



The Center

Volume 27, Issue 3

November 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.

November Events

November 9

Parent Summit with School Board 6:30-8:00 at LCHS

November 11

Picture Retakes

November 11

*Policy Council meeting
5:00—7:00pm*

November 19

*Thanksgiving Lunch
Per classroom schedule*

November 23-27

*Thanksgiving Break
The Center is CLOSED*

Every Friday

*Teacher Planning
*Families Welcome**

Preschool News—Head Start Updates

Continuous Program Improvement

Every year, in the springtime, program staff, Governing Board members, and parent representatives get together to plan the whole next school year. We call this process Strategic Planning.

The Strategic Planning Committee reviews all of the tools we use to assess **how the program is doing, such as data from children's GOLD reports**, results of the Parent Survey, results of the Staff Survey, minutes from Policy Council and other committee meetings, classroom and transportation safety checklists, and reports from site visits from Head Start and Colorado Preschool Program (CPP) specialists. We see what is going very well with the program and celebrate those successes. We also take an honest look at what can be improved and make plans defining goals and objectives that show the improvements we want to see.

The documentation for these plans to show our commitment to continuous program improvement are the Strategic Plan and the Program Improvement Plan. These reports are submitted as part of our grant applications and in compliance with the new Quality Rating Improvement System (QRIS), recently put in place by the Colorado Office of Early Childhood for all licensed child care centers.

Copies of these documents are available for review in Room 9 or can be emailed to you at your request. Please see Mary or Tanya for more information on these plans.



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

Policy Council 486-6888
extension 2190

You are invited to join us for

Thanksgiving Lunch

Thursday, November 19

Please pick up tickets from Room 9 in advance.

Adults—\$3.75 Children—\$2.50

Families of children enrolled in the Head Start program may be eligible for complimentary tickets, please ask in Room 9.

Ticket sales will start Monday, November 9.

Correct change is appreciated.

Transportation Updates

From Jenny Mascarenaz
Transportation Manager

Bus Stop Etiquette

Please accept this as a reminder that your child must arrive at the bus stop at least 10 minutes early.

All children must be at the bus stop with an adult before the bus arrives. Right now, the bus is having to wait for those watching for the bus from their home, which is challenging for the other children waiting on the bus.



To ensure your child arrives to school on time, please have your child dressed and waiting at the stop for the bus. Please remember the times are approximate and we thank you for your patience.

Your child's safety is our primary concern.

Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning.

Play is really the work of childhood. *-Fred Rogers*

Lake County Community Health Resources

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

Teaching your Child to Love Words

A child's journey towards literacy involves learning to speak, listen, read, understand, watch, draw and write. You can help your child develop these skills. Talking, singing, playing sound and word games, reading, writing and drawing with your child are great ways to establish a good literacy foundation. Everyday activities, like going to the local shops or library, as well as special treats – trips to the museum or zoo – all provide lots of opportunities for literacy development.

Many parents feel they haven't got time for literacy development activities. You don't need lots of time – five minutes a few times a day is often enough. The key is to use different opportunities to help your child learn. These can range from things like taking a trip to the local store to a night-time story before bed.



Talk and sing - Talking and singing with children can teach them about sounds and how sounds come together to form language. By teaching your child language games and songs, **you'll be helping him to develop listening and speaking skills.** It's also important to listen to your child – this helps you learn about the stories and songs he most enjoys.

Read and make books - Reading with your child helps develop his vocabulary, ability to listen and comprehend, and **ability to understand the purpose of print.** You'll also be helping to set up a lifelong positive attitude towards reading.

Draw and write - From an early age, children love to try to **'write' like their older siblings or parents.** Play-writing (scribble) and drawing helps your child develop the fine motor skills needed for writing with pencils and pens later. It also helps him begin to recognize and remember letter shapes.

Apple Salad

A healthy recipe from Kerri Quinlan, Wellness Coordinator for LCSD

Makes: 8 servings

Total Cost: \$2.06

Serving Cost: \$0.26

Ingredients

2 cups apple (diced) 1 cup celery (diced)
1/2 cup raisins 1/2 cup nuts
2 tablespoons lite mayonnaise-type dressing
1 tablespoon orange juice


Directions

1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, raisins and nuts with the dressing mixture.





November 2015 Preschool Menu

Monday- 2	Tuesday- 3	Wednesday- 4	Thursday- 5	Friday- 6
CEREAL, FRUIT ----- TURKEY & CHEESE SANDWICH, FRESH VEGGIES, FRUIT ----- GOLDFISH CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- ENCHILADA CASSEROLE, CINNAMON STICK, VEGGIES, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- PIZZA, VEGGIES, FRUIT ----- BANANA BREAD MINIS, FRUIT	FRENCH TOAST, FRUIT ----- CHICKEN NOODLE SOUP, CRACKERS, VEGGIES, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	CEREAL, FRUIT ----- MACHO NACHOS, BLUEBERRY MUFFIN, VEGGIES, FRUIT ----- YOGURT, FRUIT
Monday- 9	Tuesday- 10	Wednesday- 11	Thursday- 12	Friday- 13
CEREAL, FRUIT ----- GRILLED CHICKEN ON BUN, POTATOES AU GRATIN, FRUIT ----- ANIMAL CRACKERS, VEGGIES	CHEESY BAGEL, FRUIT ----- ITALIAN DIP STICKS, VEGGIES, FRUIT ----- COTTAGE CHEESE, FRUIT	CEREAL, FRUIT ----- GRILLED HAM & CHEESE SANDWICH, VEGGIES, FRUIT ----- GRAHAM CRACKERS, FRUIT	PANCAKES, FRUIT ----- CHILI CON CARNE WITH BEANS, CORNBREAD, VEGGIES, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- MACARONI & CHEESE, CHICKEN TENDERS, VEGGIES, FRUIT ----- BLUEBERRY MUFFIN, FRUIT
Monday- 16	Tuesday- 17	Wednesday- 18	Thursday- 19	Friday- 20
CEREAL, FRUIT ----- HAMBURGER ON A BUN, FRINCH FRIES, FRUIT ----- GOLDFISH CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- SPAGHETTI WITH MEAT SAUCE, VEGGIES, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- SUNFLOWER BUTTER & JELLY SANDWICH, YOGURT, VEGGIES, FRUIT ----- BANANA BREAD MINIS, FRUIT	FRENCH TOAST, FRUIT ----- THANKSGIVING DINNER, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	CEREAL, FRUIT ----- CORN DOG, BAKED BEANS, GOLDFISH CRACKERS, FRUIT ----- YOGURT, FRUIT
Monday- 23	Tuesday- 24	Wednesday- 25	Thursday- 26	Friday- 27
No school this week for Thanksgiving Break				
Monday- 30				
CEREAL, FRUIT ----- TURKEY & CHEESE SANDWICH, FRESH VEGGIES, FRUIT ----- GOLDFISH CRACKERS, VEGGIES				
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	



Hand Washing

Good hand washing is the first line of defense against the spread of many illnesses — from the common cold to more serious infections, such as meningitis, bronchiolitis, the flu, hepatitis A, and most types of infectious diarrhea. Below are some suggestions on how to scrub those pesky germs away.

Washing Hands Correctly: Teach this routine to your kids — or better yet, wash your hands together often so they learn how important this good habit is.

Also, to minimize the germs passed around to your family, make regular hand washing a rule for everyone, especially:

- ♦ before eating and cooking
- ♦ after using the bathroom
- ♦ after cleaning around the house
- ♦ after touching animals, including family pets
- ♦ before and after visiting or taking care of any sick friends or relatives
- ♦ after blowing one's nose, coughing, or sneezing
- ♦ after being outside (playing, gardening, walking the dog, etc.)



Don't underestimate the power of hand washing! The few seconds you spend at the sink could save you trips to the doctor's office.

Community Connections

*From Mary Cannell,
Family and Community
Partnerships Manager*



CHP+ / MEDICAID

Application assistance available

719.486.6928

For more information, visit Room 9



What is WIC?

WIC was established as a permanent program in 1974 to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk.

This mission is carried out by providing nutritious foods to supplement diets, nutrition education (including breastfeeding promotion and support), and referrals to health and other social services.

Find out more!

Call Delia at the Leadville WIC office at 719-486-2749.

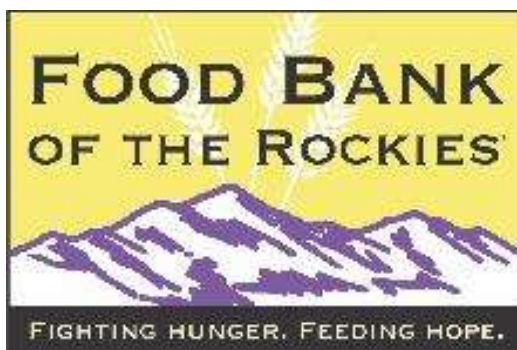
FREE Family
Counseling offered for
Head Start Families

Provided by Solvista Health
(formerly West Central
Mental Health)

Counseling is offered to
families free of charge.

*Please arrange an
appointment through Room 9.*

Solvista
HEALTH



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.

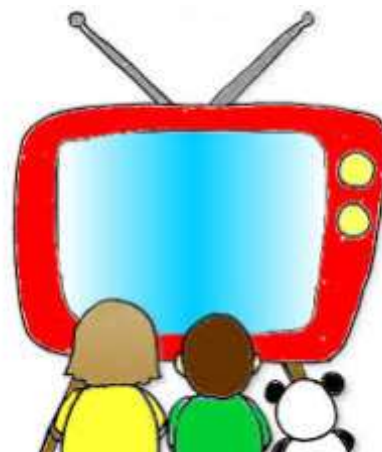
Bring boxes or bags to carry food home.

How to Set Screen Rules That Stick

Easy tips for limiting kids' computer, TV, game, and movie time.

In many homes, getting kids to turn off their cell phones or shut down the video games can incite a revolt. And though there can be educational benefits to some screen time, you may not know when the learning stops and idle activity begins.

There are lots of great TV shows, apps, games, and websites geared for preschoolers. But too much time spent in front of a screen interferes with the activities that are essential for growing brains and bodies.



Every family will have different amounts of time that they think is "enough." What's important is giving it some thought, creating age-appropriate limits (with built-in flexibility for special circumstances), making media choices you're comfortable with, and modeling responsible screen limits for your kids. Try these guidelines to create screen rules that stick.

Go for quality and age-appropriateness. Not everything for preschoolers needs to be a so-called "brain-builder," but there's a difference between mindless and *mindful*/entertainment. The learning ratings at www.common sense media.org can steer you toward titles that help preschoolers work on developmental skills like sharing, cooperation, and emotional intelligence.

Sit with them, and enjoy the discovery process. There will always be moments when you need to rely on the TV or an app to distract your preschooler while you get something done. But as much as you can, enjoy media together. Little hands and developing brains really benefit from your company (and guidance!).

Begin setting limits when kids are little. Habits get ingrained early, so make sure you establish clear screen-time rules when your kids are young. For games, apps, and websites, you may need to set a timer. For TV, just say "one show."

*This article was adapted from an article by [Caroline Knorr](http://www.common sense media.org) that can be found at:
<https://www.common sense media.org/blog/how-to-set-screen-rules-that-stick>*



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*	Preschool Teacher	5	4408	bcaraveo
Claflin, Tracey	Preschool teacher	3	4406	tclafin
Flores, Perla*	Preschool Teacher	2	4405	peflores
Glaser, Sally	Preschool Teacher	4	4407	sglaser
Hinds, Jenna	Preschool Teacher	8	4411	jhinds
Holm, Lizz	Preschool Teacher	2	4405	lholm
Lenhard, Tanya	Director of Early Childhood Programs	Office	6920	tdlenhard
Lopez, Nancy*	Preschool Teacher	3	4406	nalopez
Lopez, Noemi*	Bilingual Aide	Office	6920	nolopez
Lopez, Trisha	Preschool Teacher	6	4409	trlopez
Lujan, Jacqueline	Preschool Teacher	6	4409	jlujan
Martinez, Wanda	Preschool Support Staff	9	6920	wmartinez
Mascarenaz, Chantel	Preschool Teacher	8	4411	chmacarenas
Mascarenaz, Jenny*	Transportation Manager	9	6925	jmascarenaz
Oatey, Claire	Business Manager	Office	6929	coatey
Roeder, Lisa	Preschool Teacher	7	4410	lroeder
Romero, Lora	Preschool Teacher	5	4408	loromero
Romero, Marissa	Child Care Director	Office	6920	maromero
Sanchez, Chantell	Preschool Teacher	7	4410	chsanchez
Sandoval, Brandi	Preschool Support Staff	9	6920	brsandoval
Sifuentes, Anne*	Preschool Teacher	4	4407	ansifuentes
Valdez, AnnaMarie	Health Manager	Library	6923	avaldez
Vigil, Alyssa	Cook	Kitchen	6924	allyssavigil
Policy Council*	Parents/Community Reps	9	2190	mcannell
Preschool Office	Resource Room - 486-6928 and 486-6925			
Child Care	Front Office - 486-6920			
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
 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 October 14, 2015

Attending: Tasha Dunning, Alison Hoagland, Alyssa Gallegos, Itzel Saldivar, Jen Boeve, Thea Gab, Bethany Godsman, Kelly Martinez, Mari Spinner. **Guests -** Harmony Jump, Tanya Lenhard, Claire Oatey, Mary Cannell

Not attending: Skye Calvert, Maria del Socorro, Sandra Cano, Tammy Taylor,

The meeting was called to order at 5:14pm by the Chair, Mari Spinner.

Approval of Agenda and Minutes: The agenda and minutes were reviewed. Tanya requested an addition to the New Business portion of the agenda for new staff approval. Jen moved to approve the agenda with this addition; Alison seconded. The motion passed with all in favor and none opposed. Thea moved to approve the minutes from the last regular meeting in September and the special meeting in September August; Jen seconded. The motion passed with all in favor and none opposed.

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

Treasurer Report: Alison reported the balance of the Parent Activity fund to be \$775.99. A deduction for this month will be for the meeting meal. Mary encouraged members to think of what they would like to do with the remaining funds, as they must be spent by the end of January. She mentioned that the Parent Resource Center could use some books on toilet training and supporting kids with incarcerated parents, in both English and Spanish.

Committee Reports: Harmony gave the School Board report including their activities with writing and revising policies. There are three **members' terms that are ending this year, and three candidates running unopposed to fill those spots. We will reach out to** the new members and conduct the necessary trainings after they are officially seated. Harmony also invited members to the fall Parent Summit coming up on November 9 at 6:30pm at LCHS. Mary reported on the LCECC site visit and last regular meeting. The ECC members gave warm reviews of the program to the representative from the Colorado Department of Education who was also in attendance. The representative also presented the **annual report of the Colorado Preschool Program at The Center, which indicated we "exceed expectations". The report also identifies areas for** even further quality improvement.

Training: Mary reviewed the information in binders about "How to Run a Meeting". The discussion included information about agendas, minutes, parliamentary procedure and meeting etiquette.

Director's Report: Tanya presented the Director's report, including information on enrollment, attendance, progress on program goals, health screenings, staff transitions, and updates on PDIS and QRIS. Currently 66 of the 68 Head Start spots in the building have been filled and recruitment efforts continue to fill the remaining two spots. The group asked questions about what happens if the spots do not ever get filled. Tanya replied that she has been in contact with our Program Specialist about the reasons for low enrollment and have received feedback that our continued recruitment efforts are acceptable. We do expect to have all the spots filled before winter. OHS would only make a decision about decreasing our spots and budget if the trend continued over a long period of time. Claire reviewed the Budget Report and said we are in good shape so far for the year, but we are watching a few lines to be careful. Members suggested asking parents for supply donations to ease the strain on that budget category and help boost in kind donations. Mary responded we would work on that, but would be careful to do so in a way that did not imply that families were required to make donations.

New Business: Tanya presented the Program Goals, and explained how there are different objectives planned for each year of the five year plan. Claire presented the Continuation Grant application. **Members had been sent full copies of last year's grant and this year's grant with** updates, and additional copies were available during the meeting. Claire also supplied a three page summary of the changes and updates to facilitate conversation. Claire talked about the reasons behind the updates and how those decisions were made. Mary reminded members **about Policy Council's role in shared governance of the program and that the grant would be presented to the school board later** this month, before the due date. Kelly moved to approve the Continuation Grant application; Jen seconded. The motion passed with all votes in favor and none opposed. Alyssa moved to approve the Program Goals; Kelly seconded. The motion passed with all in favor and none opposed.

Mary reviewed the Community Complaint process and gave examples of when it could be used. Thea moved to approve the Community Complaint Policy; Allison seconded. The motion passed with all in favor and none opposed. Mary reviewed the Policy Council Bylaws, including that these list the purpose of the group, membership requirements, officer duties, and reimbursement policies among other items. Tasha moved to approve the Bylaws; Jen seconded. The motion passed with all in favor and none opposed. Mary informed the group that Tamsey Tufte had asked to be excused from Policy Council due to other personal commitments. Alison moved to thank Tamsey for her service and excuse her from further duties; Kelly seconded. The motion passed with all in favor and none opposed. The members asked Mary to recruit two more Head Start parent reps to serve as alternates on the Council. An election will take place as soon as some candidates are identified. Tanya explained that the Strategic Plan document and the Program Improvement Plan were complete, but still undergoing review. She asked the Council to delay their review of these documents until the next meeting, so that the final versions could be presented. Bethany moved to table the approval of the Program Improvement Plan and Strategic Plan until the next regular meeting; Alyssa seconded. The motion passed with all in favor and none opposed. Tanya recommended Anne Wibbenmeyer and Desiree Trujillo to be hired as new substitute teachers and reviewed their qualifications. Kelly moved to approve these new hires; Jen seconded. The motion passed with all in favor and none opposed.

Unfinished Business: Mary addressed a concern found in the suggestion box last month, and repeated this month about the rule for no outside food being permitted during classroom celebrations. Mary explained that The Center receives funds from the CACFP program, and not allowing outside food is one of the regulations that must be followed in order to keep receiving those funds, which are around \$5000 per month. The rule also protects young children with food allergies and helps with behavior management for the rest of the day. The council recommended a newsletter article or other form of parent notification about the rules of this grant to help make parents aware of why that rule exists.

Announcements: The announcements from the agenda were noted, including the ongoing enrollment for this school year, the upcoming Immigration Information meeting, Home Visits, school closure days, Pumpkin Patch, classroom celebrations, and the next regular Policy Council meeting on November 11..

Adjournment: The meeting was adjourned at 6:55pm by Mari.

Respectfully submitted, Bethany Godsman, Policy Council Secretary

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

Tanya Lenhard
Director of Early Childhood Programs
Phone: 719 486-6920
Fax: 719 486-9992
E-mail: tdlenhard@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

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

Head Start Policy Council

November 11 at 5:00 in the cafeteria 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.