



The Center

Volume 27, Issue 7

March 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.

March Events

March 1

Enrollment begins for all programs for the 2016-2017 school year

March 9

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

March 17

Class Picture Day

March 24

*Family Fun Night at
Lake County Public Library
5:30-7:00pm*

March 25 through
Friday April 1

*The Center is CLOSED for
Spring Break*

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

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 7th – Hat & Sunglasses Day

Tuesday, March 8th – Character T-Shirt Day

Wednesday, March 9th – Super Hero Day

Thursday, March 10th – Pajama Day

Friday, March 11th – Crazy Sock 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, 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 Thursday, March 24th will receive a special certificate.

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

HAPPY READING!



Family Fun Night

At Lake County Public Library

Thursday, March 24, 5:30-7:00pm

Come and see everything our local library has to offer.

Transportation Updates

*Submitted by Jenny Mascarenaz
Transportation manager*

Bus Evacuation Drill

We had our second bus evacuation drill practice in the back parking lot at The Center on January 28, 2016. 31 bus friends participated in an emergency evacuation drill conducted on the bus the child was riding in. Drivers and monitors conducted the drill jointly as a team. The children followed instructions given by the driver.



The Final Rule requires three basic topics to be addressed in every drill.

- Ridership rules. Safe riding practices are taught to children. This is the most important lesson young children should learn about transportation –related emergencies.
- Every Head Start drill should include discussion about, and more importantly practice in, safe and orderly evacuation from appropriate exits.
- Children are taught how to sit and slide out an emergency door, and are taught to go to a prearranged point about 100 or three vehicle lengths from their own vehicle and to stay there holding hands with each other in a safety chain or buddy system.

A total of three emergency evacuation drills must be conducted each program year.

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 Zwerdinger, 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>

SIMPLE STRATEGIES FOR CREATING STRONG READERS

Without doubt, reading with children spells success for early literacy. Putting a few simple strategies into action will make a significant difference in helping children develop into good readers and writers.

Through reading aloud, providing print materials, and promoting positive attitudes **about reading and writing, you can have a powerful impact on children's literacy and learning.**

- ★ Invite your child to read with you every day.
- ★ When reading a book where the print is large, point word by word as you read. This will help your child learn that reading goes from left to right and understand that the word he or she says is the word he or she sees.
- ★ Read your child's favorite book over and over again.
- ★ Read many stories with rhyming words and lines that repeat. Invite the child to join in on these parts. Point, word by word, as he or she reads along with you.
- ★ Discuss new words. For example, "This big house is called a palace. Who do **you think lives in a palace?**"
- ★ Stop and ask about the pictures and about what is happening in the story.
- ★ Read from a variety of children's books, including fairy tales, song books, poems, and information books.



Source: Reading Tips for Parents, No Child Left Behind

Enrollment for the 2016-2017 school Year

Beginning March 1, applications will be available for all preschool programs for the 2016-17 school year.

All children must re-enroll for the new year.

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





March 2016 Preschool Menu

	Tuesday- 1	Wednesday- 2	Thursday- 3	Friday- 4
	CHEESY BAGEL, FRUIT ----- SOFT CHICKEN TACO, VEGGIES, FRUIT ----- COTTAGE CHEESE, FRUIT	CEREAL, FRUIT ----- TURKEY & CHEESE SANDWICH, SUN CHIPS, VEGGIES, FRUIT ----- GRAHAM CRACKERS, FRUIT	WAFFLE STICKS, FRUIT ----- BEEF AND GRAVY NOODLES, GREEN BEANS, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- CORN DOG, BAKED BEANS, GOLDFISH CRACKERS, VEGGIES, FRUIT ----- BLUEBERRY MUFFIN, FRUIT
Monday- 7	Tuesday- 8	Wednesday- 9	Thursday- 10	Friday- 11
CEREAL, FRUIT ----- CHICKEN QUESADILLA, CORN, FRUIT ----- ANIMAL CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- SPAGHETTI WITH MEAT SAUCE, 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- 14	Tuesday- 15	Wednesday- 16	Thursday- 17	Friday- 18
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, TOMATO SOUP, VEGGIES, FRUIT ----- GRAHAM CRACKERS, FRUIT	WAFFLE STICKS, FRUIT ----- TURKEY & GRAVY, MASHED POTATOES, GREEN BEANS, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- MACARONI & CHEESE, CHICKEN TENDERS, VEGGIES, FRUIT ----- BLUEBERRY MUFFIN, FRUIT
Monday- 21	Tuesday- 22	Wednesday- 23	Thursday- 24	Friday- 25
CEREAL, FRUIT ----- HAMBURGER ON BUN, FRENCH FRIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- SOFT CHICKEN TACO, VEGGIES, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- TURKEY & CHEESE SANDWICH, SUN CHIPS, VEGGIES, FRUIT ----- BANANA BREAD MINIS, FRUIT	FRENCH TOAST, FRUIT ----- CORN DOG, BAKED BEANS, GOLDFISH CRACKERS, VEGGIES, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	NO SCHOOL TODAY

The Center is CLOSED from Friday, March 25 through Friday, April 1 for Spring Break.

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



Cold versus Flu

Questions & Answers from the Centers for Disease Control and Prevention



What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense.

Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

How can you tell the difference between a cold and the flu?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can be carried out, when needed to tell if a person has the flu.



What are the symptoms of the flu versus the symptoms of a cold?

In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.



For more information you can contact the Centers for Disease Control and Prevention at:

Centers for Disease Control and Prevention
1600 Clifton Rd
Atlanta, GA 30333
800-CDC-INFO
(800-232-4636)
TTY: (888) 232-6348

<http://www.cdc.gov/flu/about/qa/coldflu.htm>

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).

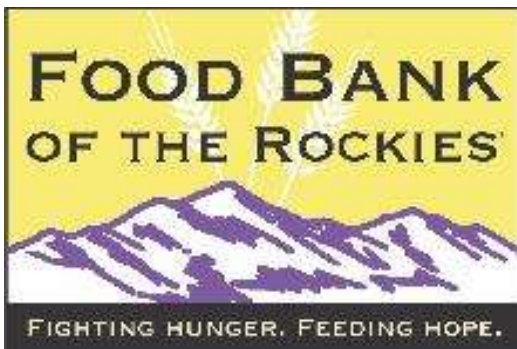
Here in Lake County, our very own Lauren Bissonette is the first contact for families interested in a Child Find evaluation. See her here at school, call her at 719-293-4613, send her an email at lbissonette@lakecountyschools.net, or stop by Room 9 for more information.

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.

What kinds of movies are OK for my preschooler?

The best movies for preschoolers are short, without much suspense, and have plenty of positive messages.

Here are some more things to think about when choosing age-appropriate movies for preschoolers:



Violence and scariness. Avoid shows and movies in which characters use violence to resolve conflict -- but, if it comes up, talk about alternative ways characters could have solved a problem. Different things scare different children; it's not always possible to predict what will frighten a particular kid. Avoid scary programming that includes emotional intensity, separations of parents and kids, and parents and kids in peril. When kids do see something that scares them, the best comfort is reassurance that everyone is safe (plus a hug and a favorite toy).

Language. Preschoolers don't yet understand "bad" or hurtful words, but they learn the words they hear at an amazing rate -- which means they shouldn't be exposed to language you might not want them repeating.

Positive messages. Since preschoolers soak up everything they see and hear, look for media with pro-social messaging.

Positive role models. Look for adult characters who are dependable. Media that showcases diversity of ethnicity and experience helps little kids better understand the world around them. Since they'll imitate what they see, choose media that reinforces good behavior. Media with antisocial behavior isn't appropriate for this age.

And finally, check out this list of great first movies for kids at :
<https://www.commonsemmedia.org/lists/first-movies-for-kids>

https://www.commonsemmedia.org/screen-time/what-kinds-of-movies-are-ok-for-my-preschooler?utm_source=010816+Parent+Default&utm_medium=email&utm_campaign=weekly



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.

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 17, 2016

Attending: Alison Hoagland, Alyssa Gallegos, Jen Boeve, Thea Gab, Tammy Taylor, Itzel Saldivar, Mari Spinner, Vanessa De Lira, Tasha Dunning. Guests – Ellie Solomon, Tanya Lenhard, Mary Cannell

Not attending: Maria del Socorro, Bethany Godzman, Sandra Cano, Skye Calvert, Kelly Martinez

The meeting was called to order at 5:20pm by the Chair, Mari Spinner. There were no notes in the Suggestion Box and no messages on voicemail.

Approval of Agenda and Minutes: The agenda and minutes were reviewed. Jen moved to approve the agenda; Thea seconded. The motion passed with all in favor and none opposed. Jen moved to approve the minutes from the last regular meeting in January; Alison seconded. The motion passed with all in favor and none opposed.

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

Treasurer Report: Alison reported the balance of the Parent Activity fund to be \$1500.00. A deduction for this month will be for the meeting meal. This is the first month of the new fiscal year. Mary provided a display of the items purchased for the Parent Resource Center. She also reported that all ballots received in the Parent Activity Fund vote were in favor.

Committee Reports: Ellie gave a brief school board report. There have been receiving updates on the K-12 school calendar and CREW activities at LCIS. Parent Activity Committee met to plan the next Family Fun Night. LCECC met to plan events for the Month of the Young Child in April and discuss early childhood topics in Lake County. Accountability is reviewing Expeditionary Learning, teacher evaluations, and graduation requirements.

Training: Tanya talked about the Community Wide Self-Assessment interview process and gave members the opportunity to sign up for interviews.

Director's Report: Tanya presented the FY15 budget, with notes on how all funds have been spent or encumbered. Nine teachers will be going to the Rocky Mountain Early Childhood Conference next week. She also presented the **Safeway card report, showing how that account had been used. Tanya also presented her Director's Report, noting that enrollment is still below expectations at 63. The meeting about enrollment with the Office of Head Start is coming up, and Tanya asked if a Policy Council rep could attend. In kind donations are on track. The letter of approval for the Continuation Grant was received.**

Unfinished Business: none

New Business: Mary presented the Internal Dispute Policy and explained how it describes the process that would be used to resolve a dispute between the Policy Council and the Governing Board. Jen moved to approve the Internal Dispute Policy, and Itzel seconded. The motion passed with all in favor and none opposed. Mary explained the progress made on self-assessment this year, and how it is a constant process, to be completed in time for Strategic Planning for next year. Thea moved to approve the self-assessment progress, and Jen seconded. Then motion passed with all in favor and none opposed. Tanya presented the Child Outcomes data for the winter checkpoint and pointed out how the numbers show growth in what the kids have shown us they can do. She explained Inter Rater Reliability certificates, how they are earned, and how many of the staff have earned this certificate to ensure that the data begin collected is accurate. Tanya presented the Professional Development plan and explained how some trainings are mandated by different sources and are the same every year, and some trainings are determined based on self-assessment outcomes. Each teacher also has a personal professional development plan that is reviewed twice each year. Mary presented the Volunteer Plan, consisting of the Parent Engagement Plan and the Community Involvement Plan, and how this document **outlines each staff members' responsibilities in these areas. Jen moved to approve this plan, and Vanessa seconded. The motion passed with all in favor and none opposed. Mary presented the Advocacy Policy and explained it shows how we help parents learn advocacy skills. Thea moved to prove the Advocacy Plan, and Jen seconded. The motion passed with all in favor and none opposed. Mary gave an update on waivers that were deemed necessary for the sports equipment in the Parent Resource Center and asked if the group was still interested in purchasing a sledding tube. Members requested a sledding tube be purchased with PAF money. Mary presented an information binder that can be used by members to reference documents such as the Program Plan, PIs and IMs in Room 9.**

Announcements: The announcements from the agenda were noted, including the ongoing enrollment for this school year, upcoming enrollment for next school year, next week's Family Fun Night, and the next regular Policy Council meeting on March 9.

Adjournment: The meeting was adjourned at 6:45pm by Mari.

Respectfully submitted, Mari Spinner, Policy Council Chair

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

April 12 from 1:00—3:00pm at CMC. Parents and caregivers welcome.

Head Start Policy Council

March 9 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.