



# The Center

Volume 28, Issue 6

January 1, 2017



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

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

January 9

*The Center is CLOSED  
Teacher work day*

January 10

*First day back from break  
for kids and families*

January 11

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

January 16

*The Center is CLOSED for  
Martin Luther King, Jr.'s  
birthday*

January 12,18,19,25,26  
*Ski Program days*

Every Friday

*Teacher Planning  
\*Families Welcome\**

## Preschool News—Head Start Updates

Welcome Back! Our staff is refreshed after our winter break, and we are looking forward to continued fun and learning in our preschool classrooms during the second half of the year. There are a few exciting things happening already in the month of January. Congratulations to the 20 lucky 4 year olds who will be participating in our Learn to Ski Program this month. If your child was selected for this program, please reference your acceptance packet for detailed information regarding dates, times and what to expect. Please call Claire at 486-6929 with any questions.

Also, we are excited to share with families that our preschoolers will be riding the bus for our story hour field trips at the Lake County Public Library for the months of January, February, and March. Please **see your child's monthly classroom calendar for specific dates and times.**

Parents who are volunteering to help on these trips are welcome to join the classroom on the bus. If you have younger children that you plan to bring to join in on this experience, please plan on meeting the classrooms at the library. We are excited to have this fun experience continue for our preschoolers through the winter months!

Also, just a reminder that our preschoolers go outside every day that the temperature is above 10 degrees. Our playground is now a winter wonderland so please continue to send winter gear to school with your child every day. Thank you and Happy Winter!



## 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

## 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/2016/12/14/the-center-head-start-annual-report-is-now-available/>**

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

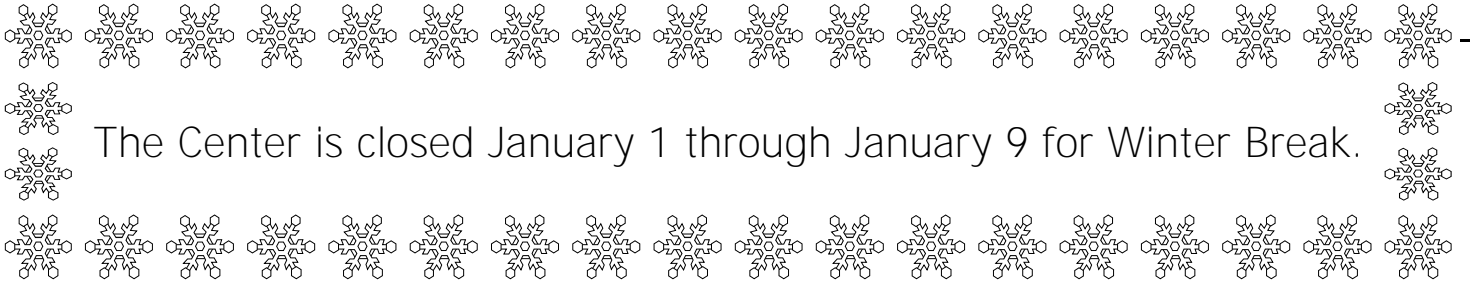
We hope you will take time to review this information. If you have any questions or concerns about items in this report, please contact our Business Manager, Claire Oatey, in the Front Office, or the Director of Early Childhood Programs, Tanya Lenhard.



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.



# January 2017 Preschool Menu



The Center is closed January 1 through January 9 for Winter Break.

Monday- 9	Tuesday- 10	Wednesday- 11	Thursday- 12	Friday- 13
NO SCHOOL TODAY	CHEESY BAGEL, FRUIT ----- NACHOS WITH GROUND BEEF, MUFFIN, VEGGIES, FRUIT ----- STRING CHEESE, PINEAPPLE	CEREAL, FRUIT ----- CHICKEN NOODLE SOUP, CRACKERS, FRUIT ----- GRAHAM CRACKERS, FRUIT	MUFFIN, FRUIT ----- BEEF & CHEESE QUESADILLA, SALSA, CORN, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- TURKEY & CHEESE SANDWICH, YOGURT, VEGGIES, FRUIT ----- MUFFIN, FRUIT
Monday- 16	Tuesday- 17	Wednesday- 18	Thursday- 19	Friday- 20
NO SCHOOL TODAY	GRANOLA BAR FRUIT ----- CHILI CHEESE PIE, CHEESY CORNBREAD, VEGGIES, FRUIT ----- STRING CHEESE, CRACKERS, FRUIT	CEREAL, FRUIT ----- PEPPERONI PIZZA, VEGGIES, FRUIT ----- BANANA BREAD, FRUIT	WAFFLES, APPLESAUCE ----- HAMBURGER ON A BUN, FRENCH FRIES, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	CEREAL, FRUIT ----- HAM & CHEESE SANDWICH, YOGURT, VEGGIES, FRUIT ----- MUFFIN, FRUIT
Monday- 23	Tuesday- 24	Wednesday- 25	Thursday- 26	Friday- 27
CEREAL, FRUIT ----- TOASTED CHEESE SANDWICH, VEGGIES, FRUIT ----- GRAHAM CRACKERS, VEGGIES	CHEESY BAGEL, FRUIT ----- BEEF TACO, SPANISH RICE, FRUIT ----- COTTAGE CHEESE, PINEAPPLE	CEREAL, FRUIT ----- SPAGHETTI AND MEAT SAUCE, BREADSTICK, VEGGIES, FRUIT ----- GRAHAM CRACKERS, FRUIT	MUFFIN, FRUIT ----- PIG IN A BLANKET, SUN CHIPS, VEGGIES, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- TURKEY & CHEESE SANDWICH, YOGURT, VEGGIES, FRUIT ----- MUFFIN, FRUIT
Monday- 30	Tuesday- 31	 <p>Menus are subject to change</p>		
CEREAL, FRUIT ----- BREAKFAST FOR LUNCH ----- ANIMAL CRACKERS, VEGGIES	GRANOLA BAR FRUIT ----- NACHOS WITH GROUND BEEF, MUFFIN, VEGGIES, FRUIT ----- STRING CHEESE, CRACKERS, FRUIT			

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

### Belayers for Exploring Children

Are you manning the ropes for your kids? As you cheer their climb, are you also prepared for them to fall?

Mountain climbing provides a great analogy for that stage of life when our kids begin to explore the world. From the early years through to their twenties and beyond, we want to instill in them a healthy attitude about discovery-cautious, yet confident.

Now, at first glance, scaling a huge rock may appear dangerous: a handful of people going up hard, unforgiving crags, connected only by ropes. However, under the guidance of a trained professional, the sport is relatively safe. The leader anticipates potential disasters and takes precautions against them.

Ideally, two support ropes are anchored into rocks from different angles, taking into account different possible stresses. While the climber ascends, he is supported by the belay man, who is responsible for letting out rope as well as holding the climber in case he should fall. In addition, the belay man will often view the climb from an overall perspective-either below or above the climber-and can offer encouragement and suggestions to help him or her succeed.

What a great image that is for parents! We can create the support, encouragement, and perspective necessary for the child to feel safe and secure as she explores. In rock climbing, a good belayer is one who is both focused and calm, alert and patient. We must strive to cultivate those same qualities.



**And of course, once we've created an environment where our children feel safe to explore the world, we must let them do so. That might sound simple, but it's often very difficult. Our instincts may tell us to keep them protected and isolated. That's safer and, let's face it, more convenient for us.**

**Yet, even if we tried, we couldn't stop our children from exploring. Their quest for understanding requires it. Our homes can no longer contain them.**

**So the question isn't 'Will your child explore the world?' but, "Will you be her belay man? Will you accompany her in her exploration?"**

You can try to deny the inevitable and leave her to face the outside world alone. Or, you can be a partner and encourager who helps her navigate the dangers and reach the top.



# 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	mjelf
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.