 5	Tuesday- 6	Wednesday- 7	Thursday- 8	Friday- 9
CEREAL, FRUIT ----- HAMBURGER ON BUN, FRENCH FRIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES	CHEESY BAGEL, FRUIT ----- BEAN BURRITO, CORN, FRUIT ----- COTTAGE CHEESE, FRUIT	CEREAL, FRUIT ----- TURKEY, MASHED POTATOES, ROLL, FRUIT ----- GRAHAM CRACKERS, FRUIT	PANCAKES, FRUIT ----- CHICKEN TETRAZZINI, GREEN BEANS, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- GRILLED HAM & CHEESE SANDWICH, TOMATO SOUP, VEGGIES, FRUIT ----- BLUEBERRY MUFFIN, FRUIT
Monday- 12	Tuesday- 13	Wednesday- 14	Thursday- 15	Friday- 16
CEREAL, FRUIT ----- ROASTED CHICKEN, VEGGIE NOODLE SOUP, FRUIT ----- GOLDFISH CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- CHEESE OR BEEF ENCHILADA, VEGGIES, CINNAMON STICK, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- CHILI CON CARNE WITH BEANS, CORNBREAD, FRUIT ----- BANANA BREAD MINIS, FRUIT	FRENCH TOAST, FRUIT ----- CHEESE PIZZA, GREEN BEANS, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	CEREAL, FRUIT ----- CHICKEN RICE SOUP, CRACKERS, VEGGIES, FRUIT ----- YOGURT, FRUIT
Monday- 19	Tuesday- 20	Wednesday- 21	Thursday- 22	Friday- 33
NO SCHOOL TODAY	CHEESY BAGEL, FRUIT ----- CHICKEN QUESADILLA, VEGGIES, FRUIT ----- COTTAGE CHEESE, FRUIT	CEREAL, FRUIT ----- BEEF STEW, ROLL, FRUIT ----- GRAHAM CRACKERS, FRUIT	PANCAKES, FRUIT ----- SPAGHETTI WITH MEAT SAUCE, PEAS, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- GRILLED CHICKEN ON BUN, FRENCH FRIES, FRUIT ----- BLUEBERRY MUFFIN, FRUIT
Monday- 26	Tuesday- 27	Wednesday- 28	Thursday- 29	Friday- 30
NO SCHOOL TODAY	GRANOLA BAR, FRUIT ----- BEAN BURRITO, CORN, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- TURKEY, MASHED POTATOES, ROLL, FRUIT ----- BANANA BREAD MINIS, FRUIT	FRENCH TOAST, FRUIT ----- CHICKEN TETRAZZINI, GREEN BEANS, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	CEREAL, FRUIT ----- GRILLED HAM & CHEESE SANDWICH, TOMATO SOUP, VEGGIES, FRUIT ----- YOGURT, FRUIT

Breakfast is served at 9:30 with milk  
Lunch is served at 12:00 with milk  
Snack is served at 3:30 with water

Menus are  
subject to  
change

The Center participates in the  
USDA funded program and is  
an equal opportunity  
provider and employer



# Health News

From AnnaMarie Valdez,  
Health Manager

## Flu or Cold???

The answers to the questions below can help determine whether a child is fighting the flu or combating a cold:

<i>Flu vs. Colds: A Guide to Symptoms</i>		
Questions	Flu	Cold
Was the onset of illness ...	sudden?	slow?
Does your child have a ...	high fever?	no (or mild) fever?
Is your child's exhaustion level ...	severe?	mild?
Is your child's head ...	achy?	headache-free?
<b>Is your child's appetite ...</b>	decreased?	normal?
Are your child's muscles..	achy?	fine?
Does your child have	chills?	no chills?



If most of your answers fell into the first category, chances are that your child has the flu. If your answers were usually in the second category, it's most likely a cold.

But don't be too quick to brush off your child's illness as just another cold. The important thing to remember is that flu symptoms can vary from child to child (and they can change as the illness progresses), so if you suspect the flu, call the doctor. Even doctors often need a test to tell them for sure if a person has the flu or not since the symptoms can be so similar!

Some bacterial diseases, like strep throat or pneumonia, also can look like the flu or a cold. It's important to get medical attention immediately if your child seems to be getting worse, is having any trouble breathing, has a high fever, has a bad headache, has a sore throat, or seems confused.

While even healthy kids can have complications of the flu, kids with certain medical conditions are at more of a risk. If you think your child might have the flu, contact your doctor.

# Transportation Updates

*From Jenny Mascarenaz  
Transportation Manager*

## Parking Etiquette



It is illegal to park in any marked or unmarked crosswalks. Never block curb ramps located inside or adjacent to crosswalks. Leave at least three (3) feet of space between a curb ramp and your vehicle.

It is unlawful for any person other than a disabled person to park in a parking space on public or private property which is clearly identified by an official sign as being reserved for use by the disabled unless the person is parking the vehicle for the benefit of a disabled person. A placard or license plate issued to a disabled person shall be displayed on the vehicle while parked in the space.



<http://www.sfmta.com/getting-around/parking/how-park-legally>

<https://www.springsgov.com/Page.aspx?NavID=1687>

### Lake County Community Health Resources

<u>Lake County Public Health</u>	<u>Nutrition Programs</u>	<u>Doctors</u>
<p style="text-align: center;">486-2413</p> <p>Immunization clinic, family planning, health care for children with special needs.</p> <p>Medicaid and CHP+ applications.</p> <p><u>Immunization Clinic</u>- By appointment <u>Family Planning</u>- By appointment <u>Blood Lead Testing</u>- By appointment</p>	<p>WIC- 486-2749 Supplemental foods for women, infants and children who qualify.</p> <p>St. George Community Meals- 200 West 4th Free community meals, all are welcome.</p> <p>Please see Mary in Room 9 for more local food resources.</p>	<p><u>Rocky Mountain Family Practice...</u> 486-0500 Dr. Lisa Zwerdlinger, Amy King, PA, &amp; Laurie Strasburger, PA</p> <p><u>St Vincent Leadville Medical Clinic...</u> 486-1264 Dr. Gary Petry, Jackie Duba, MPH,PA</p>
<u>Mental Health/Support Services</u>	<u>Dentists</u>	<u>Emergency &amp; Hospital</u>
<p>Alcoholics Anonymous.....486-3087</p> <p>West Central Mental Health.....486-0985</p> <p>Summit Community Care Clinic...970-668-4040</p>	<p>Dr. Lance Schamberger.....486-2060</p> <p>Dr. Christine Jones.....486-0053</p> <p>Dr. Curtis Slack.....486-3801</p> <p>Pediatric Dental Specialties.....970 668-8668</p> <p>Summit Community Care Clinic.....970-668-4040</p>	<p>Emergency.....911</p> <p>St. Vincent Hospital.....486-0230</p> <p style="text-align: center;"><u>Optometric</u></p> <p>Lake County Vision Center.....486-2505</p>

## *How to stop your anger from affecting your child*

Many parents get angry, but your anger can have huge effects on your child's personality and behavior. Be careful. Your anger affects the way you talk to and discipline your kids.

Angry discipline is wrong discipline. Discipline is about guiding your child towards the right behavior and choices. Anger is about punishment. If your anger comes out physically when you discipline your kids, that is not positive discipline. **Don't** punish your child in anger. **You'll be reacting out of emotion and not thinking logically. You won't be using discipline** to guide your child towards good behavior – **you'll be using it** to work off your anger. Take time to cool off instead of doing something you might regret.

**It's natural to get angry but the key is not to let it prevent you** from responding to your child in a positive and constructive way when he misbehaves. How do you do it?

Face up to your anger. Look at the ways in which you express your anger and frustration. Do you hold it inside until you explode in sheer rage? Do you let it out in an **overcritical way that focuses entirely on your child's character? Do you express it in an aggressive way in order to dominate others and get control of difficult situations?** Remember that your child learns by imitation and he will copy you when it comes to **expressing his own anger. See it from your child's point of view. Because you shout all the time, he does; because you overreact to the small things, he does – and because you smack him when he misbehaves, he thinks it's fine for him to hit.**

**Understand why you're angry & understand why he acts up.** When you get angry with your child it's often due to you misinterpreting his actions. Your child doesn't act out deliberately to make life difficult for you. He's at an age when he can't always control his impulses. His attention span is short, and he often has a totally different agenda from yours. Let's say you dress him in his best clothes for a party. Then while you're getting ready, he goes out and spends the time climbing trees and jumping in the mud. Now he's all dirty and it's time to leave. You get angry because you think he's done it on purpose. But why did he really do it? He got bored waiting for you and went outside to pass the time. He didn't realize he was getting dirty and it would cause problems – he was just trying to find something to do while he waited.

**Anger does have a purpose in parenting. It can be a signal that something's wrong and a warning against danger.** But expressing anger in a positive way shows that you love your child and are committed to steering him along the right path.



# Community Connections

*From Mary Cannell,  
Family and Community  
Partnerships Manager*



## CHP+ / MEDICAID

Application assistance available

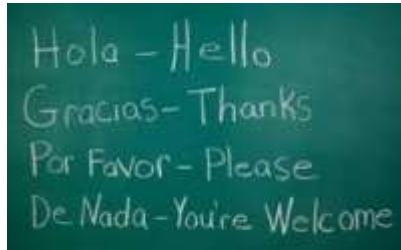
719.486.6928

For more information, visit Room 9

### Learn English

Lake County Adult ESL Program  
Day and Evening classes

*For information, call Katherine Kerrigan  
at LCIS at 486-6830.*



### Learn Spanish

Spanish classes at St George's church every  
Tuesday night at 6:30.

*For information, call Cesar Hernandez  
at 719-293-3247*

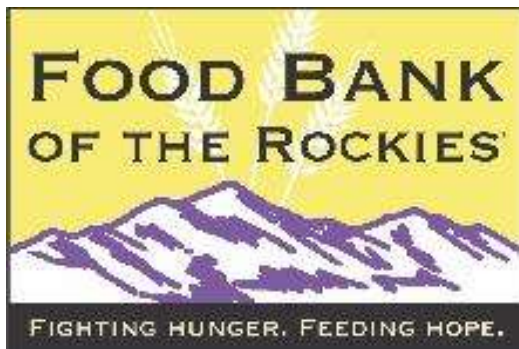
### FREE Family

Counseling offered for  
Head Start Families

Provided by Solvista Health  
(formerly West Central  
Mental Health)

Counseling is offered to  
families free of charge.

*Please arrange an  
appointment through Room 9.*



### *Food Bank of the Rockies*

will be distributing free food at St. George's  
church on the third Wednesday of each month.

There are no applications necessary.

Just arrive at 8:15am to ensure a spot in line.

Bring boxes or bags to carry food home.





# How to Contact The Center Staff

For voicemail, dial 486-6888, then enter the extension listed.  
 For email, use the listed address, then @lakecountyschools.net,  
 for example: jsmith@lakecountyschools.net  
 Staff members with (\*) following their names are bilingual



Name	Position	Room #	Voice Mail	Email
Bissonnette, Lauren	Early Childhood SPED & Child Find Coordinator	10	4413	lbissonnette
Bordogna, Emily	Interim Director of Early	Front	6920	ebordogna
Cannell, Mary	Family and Community Partnerships Manager	9	6928	mcannell
Caraveo, Brenda*	Bilingual Aide	9	6920	bcaraveo
Compean, Melina	Child Care Director	Office	6929	mcompean
Davis, Nicki	Preschool Teacher	1	4404	ndavis
Dokken, Jenna	Preschool Teacher	8	4411	jdokken
Flores, Perla*	Preschool Teacher	5	4408	peflores
Glaser, Sally	Preschool Teacher	4	4407	sglaser
Holm, Lizz	Preschool Teacher	7	4410	lholm
Lenhard, Tanya	Education Manager	Office	6922	tdlenhard
Lopez, Nancy*	Preschool Teacher	6	4409	nalopez
Lopez, Trisha	Preschool Teacher	7	4410	trlopez
Lujan, Jacqueline	Preschool Teacher	6	4409	jlujan
Martinez, Wanda	Preschool Support Staff	9	6920	wmartinez
Mascarenaz, Chantel	Preschool Teacher	3	4406	chmacarenas
Mascarenaz, Jenny*	Transportation Manager	9	6925	jmascarenaz
Mennig, Alicia	Preschool Teacher	5	4408	amennig
Roeder, Lisa	Preschool Teacher	1	4404	lroeder
Romero, Marissa	Preschool Teacher	3	4406	mromero
Sandoval, Brandi	Preschool Support Staff	9	6920	brsandoval
Sifuentes, Anne*	Preschool Teacher	4	4407	ansifuentes
Smith, Rebecca	Preschool teacher	8	4411	rebsmith
Valdez, AnnaMarie	Health Manager	Library	6923	avaldez
Policy Council*	Parents/Community Reps	9	2190	mcannell
Preschool Office	Resource Room - 486-6928 and 486-6925			
Child Care	Front Office - 486-6929			
Child Find	Room 10—719-293-4613			

Please Remember!  
 For Attendance and The Bus please call 486-6925 and leave a message.

This line is checked right before the bus goes out each day, and attendance is recorded from the messages.

Other lines may be checked only once each day.

What is the Head Start  
Policy Council?

A board of parents and community representatives who make decisions about the operation of the Head Start program.

Why do we include the meeting  
minutes in the newsletter ?

To keep you informed about the program and its services.

How can you give your input ?

Your classroom representative's name is on the bulletin board between Rooms 8 and 9. A suggestion box is near the building entry. To leave a voice mail message, call 486-6888 extension 5229 .

The Center Early Childhood Programs - Policy Council Minutes - Meeting Date

There was no regular meeting of Policy Council in December.

The next meeting is Wednesday, January 14, 2015.

### *Child Care notes from Melina*

The Center is now collecting Box Tops to earn some extra money for our school.

You can bring your box tops to school anytime. There is a jar to put them in on the table by the front door.



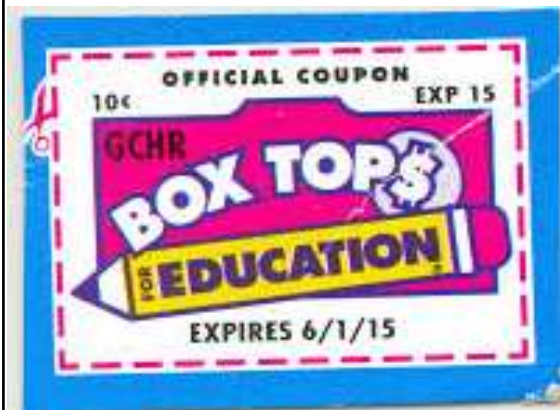
There are also forms you can use to count up to 25 box tops and tape or glue them on before you bring them to school.

Ask your friends and family to save their box tops, too.

Each box top is worth 10 cents to our school. Every one counts. They can really add up.

Our first goal is to earn enough money for a new, bigger parachute for kids to play with in the gym.

The next deadline for us to submit box tops is March 1, so save them up and bring them in.



Other suggestions for things to buy with our box top money are welcome. Please just stop by and see Melina in the Front Office anytime.

Thanks so much for your help with this project.

*Happy Clipping!*

GETTING DRESSED FOR OUTSIDE

Part of getting ready for kindergarten in Leadville is knowing how to put on your own snow gear for outside recess.

Every cubby has this list to help kids remember in what order to put things on.

Feel free to cut out this page to help your child practice this important skill at home.



snowpants



boots



hat



coat



mittens

Lake County School District  
The Center / Margaret J. Pitts Elementary School  
315 West 6th Street  
Leadville, CO 80461

Head Start Program  
Emily Bordogna, Interim Director of Early Childhood Programs  
Phone: 719 486-6920  
Fax: 719 486-9992  
E-mail: ebordogna@lakecountyschools.net

Colorado Preschool, & Tuition-Based Programs  
Melina Compean, Child Care Director  
Phone: 719 486-6929  
Fax: 719 486-6934  
Email: mcompean@lakecountyschools.net



## The Center's Governing Values



We believe:

- All children, families, and staff must be respected for their unique strengths and abilities
- The involvement of the family, regardless of its composition, is an important part of enriching each child's success
- Children have the right to be in a physically, emotionally, and mentally safe environment
- Children learn best in an accepting, loving and fun environment
- That families are a child's first and most influential teachers
- We can support families in advocating for their child's best interest
- It is the responsibility of all staff to nurture, strengthen, inspire and expand each child's abilities, interest, and independence
- All families must have access to affordable child care
- All children must be given equal opportunities to enter formal education ready to learn

If you need to call after 3:30pm

Please call us at 486-6929.

This is the only phone line that is staffed after 3:30pm.

You may leave a message at this number and it will be checked. If you call other numbers, or leave messages at other extensions, your message may not be heard until the following morning.

### Parent/Staff Training Opportunities

Financial Literacy Computer-Based Instruction- Available in the Resource Room, the "Money Smart" curriculum is training on financial matters all parents should know. Developed by FDIC.

Car Seat Safety Training- Call Jenny for further information on free car seats for those who need them, and proper installation of new and existing seats. 486-6925.

### Committee Updates (Visit Room 9 for info)

#### Early Childhood Council

February 3 from 1:00—3:00pm at CMC. Parents and caregivers welcome.

#### Head Start Policy Council

January 14 at 5:00 in Room 9 at The Center. All Head Start parents are encouraged to volunteer for election to this parent committee. There is no regular meeting in December

For Attendance and The Bus please call 486-6925 and leave a message.

This line is checked right before the bus goes out each day, and attendance is recorded from the messages. Other lines may be checked only once each day.

If your child is sick and has a fever, keep him/her at home to prevent the spread of illness to others. Public Health and the School District advise parents to keep children home for 24 hours after the child is free from fever without fever reducing medications.