



The Center

Volume 26, Issue 7
March 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.

March Events

- March 2
Enrollment for 2015-2016 preschool year begins
- March 11
*Policy Council meeting
5:00—7:00pm*
- March 19
Class Picture Day
- March 30—April 3
The Center is CLOSED for Spring Break
- Every Friday
*Teacher Planning
*Families Welcome**

Preschool News

Head Start Updates

Happy Birthday Dr. Seuss

We are excited to **celebrate Dr. Seuss' Birthday** during the month of March. We will be doing a variety of activities with your kids to celebrate reading **and Dr. Seuss' work.**

Our first activity will be to have theme days the first week of March. Please feel free to help your child dress with the following themes in mind during that week.

Below is a schedule

- of themes for each day.
- Monday, March 2nd
– Pajama Day
- Tuesday, March 3rd
– Sports Day
- Wednesday, March 4th
– Crazy Hair Day
- Thursday, March 5th
– Dress to Impress / Fancy Dress Up Day
- Friday, March 6th – Purple & Gold Day

We will also be doing a homeside reading activity. Your child will bring home a reading log in their Practice Pack to fill out each night for the month of March. Our goal is for each child to

read at least 20 minutes per night with a family member or friend. This could be the child reading to you or you reading to your child or both! At the end of the month, each child who completes the challenge will have a minimum of 400 minutes or almost 7 hours. Any child who brings back their completed reading log by Friday, March 27th will receive a special certificate.

Thank you for your support with this fun month of celebration.

HAPPY READING!



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:

- Tanya Lenhard 486-6920
Director of Early Childhood Programs
- Melina Compean 486-6929
Child Care Director
- Policy Council 486-6888
extension 2190

Enrollment for the 2015-2016 school Year

Beginning March 2, applications will be available for all pre-school programs for the 2015-16 school year.

All children must re-enroll for the new year.

Please see Mary (486-6928) with questions or for more information.

Transportation Updates

*From Jenny Mascarenaz
Transportation Manager*



TAKE THE BUS TO DENVER THIS SPRING

The Colorado Department of Transportation will launch its "Bustang" service in April. East to West, North to South, Bustang carries commuters to and from Denver, Colorado Springs, Fort Collins, Glenwood Springs and more.

This comfortable, cutting-edge transportation alternative connects the major corridors in Colorado during peak commuter hours, Monday through Friday. There will be three major service routes.

The Bustang will operate weekdays, with a one-way ticket from Glenwood to Denver costing \$28. There will be discount packages for multiple trips and CDOT will sell tickets at transit centers and online.

The 50-passenger purple and black buses are equipped with WiFi, electrical outlets, USB ports, bike racks and bathrooms.

Bustang was created for you by the Colorado Department of Transportation to help alleviate congestion and offer more travel choices on our major corridors.

A convenient, modern solution for longer-distance commuters, **CDOT's Bustang leads the stampede on how to get to and from the Denver metro area.**

For more information, please visit their website at <https://www.codot.gov/travel/bustang>



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, & 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 & 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>

The Center School Readiness Goals

The Center has developed school readiness goals as a guide to help us know how to help children be ready for Kindergarten. These goals were formed as a partnership between families, teachers, and guidance from the Office of Head Start. The goals are listed below. As you read them, think about what other skills you would like your children to have before they start Kindergarten. We review these goals each year, and value your input to improve them.

Physical Development: All children will improve gross and fine motor skills. All children shall have an opportunity to increase knowledge of physical and health practices.

Literacy: All children will gain knowledge of literacy through a love of books, letter and sound recognition, emergent writing skills, and environmental print in their home language.

Math: All children will show an increased knowledge and understanding (in their home language) of how numbers, shapes, and patterns are useful problem solving tools for everyday life activities.

Social and Emotional Development: All children will have a better understanding of, and will demonstrate, positive social interactions with others, as well as developing self-regulation skills and increasing self-awareness and self-efficacy. All children will show an increased awareness of their own emotional and behavioral health needs.

Social Studies: Children will have a better understanding of themselves through an increased sense of, and knowledge about, their community, the natural environment and local history, while supporting their cultural backgrounds.

Approaches to Learning: All children will show an increase in their initiative and curiosity toward learning, they will improve their attentiveness and persistence when completing tasks, and will make gains in cooperation and positive interactions with peers.

Language Development: All children will improve their expressive and receptive language skills in addition to demonstrating competency in their home language; English Language Learners will increase engagement and increase understanding in English literacy activities.

Arts: All children will have increased experiences of expressing their own ideas through creating sounds with voice and instruments, creating objects using a variety of media and materials, portraying events, characters, and stories through symbolic play, and being aware of how their bodies move.

Logic and Reasoning: All children will show an increased ability to recognize, understand, and analyze situations, to remember and retell information, to seek solutions to problems to use symbols and objects to represent other things and to be aware of their own thought processes.

Science: Children will increase their understanding of the scientific process through asking questions, making predictions, explanations, and drawing conclusions as related to their natural and physical world.



March 2015 Preschool Menu

Monday- 2	Tuesday- 3	Wednesday- 4	Thursday- 5	Friday- 6
CEREAL, FRUIT ----- GRILLED CHICKEN ON BUN, FRENCH FRIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES	CHEESY BAGEL, FRUIT CHICKEN QUESADILLA, CORN, FRUIT ----- COTTAGE CHEESE, FRUIT	CEREAL, FRUIT ----- BEEF STEW, ROLL, FRUIT ----- GRAHAM CRACKERS, FRUIT	PANCAKES, FRUIT ----- MACARONI CARBONARA, VEGGIES, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- ITALIAN DIP STICKS, VEGGIES, FRUIT ----- BLUEBERRY MUFFIN, FRUIT
Monday- 9	Tuesday- 10	Wednesday- 11	Thursday- 12	Friday- 13
CEREAL, FRUIT ----- HAMBURGER ON BUN, FRENCH FRIES, FRUIT ----- GOLDFISH CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- CHICKEN ENCHILADA CASSEROLE, CINNAMON STICK, VEGGIES, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- TURKEY, GRAVY, MASHED POTATO, ROLL, FRUIT ----- BANANA BREAD MINIS, FRUIT	FRENCH TOAST, FRUIT ----- SPAGHETTI WITH MEAT SAUCE, ROLL, GREEN BEANS, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	CEREAL, FRUIT ----- TOASTED CHEESE SANDWICH, TOMATO SOUP, VEGGIES, FRUIT ----- YOGURT, FRUIT
Monday- 16	Tuesday- 17	Wednesday- 18	Thursday- 19	Friday- 20
CEREAL, FRUIT ----- ROASTED CHICKEN, NOODLE SOUP, FRUIT ----- ANIMAL CRACKERS, VEGGIES	CHEESY BAGEL, FRUIT SOFT CHICKEN TACO, VEGGIES, FRUIT ----- COTTAGE CHEESE, FRUIT	CEREAL, FRUIT ----- CHILI CON CARNE WITH BEANS, CORNBREAD, FRUIT ----- GRAHAM CRACKERS, FRUIT	PANCAKES, FRUIT ----- CHEESE PIZZA, GREEN BEANS, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- FISH FILLET SANDIWCN, VEGGIES, FRUIT ----- BLUEBERRY MUFFIN, FRUIT
Monday- 23	Tuesday- 24	Wednesday- 25	Thursday- 26	Friday- 27
CEREAL, FRUIT ----- GRILLED CHICKEN ON BUN, FRENCH FRIES, FRUIT ----- GOLDFISH CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- CHICKEN QUESADILLA, CORN, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- BEEF STEW, ROLL, FRUIT ----- BANANA BREAD MINIS, FRUIT	FRENCH TOAST, FRUIT MACARONI CARBONARA, VEGGIES, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	CEREAL, FRUIT ----- COOK'S CHOICE. VEGGIES, FRUIT ----- YOGURT, FRUIT
Monday- 30	Tuesday- 31			
NO SCHOOL TODAY	NO SCHOOL TODAY			

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

Winter is an exciting time for kids. It brings great outdoor activities, such as snowboarding and skating, but also cold weather, ice and snow, which can present a danger to children. But that **doesn't mean they can't enjoy the winter. Here are some winter safety tips.**

Ice Skating

- Make sure children always wear a hockey or ski helmet while skating.
- **Make sure children's skates are comfortable, with good ankle support,** to avoid twists, sprains or breaks.
- When possible, have children skate on public indoor or outdoor rinks. If this is not possible, children should remember to:
 - Obey all signs posted on or near the ice. Yellow signs usually mean skate with caution, and red usually means no skating allowed.
 - Make sure they are always supervised on the ice.
 - **Never assume it's safe to skate on a lake or pond. An adult should make sure the ice is at least 10 cm (four inches) thick, and check with local weather authorities for information about ice thickness.**
 - Avoid walking on ice near moving water. Ice formed on moving water, such as rivers and creeks, will vary in thickness and is highly unpredictable.



Skiing/Snowboarding

- Take lessons from a qualified skiing or snowboarding instructor.
- Never ski or snowboard alone.
- With parents, check equipment every year for fit and maintenance. Bindings should be checked annually by a qualified technician.
- **Make sure they're in control of their speed. Many injuries result from a loss of control.** Stunts and fatigue also lead to injuries.
- Always wear a helmet with side vents that allow them to hear.
- When snowboarding, wear wrist guards to reduce the risk of wrist injury.
- Dress safely. Wear brightly-colored clothing, and warm hats and mittens.
- Avoid icy hills. The risk of falls and injuries increases in icy conditions.
- Watch out for other skiers and snowboarders, as well as any other obstacles, on the slopes.
- Stay in designated areas and on marked trails.



Sledding

- Always wear either a ski or hockey helmet – not a bicycle helmet – while sledding.
- Never use a sled with sharp or jagged edges.
- Make sure the handholds on the sled are secure.
- Always sit up or kneel on a sled. Laying down increases the risk of head, spine and abdominal injuries.
- Never sled on or near roadways.
- Look for shallow slopes that are free of trees, fences or other obstacles.
- Avoid sledding on crowded slopes.



For more information go to: www.caringforkids.cps.ca

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*

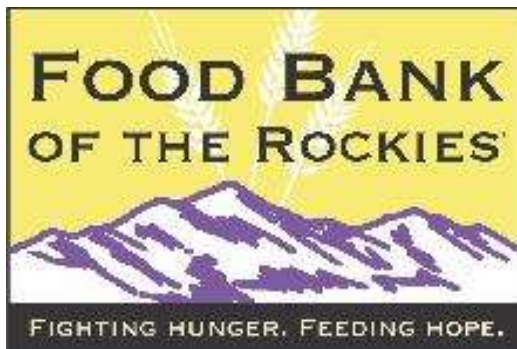
FREE Family

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 8:00am to ensure a spot in line.

Bring boxes or bags to carry food home.

Hard-working Dads can make the most of Bedtime

Many parents sometimes have to work extra hours. A busy work schedule can mean missing important quality time with your children. Particularly with younger children who have earlier bedtimes, working late often means that children are just going to bed as you get home.

Unfortunately, it is often Dad who is missing out on time spent with the kids. If you find yourself working overtime, reading your children their bedtime story when you get in is a great way **to make sure you're not missing out on quality time.**

Bedtime is a terrific opportunity for fathers to connect with their children. For one thing, the audience is definitely captive! There are also fewer distractions. But perhaps most importantly, there is no judge standing by with a scorecard rating you on your performance.

Not only is reading a bedtime story to your child is a fantastic way to help him relax at the end of a stressful day, **but by snuggling up and listening to Dad's voice, your child will feel safe and protected.**

Bedtime stories are very child-centered, which allows for a warm and positive interaction between you and your child. **Listening to stories will stimulate your child's imagination and even enhance their vocabulary.** As well as spending quality time together, you are developing your **child's interest in reading, learning and books.** Children who are regularly read to, often perform better in school.

You can also enrich your child's life at bedtime merely by recounting what you did during the day. Discussing the day's events shows your interest in your child and builds his or her knowledge.

You don't need to get too sophisticated. Simply asking open-ended questions can lead into an enriching discussion. Here are some questions you could try:



What was the best part of your day?

What's one thing you did today that you are proud of?

What's one thing you are excited about for tomorrow?

And then, there is nothing better than a bedtime cuddle.

Many studies have shown that warmth in a parent-child relationship is strongly related to a **child's self-esteem.** The more your child feels parental warmth and affection and communication, the fewer psychological and behavioral problems they will have.

Every moment you spend and every word you say builds a relationship with your child. Ending a stressful day with some relaxing time with your children can help you make the most of bedtime for both of you.

http://www.relaxkids.com/UK/Blog/How_to_help_Dads_make_the_most_out_of_Bedtime_

<http://www2.ed.gov/pubs/parents/calltocommit/chap2.html>

<http://www.focusonthefamily.ca/parenting/school-age/goodnight-blessings-making-the-most-of-bedtime-discussions>



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
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	Director of Early Childhood Programs	Office	6920	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 February 18, 2015

Attending: Erin Allaman, Cheryl Talbot, Samantha Leyba, Eldenida Lagos, Liz Flores, Mari Spinner, Ann Stanek, Erin Watkins, Tamsey Tufte, guests - Harmony Jump, Tanya Lenhard, Emily Bordogna, Mary Cannell, Sharon Benson

Not attending: Emma Tekansik, Tammy Taylor, Michelle Nye

The meeting was called to order at 5:15pm by the Chair, Liz Flores. Introductions were made.

Roll Call: Samantha conducted roll call and determined a quorum was present.

Approval of Agenda and Minutes: The agenda and minutes were reviewed. Erin W. moved to approve the agenda, and Cheryl seconded. The motion passed with all in favor and none opposed. Erin A. moved to approve the January regular minutes, the January special minutes, and the February special minutes, the regular October meeting minutes, and the special October meeting minutes; Tamsey seconded. The motion passed with all in favor and none opposed.

Treasurer Report: Cheryl reported the current balance of the 2015-16 Parent Activity Fund to be \$1296.00. The only expense for the new year so far is the meal for the meeting. All funds from the 2014-2015 Parent Activity Fund were expended.

Director's Report: The Director's Report and the current year's budget report will be distributed via email.

New Business: Mary reported that Policy Council representative Elda Consuelo asked to be excused from her Policy Council duties due to scheduling conflicts. She will consider running for election again next year. Erin W. made a motion to excuse Elda, and Mari seconded. The motion passed with all in favor and none opposed.

Training: The training for the evening was presented by Program Specialist Sharon Benson on the topics of Shared Governance and Roles and Responsibilities of the Policy Council. Members asked many questions to clarify questions they had. Materials were available for members to take home. After the presentation, members and guests thanked Sharon for delivering such a helpful presentation. Sharon thanked members for the time they spend in support of the program.

Announcements: Announcements printed in the agenda included a notice about enrollment, family Fun Night, and the next regular Policy Council meeting on March 11.

Adjournment: The meeting was adjourned at 8:00pm by Liz.

Respectfully submitted,

Samantha Leyba, Policy Council Secretary

What is Policy Council? How Can I Join?



Policy Council is a committee of parents and community representatives who meet monthly to review and approve budgets, policies, and strategies for our program.

Participants on this committee get an in depth view of operations at The Center, child care rules and regulations, and quality improvement plans and assessments.

Please see Mary in Room 9 for more information.

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

Head Start Program
Tanya Lenhard, Director of Early Childhood Programs
Phone: 719 486-6920
Fax: 719 486-9992
E-mail: tlenhard@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 486-6920.

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

April 7 from 1:00—3:00pm at CMC. Parents and caregivers welcome.

Head Start Policy Council

March 11 at 5:00 in Room 9 at The Center. All Head Start parents are encouraged to volunteer for election to this parent committee.

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.