



# The Center

Volume 28, Issue 10

May 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.

## May Events

*Remember to come fill out an enrollment application for 2017—2018!*

### May 1 & 2

*No School the Center is Closed*

### May 2

*Kindergarten Pre-registration at West Park 2:00—6:00pm.*

### May 4

*Family Fun Night Kindergarten Ready ONLY At West Park 6:00-7:00pm*

### May 11 & 12

*Home Visits No School the Center is Closed*

### May 22

*Policy Council meeting 5:00-8:00 at The Center*

### May 25

*Last Day of Preschool Preschool Celebrations 10:00—11:00am.*

*Every Friday Teacher Planning*

## Preschool News—Head Start Updates

### *Teacher Appreciation Week—May 1 through May 5*

*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 1-5, 2017..

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.

## 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 join us for Family Fun Night Kindergarten Ready Kids*

**At West Park Elementary School**

Thursday, May 4

6:00-7:00pm



# Transportation Updates

*Submitted by Jenny Mascarenaz  
Transportation manager*

## Bus Evacuation Drill



We had our last bus evacuation drill practice in the back parking lot at The Center on April 12, 2017. 30 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;"><b><u>Lake County Public Health</u></b></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;"><b><u>Nutrition Programs</u></b></p> <p>WIC- 486-2749 Supplemental foods for 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;"><b><u>Doctors</u></b></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;"><b><u>Mental Health/Support Services</u></b></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;"><b><u>Dentists</u></b></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;"><b><u>Emergency &amp; Hospital</u></b></p> <p>Emergency.....911</p> <p>St. Vincent Hospital.....486-0230</p> <p style="text-align: center;"><b><u>Optometric</u></b></p> <p>Lake County Vision Center.....486-2505</p>

## **Tips for Parents: A Parent's Guide to Reading with Your Child**

Reading Together is Magical. As you discover adventures between the covers of a book, you also discover things about each other. And with every page you turn, your child expands vocabulary, comprehension, reasoning, grammar and other skills.

Here are 10 tips to help you bring up a book lover.

**Create Reading Rituals.** Read together every day, starting when your child is a baby. Set aside a special time and place to read together. Let your child know that reading is important to you, and that your child can expect to enjoy this time and place with you on a regular basis.

**Get Close.** When you cuddle with your child while reading a story, your child begins to associate reading with a sense of security. Children learn better when they feel safe.

**Provide Sound Effects.** Use silly voices and sounds to keep your child interested in the story. Hearing different sounds in language also helps your child develop critical listening skills. Try singing, too!

**Make Connections (1).** Help your child connect the words you are reading and the words she is hearing. Follow along with your finger as you read to show how print moves from left to right. Point out the pictures in the book and talk about what you see.

**Make Connections (2).** We're surrounded by letters and words. Children need experience with all kinds of print- from shopping lists to the Internet to street signs. Point out letters and words around you. Connect the letter symbol to the name of the letter.

**Talk About It.** When reading or telling a story, pause to talk to your child about it. Ask him open-ended questions, like "What do you think will happen next?" or "What would you do?" Put things in your own words to help make the story clearer for your child.

**Read It Again.** Children need to hear favorite stories over and over. This helps them recognize and remember words. It also helps them learn how to predict what's coming next. Most importantly, as kids become familiar with a story, it gives them confidence about reading and improves their comprehension and background knowledge.

**Keep It Active.** Let your child touch and hold the book. Ask her to help you turn the pages. And you don't always have to sit when you read or listen to a story. Try clapping out a fun rhyme or dancing to a silly poem.

**Be Creative.** Too tired to hold a book? Tell a story that you know, or make one up together. Making up a story with your child stimulates creativity. It's also a nice change.

**Follow Your Child's Pace.** Don't push your child to read beyond his ability. Choose books suited to his age and development, and let him choose books that are interesting to him. Encourage your child's reading, and congratulate him when learns a new word or masters a new skill.

*Written by the National Center for Family Literacy.*



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.



## May 2017 Preschool Menu

Monday- 1	Tuesday- 2	Wednesday- 3	Thursday- 4	Friday- 5
NO SCHOOL TODAY CENTER CLOSED	NO SCHOOL TODAY CENTER CLOSED	CEREAL, JICAMA, FRUIT ----- TURKEY AND CHEESE SAND- WICH, FRUIT, CARROT STICKS ----- BANANA BREAD, FRUIT	WAFFLES, APPLESAUCE ----- CHICKEN TENDERS, MACARO- NI AND CHEESE, VEGGIES. FRUIT ----- SOFT PRETZEL, SUN BUTTER, FRUIT	CEREAL, FRUIT ----- COOKS CHOICE, VEGGIES, AND FRUIT ----- MUFFIN, FRUIT
Monday- 8	Tuesday- 9	Wednesday- 10	Thursday- 11	Friday- 12
CEREAL, FRUIT ----- BREAKFAST FOR LUNCH, FRUIT, VEGGIES ----- ANIMAL CRACKERS, VEGGIES	CHEESY BAGEL, MANDARIN ORANGE ----- NACHOS WITH GROUND BEEF, MUFFIN, FRUIT, VEGGIES ----- STRING CHEESE, PINEAPPLE CHUNKS	CEREAL, FRUIT ----- SPAGHETTI & MEAT, BREAD- STICK, FRUIT, VEGGIES ----- GRAHAM CRACKER, FRUIT	MUFFIN, FRUIT ----- TURKEY AND GRAVY, MASHED POTATOES, ROLLS, FRUIT ----- HARD BOILED EGGS, CRACK- ERS, FRUIT	CEREAL, FRUIT ----- COOKS CHOICE, VEGGIES, FRUIT ----- MUFFIN, FRUIT
Monday- 15	Tuesday- 16	Wednesday- 17	Thursday- 18	Friday- 19
CEREAL, FRUIT ----- GRILLED CHICKEN, FRUIT, AND VEGGIES ----- ANIMAL CRACKERS, VEGGIES	GRANOLA BAR, , FRUIT ----- BEEF QUESADILLA, CORN, FRUIT, AND SALSA ----- STRING CHEESE, CRACKERS, FRUIT	CEREAL, FRUIT, ----- PEPPERONI PIZZA, FRUIT, VEGGIES ----- BANANA BREAD SQUARES, FRUIT	WAFFLES, APPLESAUCE ----- TOASTED CHEESE SAND- WICH, YOGURT, FRUIT, AND VEGGIES ----- SOFT PRETZEL, SUN BUTTER, FRUIT	CEREAL, FRUIT ----- COOKS CHOICE, VEGGIES, FRUIT ----- MUFFIN, FRUIT
Monday- 22	Tuesday- 23	Wednesday- 24	Thursday- 25	Friday- 26
CEREAL, FRUIT ----- HAMBURGER ON A BUN, FRENCH FRIES, AND FRUIT ----- ANIMAL CRACKERS, VEGGIES	CHEESY BAGEL, FRUIT ----- CHILI CHEESE PIE, CHEESY CORNBREAD, FRUIT, AND VEG- GIES ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- TURKEY AND CHEESE SAND- WICH, FRUIT, CARROT STICKS ----- GRAHAM CRACKER, FRUIT	MUFFIN, FRUIT ----- COOKS CHOICE, VEGGIES, FRUIT ----- HARD BOILED EGGS, CRACK- ERS, FRUIT	COOKS CHOICE, FRUIT ----- COOKS CHOICE, VEGGIES, FRUIT ----- MUFFIN, FRUIT
			<h3 style="margin: 0;">Menus are subject to change</h3>	

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



## Health News

*From the Health Manager,  
Nichole Glaser*

All of us have a very different idea of what it would look like if we were planning and preparing nutritious meals and snacks for ourselves and our families. There are, however, universal guidelines that can help all of us make small, sustainable steps toward nourishing our bodies with the calories we consume.

### Eat more whole foods!

Whole foods are foods that are as close to the state in which they were either grown or raised. For example, a whole grain is harvested from a plant looking like a seed. That grain can be rolled or ground to various fineness. After that, it may be bleached to make it more appealing to be used in baked goods. Though grain products can be enriched with vitamins and minerals following **refinement, the product most often won't contain the fiber that your body needs to satisfy your appetite.** The more refined a grain becomes through processing, the less your body has to do to process it. Work that body!

The same is true for vegetables, fruit and protein. If there is no label on your food, or there are **only ingredients that you recognize as food on the label, it's probably a healthy choice! Most of the time, an apple or orange doesn't need a label! It's good for you!**

This does not discount the value of combining whole foods in a recipe that you make at home. Some food combinations even work together to encourage better absorption of nutrients in your body. For example, eating spinach and tomato together helps your body to absorb the iron in the spinach.

### Eat more variety of foods!

Try filling half of your plate with a fruit, vegetable or legume from each nutrient group in the chart on this website: <http://www.fruitsandveggiesmorematters.org/key-nutrients-in-fruits-and-vegetables>

Then, add a protein and grain from this list:

Eggs

Cheese

Yogurt

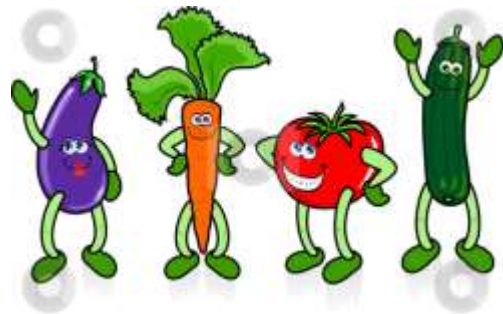
Peanut Butter

Lean Meats, Fish, and Poultry

Beans, Tofu, Lentils, and other Legumes

Grains, including bread and pasta

Nuts and Seeds



**Plan your meals around the freshest ingredients available! Healthy eating doesn't have to break the bank! You can look for recipes that call for ingredients that are on sale in your grocery store! Have fun getting your kids involved in picking out different fruits and veggies in the store! They are more likely to eat something that they choose! It's ok to play with your food!**

# Community Connections

*From Lisa Roeder  
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).

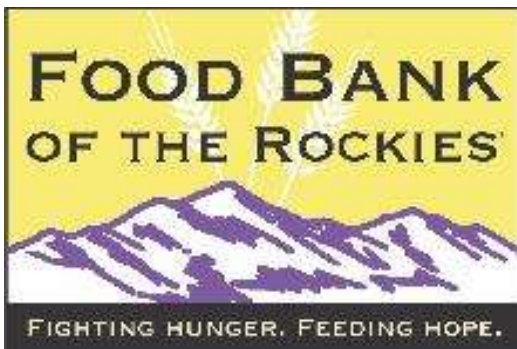
Here in Lake County, our very own Lauren Bissonnette is the first contact for families interested in a Child Find evaluation. See her here at school, call her at 719-293-4613, send her an email at [lbissonnette@lakecountyschools.net](mailto:lbissonnette@lakecountyschools.net), or stop by Room 9 for more 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.

## Calling all DADS!

*From The Center  
management staff*

Now that the weather is getting warmer and the snow is melting, Children love to go outside and play, explore, and learn!!!! What FUN it is when your daddy comes outside with you!!! Here are lots of FUN activities you can do with your child and family!!

### GO:

- \*Go Camping. Front yard, back yard, on your porch or deck!
- \*Go on a worm hunt!
- \*Go to the lake – swim or fish!
- \*Go to our local parks!
- \*Go for a hike or a bike ride (We have an awesome bike path!) We have two strider bikes that you may check out in room 9!!!



### MAKE:

- \*Make an obstacle course in your back or front yard!
- \*Make and sell lemonade!
- \*Make homemade popsicles!!
- \*Make rock bugs! Collect all shapes and sizes of rocks paint them and put them in your yard or garden!!!

### PLAY & DO:

- \*Fly a kite!
- \*Have a picnic in your yard, at the lake, or in a park!
- \*Play I Spy (what are the different things you can see in the outdoors?)
- \*Play with sidewalk chalk!!
- \*Go for a drive to someplace new!!! Have a scavenger hunt!!!
- \*Play in the sprinkler or if you have a pool, have a pool party!!!



### AROUND LEADVILLE:

- \*Lots of Lakes (Twin, Turquoise, Hayden Meadows, Crystal, and Clear Creek!)
- \*Lots of Parks (Kiddie Corel, Community Park, Huck Fin, the Intermediate School, and West Park!)
- \*We have the skating park (Remember to wear your Helmets!!)
- \*There are lots hiking trails and of course the bike path!!!!

We live in such a beautiful location and community there is a lot to do and see, so go outside together and have a WONDERFUL SUMMER!!!!!!

## SPRING ART SHOW

Parents this year our preschool classes will share their artwork during the Spring Art Show!!! Please Join Us!!!!

WHEN: May 5, 2017

WHERE: Lake County Middle School

TIME: 5:00—8:00 p.m.



There will be music, games, a silent auction, a pottery sale, and lots of beautiful artwork!!!!

Admission is free, but some of the activities do require the purchase of tickets!!!



# 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
Koucherik, Stephanie	Preschool Teacher	3	4406	skoucherik
Lenhard, Tanya	Director of Early Childhood Programs	Child-Office	6920	tdlenhard
Lizardo, Antonietta 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	Family and Community Partnerships Manager	9	6928	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
Sarah Woodcock	Preschool Teacher	8	4411	swoodcock
Policy Council*	Parents/Community Reps	9	2190	lroeder
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 .

# THANK YOU !!!!

Thanks to the Policy Council Board for all their time and dedication to The Center and our Early Childhood Program!!!

ALYSSA

THEA

ERIN

SANDRA

CHELSEA

DANIELLE

ROSA

MARIA

KELLY

BETHANY

*Volunteering is a work of heart*

CRYSTAL

ELLIE



AMY

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)

### Head Start Policy Council

May 22 at 5:00—8:00 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.