



The Center

Volume 27, Issue 5

January 1, 2016



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 4

The Center is CLOSED for Professional Development

January 5

First day back after break

January 7, 12, 14, 19,
21, 26, 28

Ski Program days

January 13

*Policy Council meeting
5:00-7:00pm*

January 18

The Center is CLOSED for Martin Luther King, Jr Day

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:

Tanya Lenhard 486-6920
Director of Early Childhood Programs

Policy Council 486-6888
extension 2190

Preschool News—Head Start Updates

Family Resource Center in Room 9

Did you know there are lots of great things for parents and families in Room 9?

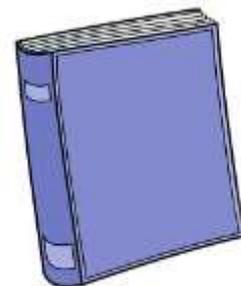
If you would like to try snowshoeing.....You can check out snowshoes for free. We have child and adult sizes available. You can borrow them overnight or for a whole weekend or break.



If you want to bake a special **cake.....We have fancy cake pans you can borrow. Try making a cake shaped like a monkey or a clown and see the smiles on your family's faces.**

If you child loves doing "homework"....You can check out our file of home-side activities you can copy and take home to work on your educational goals for your child.

If you have questions about parenting or life **skills.....We have many books and videos** available for checkout. There are books on discipline, potty training, cooking, budgeting, and camping, just to name a few. Come and pull something right from the shelves to take home and read.



If you are interested in learning more....Just stop by and talk to Mary or Jenny and let them know what you are looking for. We are happy to help you find something we already have or to accept recommendations for future acquisitions.

Annual Report

Each year, our Head Start program produces an Annual Report to share news about the good work we do with our Community, our Policy Council, our Governing Board, and the Office of Head Start.

This year's Annual Report is available to view on our website at : <http://www.lakecountyschools.net/thecenter/2016/01/04/head-start-annual-report-2015/>

Paper copies of the report are also available in Room 9 upon request.

We hope you will take time to review this information.

If you have any questions or concerns about items in this report, please contact our Business Manager, Claire Oatey, in the Front Office, or the Director of Early Childhood Programs, Tanya Lenhard.



Where are the Policy Council minutes?

There are no meeting minutes for Policy Council in this newsletter, because there was not a regular Policy Council meeting in December.

Policy Council will meet again on Wednesday, January 13, with minutes to follow in the February newsletter.

Lake County Community Health Resources

<p style="text-align: center;"><u>Lake County Public Health</u></p> <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 style="text-align: center;"><u>Nutrition Programs</u></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 style="text-align: center;"><u>Doctors</u></p> <p><u>Rocky Mountain Family Practice...</u> 486-0500 Dr. Lisa Zwerdlinger, Amy King, PA, Tyler Norton, PA</p> <p><u>St Vincent Leadville Medical Clinic...</u> 486-1264 Dr. Gary Petry, Jackie Duba, MPH,PA</p>
<p style="text-align: center;"><u>Mental Health/Support Services</u></p> <p>Alcoholics Anonymous.....486-3087</p> <p>Solvista Mental Health.....486-0985</p> <p>Summit Community Care Clinic...970-668-4040</p>	<p style="text-align: center;"><u>Dentists</u></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 style="text-align: center;"><u>Emergency & Hospital</u></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>

Fall Data Results

Hello from the education corner! The first part of our year has gone by so quickly, it is hard to believe January is here! Your preschoolers have spent the first few months of school becoming comfortable with their teachers, making new friends, following daily routines, gaining new social skills and best of all, learning through play. Our teachers have been busy observing your children in their classroom and entering what they observe into GOLD, our online assessment system. This chart shows our baseline data for the beginning of the year in each area of development. Baseline simply tells us a starting point so that we can determine and measure growth throughout the year as a program, within classrooms, and with each individual child.

Fall 2015 Baseline Data

Area of Development	Below Widely Held Expectations	Meets Widely Held Expectations	Exceeds Widely Held Expectations
Social Emotional	51%	49%	NA
Physical **Gross	No Data	No data	No data
Fine	35%	64%	1%
Language	63%	38%	NA
Cognitive	43%	57%	NA
Literacy	44%	56%	NA
Math	66%	34%	NA

**An error occurred with the system in the area of Physical Gross Motor, there is no data for the Fall Checkpoint in this area

It is not unusual for children to be below the widely held expectations at the beginning of the year. Our work at The Center is to help all children continue to gain skills and knowledge throughout the entire year. We look forward to looking at this data again in February and May to celebrate many areas of growth and success!

CLICK IT OR TICKET!



Under Colorado's Child Passenger Safety law, infants and children must be properly buckled up when riding in motor vehicles. A driver can be ticketed and fined a minimum of \$82 for each unrestrained or improperly restrained child in the vehicle.



January 2016 Preschool Menu

Monday- 4	Tuesday- 5	Wednesday- 6	Thursday- 7	Friday- 8
NO SCHOOL TODAY	GRANOLA BAR, FRUIT ----- HAMBURGER ON BUN, FRENCH FRIES, 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- 11	Tuesday- 12	Wednesday- 13	Thursday- 14	Friday- 15
CEREAL, FRUIT ----- GRILLED CHICKEN ON BUN, FRENCH FRIES, 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	WAFFLE STICKS, FRUIT ----- CHLI CON CARNE WITH BEANS, CORNBREAD, VEGGIES, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- MACARONI & CHEESE, CHICKEN TENDERS, VEGGIES, FRUIT ----- BLUEBERRY MUFFIN, FRUIT
Monday- 18	Tuesday- 19	Wednesday- 20	Thursday- 21	Friday- 22
NO SCHOOL TODAY	GRANOLA BAR, FRUIT ----- SOFT CHICKEN TACO, VEGGIES, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- SUNFLOWER BUTTER & JELLY SANDWICH, YOGURT,VEGGIES, FRUIT ----- BANANA BREAD MINIS, FRUIT	FRENCH TOAST, FRUIT ----- BEFF & GRAVY, MASHED POTATOES, ROLL, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	CEREAL, FRUIT ----- CORN DOG, BAKED BEANS, GOLDFISH CRACKERS, FRUIT ----- YOGURT, FRUIT
Monday- 25	Tuesday- 26	Wednesday- 27	Thursday- 28	Friday- 29
CEREAL, FRUIT ----- HAMBURGER ON BUN, FRENCH FRIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES	CHEESY BAGEL, FRUIT ----- SPAGHETTI WITH MEAT SAUCE, VEGGIES, FRUIT ----- COTTAGE CHEESE, FRUIT	CEREAL, FRUIT ----- PIZZA,VEGGIES, FRUIT ----- GRAHAM CRACKERS, FRUIT	WAFFLE STICKS, FRUIT ----- CHICKEN NOODLE SOUP, CRACKERS, VEGGIES, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- MACHO NACHOS, BLUEBERRY MUFFIN, VEGGIES, FRUIT ----- BLUEBERRY MUFFIN, 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



Eagle Pizza

A delicious combination of pizza and taco, this recipe is made with whole-grain tostada shells, refried beans, shredded cheese, and a stack of colorful veggies.

Makes: 6 Tostada Pizzas

Ingredients

- 1/2 cup Fresh spinach, julienne cut "shoestring strips"
- 1/2 cup Fresh romaine lettuce, julienne cut "shoestring strips"
- 2 1/4 teaspoons Salt-free chili-lime seasoning blend*
- 1 3/4 cups Canned low-sodium refried beans, fat-free
- 3/4 cup Fresh onions, peeled, diced
- 1 1/4 cups Canned low-sodium corn, drained, rinsed
- 6 Whole-grain tostada shells
- 3/8 cup Reduced-fat Mexican cheese blend, shredded (1 1/2 oz)
- 1 cup Fresh carrots, peeled, shredded
- 1/2 cup Low-sodium salsa, mild
- 1/2 cup fat-free sour cream



Directions

1. Preheat oven to 350 °F.
2. Combine spinach and lettuce in bowl and set aside.
3. In a medium mixing bowl, combine salt-free seasoning blend and refried beans. Set aside.
4. In a small skillet, coated with nonstick cooking spray, cook green peppers, onions, and corn for 3-4 minutes. Set aside.
5. For each pizza, place 1/4 cup of bean filling on tostada shell. Spread mixture evenly using the back of a spoon. Top with 1/3 cup sautéed vegetable mixture. Lightly sprinkle 1 Tbsp of cheese on top.
6. Place tostadas on a large baking sheet coated with nonstick cooking spray. Bake until cheese is melted, about 2 minutes.
7. Remove tostadas from oven. Top each tostada with:
 - About 1 Tbsp spinach/lettuce mixture. About 2 1/2 Tbsp carrots.
 - About 1 Tbsp salsa. About 1 Tbsp sour cream
8. Serve immediately.

*If desired, use 2 1/4 tsp Salt-Free Taco Seasoning Blend in place of salt-free chili-lime seasoning.

Our Story

Byars Elementary School is located approximately an hour southeast of Oklahoma City. It is one of the few pre-kindergarten through 8th grade schools in the State. The recipe challenge team decided to name their creation after the school mascot. Members of the community teamed up with the school to pursue the challenge with Eagle Pride! Taste-tested by the student body, Eagle Pizza was a winner.

Eagle Pizza will give kids the power and energy they need for a busy day. This versatile recipe can easily be made with help from the kids. Eagle Pizza is a tasty choice that will make your sense of pride soar like an eagle when they smile over this yummy combination of pizza and taco!

Byars Elementary School - Byars, Oklahoma

<http://www.whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/eagle-pizza>

Community Connections

*From Mary Cannell,
Family and Community
Partnerships Manager*



CHP+ / MEDICAID

Application assistance available

719.486.6928

For more information, visit Room 9

Child Find

Early intervention for
children with special needs



Every county in Colorado has professionals who are trained to evaluate children in a variety of areas, including cognitive functioning, physical functioning, hearing and vision, speech and language and social and emotional development. This service is referred to as Child Find. Evaluations are conducted by the Child Find team at no cost to parents.

Once the child find evaluation team, which includes the parents, has gathered sufficient information used to determine a child's eligibility for early intervention or preschool special education services, an Individual Family Service Plan (IFSP; birth to three years of age) or an Individual Education Plan (IEP; three to five years of age) is developed and services begin shortly.

Children under the age of six may be referred at any time for an eligibility determination for early intervention (ages birth to three) or preschool special education services (ages three through five).

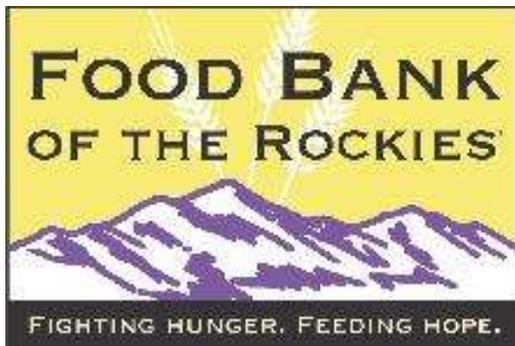
Here in Lake County, our very own Lauren Bissonette is the first contact for families interested in a Child Find evaluation. See her here at school, call her at 719-293-4613, send her an email at lbissonette@lakecountyschools.net, or stop by Room 9 for more information.

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.



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
Clafin, 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.

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

February 2 from 1:00—3:00pm at CMC. Parents and caregivers welcome.

Head Start Policy Council

January 13 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.