



The Center

Volume 27, Issue 9

May 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.

May Events

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

May 5

*Kindergarten Transition Ice Cream Social at West Park Elementary
6:00-7:00pm*

May 11

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

May 19 & 20

*Home Visits
The Center is CLOSED*

May 30

*Memorial Day
The Center is CLOSED*

Every Friday

*Teacher Planning
*Families Welcome**



Parents' Voices

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

Tanya Lenhard 486-6920
Director of Early Childhood Programs

Policy Council 486-6888
extension 2190

Preschool News—Head Start Updates

Teacher Appreciation Week—May 2 through May 6

Teachers are real life superheroes.



*Not all superheroes have capes,
some have Early Childhood degrees.*

They educate, innovate, encourage and support. Every day they touch the lives of millions of children and their work and impact extends far beyond the boundaries of the classroom.

Take the time to celebrate these real life superheroes during Teacher Appreciation Week, May 2-6, 2016.

How You Can Show Appreciation:

Send a thank you card to a special teacher in your life or a teacher of a child in your life.

Show your support for the tremendous work teachers do by volunteering in a classroom.

Kindergarten Transition Ice Cream Social

*At West Park Elementary
Thursday, April 28 6:00-7:00pm*

This is a great chance to visit the school where your child will be attending kindergarten and enjoy some free ice cream.



Transportation Updates

*Submitted by Jenny Mascarenaz
Transportation manager*

TEACH YOUR CHILD HOW TO GET ON THE BUS SAFELY

Make sure he or she knows to:

WAIT FOR THE BUS TO STOP

- Your child should never approach the bus until it comes to a complete stop

WATCH THE BUS DRIVER

- He or she will signal your child **when it's OK to get on.**
- Tell your child to use the hand-rail to avoid tripping or falling.



Go over these rules often with your child.

The object of education is to prepare the young to educate themselves throughout their lives.

-Robert M. Hutchins

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> |

Help Your Child Develop Writing Skills

Reading and writing go together. When children scribble on paper and tell us what it means, we know they are beginning to understand what writing is all about. In our classrooms, we encourage this beginning writing. Our teachers show children how we use writing to convey messages – writing down their words, their names, making lists and signs for the room. Here are several ways you can encourage writing development in your child from home.

Set a good example – Children want to be like the adults they admire. When your child sees that you enjoy reading and writing, he or she will naturally want to imitate that behavior.

Pay attention to signs – Road signs are a great way for children to experience the usefulness of print. **Try to read signs aloud: "Stop, S-T-O-P. That red sign tells me to stop the car."** Also, encourage your child to make pretend signs during play and tell you what they say.



Take Dictation – Taking dictation is writing down your child's words exactly as he or she says them. You can create books together, write letters, make signs, or just have fun as your child sees what his or her words look like in print.



Create note cards – Help your child make greeting cards, thank you notes, or get-well cards. He or she will see that you can express feelings through writing.

Make lists together – Another way for your child to see direct benefit of print is to make and use shopping and things –to-do lists. Let your child hold the list and use a pencil to mark off items as you shop or work.



Be ready to help – When your child asks you how to print a letter or word or write a story he or she wants to dictate, be patient. Your willingness to help will encourage your child to write every day.

Kindergarten Registration for 2016-2017

If your child will turn 5 years old before October 1, 2016, they will go to kindergarten next year.

Please take the following documents with you to West Park Elementary School during normal school hours:

- ⇒ Current immunization record (Including 5th DTP, 4th Polio, MMR, 2nd Varicella)
- ⇒ State certified birth certificate

Enrollments will not be taken without these documents.



May 2016 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 ----- BEEF & BEAN BURRITO, CORN, FRUIT ----- COTTAGE CHEESE, FRUIT | CEREAL, FRUIT ----- TURKEY & CHEESE SANDWICH, SUN CHIPS, VEGGIES, FRUIT ----- GRAHAM CRACKERS, FRUIT | WAFFLE STICKS, FRUIT ----- SPAGHETTI WITH MEAT SAUCE, VEGGIES, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT | CEREAL, FRUIT ----- MACARONI & CHEESE, CHICKEN TENDERS, VEGGIES, FRUIT ----- BLUEBERRY MUFFIN, FRUIT |
| Monday- 9 | Tuesday- 10 | Wednesday- 11 | Thursday- 12 | Friday- 13 |
| CEREAL, FRUIT ----- FRIED CHICKEN, POTATO SALAD, ROLL, FRUIT ----- ANIMAL CRACKERS, VEGGIES | GRANOLA BAR, FRUIT ----- POSOLE WITH PORK, CHEESE QUESADILLA, VEGGIES, FRUIT ----- STRING CHEESE, FRUIT | CEREAL, FRUIT ----- GRILLED HAM & CHEESE SANDWICH, VEGGIES, FRUIT ----- BANANA BREAD MINIS, FRUIT | FRENCH TOAST, FRUIT ----- TURKEY & GRAVY, MASHED POTATOES, ROLL, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT | CEREAL, FRUIT ----- PIG IN A BLANKET, BAKED BEANS, FRUIT ----- YOGURT, FRUIT |
| Monday- 16 | Tuesday- 17 | Wednesday- 18 | Thursday- 19 | Friday- 20 |
| CEREAL, FRUIT ----- HAMBURGER ON BUN, FRENCH FRIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES | CHEESY BAGEL, FRUIT ----- MACHO NACHOS, BLUEBERRY MUFFIN, VEGGIES, FRUIT ----- COTTAGE CHEESE, FRUIT | CEREAL, FRUIT ----- PIZZA, VEGGIES, FRUIT ----- GRAHAM CRACKERS, FRUIT | NO SCHOOL TODAY | NO SCHOOL TODAY |
| Monday- 23 | Tuesday- 24 | Wednesday- 25 | Thursday- 26 | Friday- 27 |
| CEREAL, FRUIT ----- GRILLED CHICKEN ON BUN, FRENCH FRIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES | GRANOLA BAR, FRUIT ----- BEEF & BEAN BURRITO, CORN, FRUIT ----- STRING CHEESE, FRUIT | CEREAL, FRUIT ----- TURKEY & CHEESE SANDWICH, SUN CHIPS, VEGGIES, FRUIT ----- BANANA BREAD MINIS, FRUIT | FRENCH TOAST, FRUIT ----- SPAGHETTI WITH MEAT SAUCE, VEGGIES, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT | CEREAL, FRUIT ----- MACARONI & CHEESE, CHICKEN TENDERS, VEGGIES, FRUIT ----- BLUEBERRY MUFFIN, FRUIT |
| Monday- 30 | Tuesday- 31 |  | | |
| NO SCHOOL TODAY | GRANOLA BAR, FRUIT ----- POSOLE WITH PORK, CHEESE QUESADILLA, VEGGIES, FRUIT ----- COTTAGE CHEESE, 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



Lead Poisoning – Know the Facts

Lead poisoning is caused by swallowing or breathing lead. Children under 6 years old are most at risk. If you are pregnant, lead can harm your baby.

FACT - Lead can cause learning and behavior problems.

Lead poisoning hurts the brain and nervous system. Some of the effects of lead poisoning may never go away.

Lead in a child's body can:

- ◆ Slow down growth and development
- ◆ Damage hearing and speech
- ◆ Make it hard to pay attention and learn

FACT - Most children get lead poisoning from paint in homes built before 1978. When old paint cracks and peels, it makes dangerous dust. The dust is so small you cannot see it. Most children get lead poisoning when they breathe or swallow the dust on their hands and toys.

FACT - A lead test is the only way to know if your child has lead poisoning. Most children who have lead poisoning do not look or act sick. Ask your doctor to test your child for lead.



*In Lake County, blood lead testing for children under 6 and pregnant and nursing moms is FREE at Lake County Public Health.
Call Lynn Nickel at 719-486-2413 to make an appointment.*

Protect Your Family

1. Test your home for lead.

If you live in a home built before 1978, have your home inspected by a licensed lead inspector. Contact your local health department for more information.

Sometimes lead comes from things other than paint in your home, such as:

- Candy, toys, glazed pottery, and folk medicine made in other countries
- Work like auto refinishing, construction, and plumbing
- Soil and tap water

2. Keep children away from lead paint and dust.

Use wet paper towels to clean up lead dust. Be sure to clean around windows, play areas, and floors.

Wash hands and toys often, especially before eating and sleeping. Use soap and water.

Use contact paper or duct tape to cover chipping or peeling paint.

3. Renovate safely.

Home repairs like sanding or scraping paint can make dangerous dust.

Keep children and pregnant women away from the work area.

Make sure you and/or any workers are trained in lead-safe work practices.

Home repairs like sanding or scraping paint can make dangerous dust.

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).

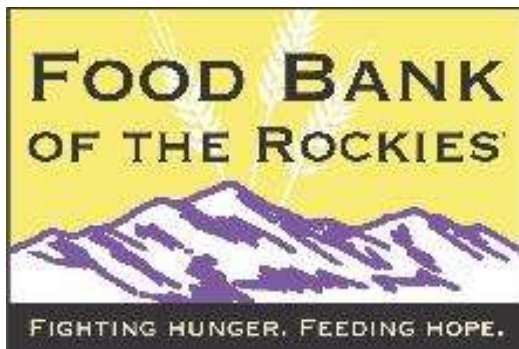
Here in Lake County, our very own Lauren Bissonette is the first contact for families interested in a Child Find evaluation. See her here at school, call her at 719-293-4613, send her an email at lbissonette@lakecountyschools.net, or stop by Room 9 for more information.

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 Children Learn Outdoors

When you think about children's time outdoors, you don't necessarily focus on its value for teaching academic content.

Nevertheless, there are many ways to connect content, teaching, and learning outdoors.

As you become knowledgeable about each of the components of literacy, math, science, social studies, the arts, and technology, you will find many ways to promote children's learning outdoors.



Literacy

- Expand children's vocabulary and language by asking questions and encouraging them to describe what they see. Use a variety of adjectives when you observe with children: slimy, bright, bold, glowing, rough, furry, prickly, and so on.
- Teach children jump rope rhymes and clapping games to promote phonological awareness. Have them tune into the sounds and sights around them: how the horn on a car sounds vs. the horn on a truck or bus; identifying animal sounds-crickets, birds, mosquitoes, frogs, and dogs.
- Teach children about print and letters and words by providing traffic signs for wheeled toys. Provide clipboards for children to record observations, cardboard to make signs to identify plants in the garden.
- Teach children jump rope rhymes and clapping games to promote phonological awareness. Have them tune into the sounds and sights around them: how the horn on a car sounds vs. the horn on a truck or bus; identifying animal sounds-crickets, birds, mosquitoes, frogs, and dogs.

Science

- Guide children's development of process skills by posing questions such as: What would happen if . . . ? How can you find out? What did you learn? Encourage children to be good observers by showing them that you too are interested in finding out what is waiting for you each day outdoors. Encourage children to explore life science by putting up bird feeders and keeping them stocked all winter.
- Ideas for the spring: Promote understanding of the earth and environment by learning about trees and plants in your outdoor area and planting a garden with children. Explore shadows: what makes them, how they move, how long they are. Encourage children to collect all sorts of rocks and compare them; examine dirt from different locations; measure puddles after a rain and see what happens to them; collect litter and recycle. Study the seasons and the changes that occur in each one.



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 April 13, 2016

Attending: Alison Hoagland, Thea Gab, Itzel Saldivar, Mari Spinner, Tasha Dunning, Kelly Martinez, Bethany Godsman, Jen Boeve. Guests –Tanya Lenhard, Mary Cannell

Not attending: Maria del Socorro, Tammy Taylor, Sandra Cano, Skye Calvert, Alyssa Gallegos, Vanessa De Lira

The meeting was called to order at 5:15pm 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 from the last regular meeting and the special meeting were reviewed. Kelly moved to approve the agenda; Jen seconded. The motion passed with all in favor and none opposed. Alison moved to approve the minutes from the last regular meeting in March and the special meeting minutes; Thea seconded. The motion passed with all in favor and none opposed.

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

Treasurer Report: **Alison reported the balance of the Parent Activity fund to be \$1052.25. Last month's expenditure was for the meeting meal. A deduction for this month will be for the meeting meal.**

Committee Reports: Tanya gave a brief school board report. She presented the Enrollment Plan and reported on our progress with our Program Improvement Plan at the last meeting. Health & Wellness Committee will meet next Monday. Parent Activity Committee planned a great Family Fun Night at the library **last month and will meet again on Friday to plan the "Health & Safety" Family Fun Night coming up this month.** The Education Committee and Family & Community Partnership Committees did not meet last month. The Lake County Early Childhood Council met this week. Thea reported on events to celebrate the Month of the Young Child, first aid classes, and early intervention caseloads.

Director's Report: **Tanya presented the Director's Report, noting that there were low attendance numbers for both children and staff last month. She reviewed the budget report, with two months passed, everything looks right on track. She presented reports for the Safeway and Sam's Club cards.**

Training: Mary explained events and activities designed to help families of children who are moving on to kindergarten next year. These include an ice cream social at the school where kindergarten is located, and a walking field trip for kids who will be attending school there next year.

Unfinished Business: none

New Business: Mary talked about the Community Assessment and how it is used to identify where Head Start preschool services fill a community need. Members gave feedback on gaps in services in the community and asked questions about recreation department activities and entertainment options in Lake County. Mary reviewed the ERSEA policies and explained how the policies are written to match performance standards. Members asked questions about the newer policy about staff discipline for violating the rules. Jen moved to approve the ERSEA policies and Kelly seconded. The motion passed with all in favor and none opposed. Tanya reported that there was not yet a COLA increases offered by OHS, but that we would bring one to the Council if and when it was received. Tanya also reported that the School Board approved the Enrollment Plan that was approved by Policy Council. We will wait to hear from OHS before publicizing or implementing the plan.

Announcements: The announcements from the agenda were noted, including ongoing enrollment for next school year, upcoming committee meetings and Family Fun Nights, and the next regular Policy Council meeting on May 11. Mary offered some additional information about registration for the Family Leadership Training Institute, and encouraged members to consider enrolling in that program to continue learning about advocacy.

Adjournment: The meeting was adjourned at 6:30pm 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

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

Head Start Policy Council

May 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.