



The Center

Volume 28, Issue 5

December 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.

December Events

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

December 1

"Winter Festival" Family Fun Night, 5:30-7:00

December 1

Deadline to sign up for Ski Program

December 12

The Center is CLOSED

December 15

Classroom Celebrations 10:00-12:30

December 23-January 9

The Center is CLOSED for Winter Break

Every Friday

Teacher Planning

Families Welcome



Preschool News—Head Start Updates

Hello Center Families,

As 2016 and the first half of our school year draw to a close, we wanted to take a moment to thank you for allowing us to serve you and your children at The Center this year. Every day it is both a pleasure and an honor to work with our preschool children. It is so exciting to see them learn and grow with each passing day! Our hallways and classrooms are filled with the sounds of children playing together, participating in activities, conversations with others, and at times lots of giggling.

The month of December can be a very busy month. Here are a few updates and important date reminders:

- Remember to use your Explore Your Community Passport to create a FREE ornament at Fire on the Mountain. Return your stamped Passport to room 9 and your child will also receive a free book.
- We go outside every day here at The Center unless the temperature is below 10 degrees. Please remember to send your child with their winter clothing including coat, boots, snow pants, hat, and mittens. Please see speak with **your child's teacher or let us know in room 9 if you need assistance with cold-weather clothing.**
- Our classroom celebration date has changed! These will take place on December 15, this is a change from the date that is listed in your parent handbooks. We be sending more specific information regarding the schedule **for each classroom so be sure to check your child's cubbie for flyers and an invitation.**

As the year reaches its midpoint please take a minute to stop by the front office **or Room 9 and tell us how we're doing.** If there are things **The Center is doing** well, we would love to know about them; we also want to know how we can improve. We look forward to continuing to partner with you into the New Year in support of your child!

With warmest regards, The Center Staff

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

Please come to

Winter Festival

Thursday, December 1

5:30-7:00pm

All preschool families are invited to join us for the evening of free, fun activities, including a photo opportunity with a special guest.



Transportation Updates

*Submitted by Jenny Mascarenaz
Transportation manager*

School Bus Etiquette

As we move further into our school year, we would like to share a few reminders with our families regarding the bus stop.

- Arrive at the bus stop 10 minutes early with your child dressed and ready to board the bus. Waiting for families to arrive to the bus stop can affect our ability to get to the next stop on time and the additional wait time can be difficult for the children already on the bus.
- An adult must wait with the children until they safely board the bus.
- Our bus times are approximate. We appreciate your patience as you wait for the bus to arrive.



Your child's safety is our primary concern! Thank you for your support so our bus system can continue to run smoothly!

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>

What is Social-Emotional Development?

In our preschool classrooms we do a wide variety of activities to help our children learn, develop, and grow. Along with learning things like songs, letters, and numbers, we also spend a large amount of time focused on skills that support social emotional development. This includes skills like making friends, knowing how to share, taking turns, and gaining confidence to do tasks independently. We also spend time focused on emotional literacy.

What is emotional literacy? - Emotional literacy is the ability to identify, understand, and respond to emotions in oneself and others. Talking with children about emotions and teaching **them the words to label their feelings helps support their "emotional literacy."** Children will begin to label their emotions, talk about them, and recognize emotions of others. This helps them become empathetic and gives them positive strategies for dealing with how they feel.

How do we use this strategy? - Our classrooms talk with children about emotions and teach them the words to label how they are feeling. During our morning meeting, also known as **circle time, we have a part of our routine that involves teaching a "social skill."** These social skills can range from teaching feelings like happy or sad to other social skills like sharing or taking turns. These taught skills are then supported throughout the preschool day. Some of the activities that we use to teach feelings include: talking about different feelings, modeling feelings and facial expressions, reading books and stories related to feelings, and using puppets to **model sharing emotions or how to respond to another person's feelings.**

How can you try this at home?

Express your own feelings – One way to help your child learn to label his or her feelings is to talk about your own emotions. Make a point to talk out loud about your feelings as you experience them throughout your day.

Label Your Child's Feelings – Provide feeling names for your **child's emotional expressions. This will support their vocabulary** regarding various feelings. For example, if your child is upset because you do not have time for them to play on the playground after school you can talk about feeling disappointed about having to leave right away and not having extra time to play.



Identify facial expressions – Look through magazines to find various feeling faces and cut them out to create a feeling face collage. Help your child label the different feeling faces and spend some time talking about a time that you felt that way. Another idea is to make different feeling faces for each other or in front of a mirror.

Book Nook – Here a few good book ideas that focus on feelings:

Glad Monster, Sad Monster by Ed Emberley & Anne Miranda

How Are You Peeling: Foods with Moods by Norma Simon

My Many Colored Days by Dr. Seuss

Grumpy Bird by Jeremy Tankard



If you would like to give your suggestions for the preschool menu, please contact the Health Manager, Nichole Glaser at 719-486-6923 or nglaser@lakecountyschools.net.



December 2016 Preschool Menu

<p>Menus are subject to change</p>				<p>Thursday- 1</p>	<p>Friday- 2</p>
	<p>Monday- 5</p>	<p>Tuesday- 6</p>	<p>Wednesday- 7</p>	<p>Thursday- 8</p>	<p>Friday- 9</p>
	<p>Monday- 12</p>	<p>Tuesday- 13</p>	<p>Wednesday- 14</p>	<p>Thursday- 15</p>	<p>Friday- 16</p>
	<p>Monday- 19</p>	<p>Tuesday- 20</p>	<p>Wednesday- 21</p>	<p>Thursday- 22</p>	<p>Friday- 23</p>



Breakfast is served at 9:30 with Meadow Gold fat free milk

Lunch is served at 12:00 with Meadow Gold fat free milk

Snack is served at 3:30 with water

The Center participates in the USDA funded program and is an equal opportunity provider and employer



Tips to Turn Mealtime into Family Time

Having meals together as a family is probably one of the easiest and most important activities you can do to promote healthy eating. Surprised? It sounds easy; but honestly, sometimes the simplest things turn out to be the most important. Kids are little sponges and they are learning and forming their nutrition habits throughout the day.



During mealtime kids learn about foods and their parent's food preferences. Children are starting to form lifelong associations with food (positive or negative) and their own **food choices (what they "like" and "don't like")**.

Here are some easy tips and guidelines to help you turn mealtime into fun family time:

Start each week with a The Kids Cook Monday family dinner night. When the whole family pitches in during mealtime, kids are more likely to eat the finished product. Use the cooking time to teach your child about nutrition and serving sizes. Remember adults and older kids can be nutrition role models as younger kids are developing life long health and eating habits.

Gather round the table. On family dinner night, eat around a table and let family be the focus by turning off the TV, cell phones and ipods. Use The Kids Cook Monday dinners as an opportunity to check in, catch up and share thoughts with each other.

Don't be a short order chef. Prepare only one meal for the entire family, but feel free to **give your kids "cuter" proportions.** An adult-sized plate can be daunting for a child, so be sure to start small. Try breaking up the meal into several tiny portions (with healthy foods first) so **your child can feel that they've successfully cleaned their plate.**

Make healthy eating fun. Sometimes all a child needs to embrace nutritious eating is a bit of excitement! Try offering dips, finger foods, interesting shapes, meal themes or a wide range of colors. Avoid forbidding foods or using certain foods for punishments or rewards. Instead let your kids pick a special day when they can indulge occasionally, so kids learn the **different between "everyday" foods and "sometimes" foods.**

Sneak in produce: You can boost the nutrition of any meal by mixing in fruits, vegetables or nuts. Add cucumbers or carrots to sandwiches, veggies to pasta sauces or nuts to salads. Put a teaspoon of flaxseed oil or yogurt in dressings to provide your child with brain building fatty acids. Keep an open dialogue about what foods your kid likes and serve them new foods with similar flavors to expand their palate.

Don't give up: Studies have shown that many kids won't try a new food until it's been offered several times, so keep trying! **Don't become upset if your child rejects a new food; after a few attempts it may seem more familiar.** Offer unfamiliar foods as an appetizer or with tried and true favorites. Encourage your child to try at least two bites of anything new and be sure to applaud adventurous eating.

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).

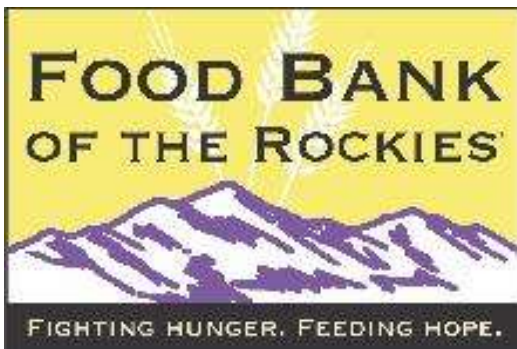
Here in Lake County, our very own Lauren Bissonette is the first contact for families interested in a Child Find evaluation. See her here at school, call her at 719-293-4613, send her an email at lbissonette@lakecountyschools.net, or stop by Room 9 for more information.

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.

When Kids Get Sassy

When kids get mouthy—when they have a comeback for everything we say—tension fills the house, blood pressures rise, and we may say and **do things that we'll later regret.**

Parents, we need to be self-controlled. And teach self-control. But how? How do you teach right behavior so it sinks in without yelling, making threats, or other emotional fireworks?



First, it's important to keep your cool. Your child probably thrives on getting a reaction out of you, and if you do get angry, you're essentially letting him or her control the situation.

But, as Foster Cline and Jim Fay describe in their Parenting With Love and Logic program, there is a way to maintain control and let your child save face: by giving them choices. The important thing is to offer two or three choices that are all agreeable to you.

You can't reason with a child when they're sassing you, so *give them choices with the goal of getting them away from you until they can speak calmly.* You could say, "Honey, would you like to go to your room, or outside, or down to the basement? You're free to come back when you can talk calmly like I'm doing."

Just keep urging him or her—politely—to relocate until they can be calm. Then, ***once tempers have cooled off, try to figure out your child's reasons for being disrespectful.*** Discuss it with the purpose of really learning about your child, not just stopping an ugly behavior.

Maybe he's just being hyper, letting off steam. Or, maybe it happens when you've asked her to do something and she doesn't want to do it. Does he feel put down? Or like she's being controlled? Does he really mean the rude words he's saying? Draw your child out, and listen without being judgmental or defensive.

You still *reinforce the fact that the behavior is unacceptable—and that's important—but you help your child come up with a better way to satisfy their desires in a polite and more effective way.* Parents, we can stay cool and teach our kids a better way.

This article was adapted from a post by Ken Canfield here:
<http://www.grandsmatter.org/hot-topics/custodial-grandparents/kids-get-sassy/>

More information about "Parenting with Love and Logic" is available here:
<https://www.loveandlogic.com/about/why-love-and-logic>



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
Byers, Darcey	Preschool Teacher	3	4406	dbyers
Caraveo, Brenda*	Preschool Teacher	2	4405	bcaraveo
Compean, Melina	Preschool Teacher	7	4410	mcompean
Dee, Blythe	Preschool Teacher	5	4408	bdee
Glaser, Nichole	Health Manager	Library	6923	nglaser
Glaser, Sally	Preschool Teacher	4	4407	sglaser
Holm, Lizz	Preschool Teacher	5	4408	lholm
Jelf, Mary	Family and Community Partnerships Manager	9	6928	mcannell
Koucherik, Stephanie	Preschool Teacher	3	4406	skoucherik
Lenhard, Tanya	Director of Early Childhood Programs	Office	6920	tdlenhard
Lizardo, Antonieta Maria	Cook	Kitchen	6924	-
Lopez, Nancy*	Preschool Teacher	6	4409	nalopez
Lopez, Noemi*	Bilingual Aide	Office	6920	nolopez
Lopez, Trisha	Preschool Teacher	8	4411	trlopez
Lujan, Jacqueline	Preschool Teacher	2	4405	jlujan
Martinez, Wanda	Preschool Support Staff	9	6920	wmartinez
Mascarenaz, Chantel	Preschool Teacher	6	4409	chmacarenas
Mascarenaz, Jenny*	Transportation Manager	9	6925	jmascarenaz
Oatey, Claire	Business Manager	Office	6929	coatey
Roeder, Lisa	Preschool Teacher	8	4411	lroeder
Romero, Marissa	Child Care Director	Office	6920	maromero
Sanchez, Chantell	Preschool Teacher	4	4407	chsanchez
Sandoval, Brandi	Preschool Support Staff	9	6920	brsandoval
Sifuentes, Anne*	Preschool Teacher	7	4410	ansifuentes
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 12, 2016

Attending: Thea Gab, Erin Duggin, Bethany Godzman, Maria Salas, Sandra Cano, Kelly Martinez, Chelsea Luna Garcia. Guests – Tanya Lenhard, Jenny Mascarenas, Mary Cannell

Not attending: Rosa Guzman, Danielle Swango, Amy Small, Crystal Flores, Alyssa Gallegos

The meeting was called to order at 5:30pm by Thea Gab, Policy Council chair. There were no messages on voicemail and no notes in the Suggestion Box.

Approval of Agenda and Minutes: Kelly moved to approve the agenda and Erin seconded. The motion passed with all in favor and none opposed. Erin moved to approve meeting minutes from previous meetings; Bethany seconded. The motion passed with all in favor and none opposed.

Roll Call: In the secretary's absence, Sandra offered to fill in for her. She called roll and assigned alternates to insure a quorum was present.

Treasurer Report: In Crystal's absence, Thea reported the balance of the Parent Activity fund to be \$775.35. Additional deductions will be made for the meeting meal for this month. Mary reviewed the purpose of the PAF and its potential uses, with a reminder that it all must be spent by the end of the fiscal year on January 31, 2017. Mary mentioned a possible collaboration with Build a Generation on a parent education event. Thea will send out an email to members to gather info on potential topics, since the next regular meeting is not until January, which is very close to the deadline.

Committee Reports: Ellie was not present to give a school board report. Other committees had not met in the past month. Future meeting dates for committees were noted on the agenda. Thea gave an update on the playground improvement committee, which is currently meeting via email and invited members to join the group.

Training: Mary discussed concepts of shared governance and how governance responsibilities are divided among the three groups.

Director's Report: Tanya presented the Director's Report and highlighted some different items including enrollment, attendance, and CLASS observations. She also presented the budget report and credit card ledger.

New Business: Mary reviewed the Program Planning Policy and how it outlines the planning process. The council requested an update clarifying the Community Assessment is now completed every 5 years, instead of every 3. Kelly moved to approve the Program Planning Policy with the update, and Chelsea seconded. The motion passed with all in favor and none opposed. Mary spoke of the Program Plan and how it defines how we meet each Performance Standard. A new plan matching the new Standards is in the works and will be presented to the Council upon its completion. The council expressed appreciation for the way staff are learning about and implementing the new performance standards in a planned and purposeful way. Tanya presented the Program Improvement Plan. She explained how it lists the goals from the Continuation Grant and further develops them by identifying action steps and ways to measure progress. She used a few goals as examples, and members asked questions to clarify. Members made suggestions about supporting dual language learners and offering developmental screenings to younger siblings. Chelsea moved to approve the Program Improvement Plan, and Bethany seconded. The motion passed with all in favor and none opposed. Tanya presented the child outcomes data for the fall checkpoint. She explained the structure of the report, how the data is gathered, and identified successes and areas for improvement. Members asked questions about strategies used by teachers to foster growth. They were appreciative of the fact that the very positive numbers for social-emotional development seem to reflect the targeted professional development that has been done for teachers this year.

Unfinished Business: Mary reviewed the Community Complaint Process and how and when it is used. Erin moved to approve the Community Complaint Process, and Bethany seconded. The motion passed with all in favor and none opposed. Mary directed members to the Policy Council By Laws in the binders. She explained what by laws are and why organizations have them. She requested that the council consider a reduction in the number of Policy Council members, in consideration of lowered enrollment numbers. There was thoughtful discussion among group members and different numbers debated. The group asked that the number of Head Start members be lowered to 6, plus one alternate and the number of community representatives stay the same at 4 with 2 alternates. Tanya informed the group that the new performance standards give programs the option of extending the term of office for members from 3 years to 5. During discussion the group decided it would be nice to have this option, since so many families have more than one child move through the program. They asked for clarification on whether people who only serve as alternates and never actually vote are counted as having a year of service. Kelly moved to approve the by laws with the amendments to the number of members and the term of office; Chelsea seconded. Members were asked to assist with recruiting new members to fill out membership numbers. Mary presented the Shared Governance Policy that had been discussed previously in this meeting and prior meetings. Kelly moved to approve the Program Governance Policy, and Chelsea seconded. The motion passed with all in favor and none opposed.

Announcements: The announcements from the agenda were noted, including ongoing enrollment for this school year, the school district's parent survey, upcoming closures and events, and the next regular Policy Council meeting on January 11.

Adjournment: The meeting was adjourned at 7:00pm by Thea.

Respectfully submitted, Sandra Neal Cano, substitute for 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 6 from 1:00—3:00pm at CMC. Parents and caregivers welcome.

Head Start Policy Council

January 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.