



The Center

Volume 28, Issue 4

November 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.

November Events

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

November 16

The Center Thanksgiving Lunch. Please ask your teacher about your child's time.

November 17

The Center is Closed, Professional Development Day

November 20-24

The Center is Closed, Fall Break

EVERY THURSDAY

IS

**"WEAR YOUR
PANTHER T-SHIRT
DAY AT THE
CENTER!!!!"**



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

The Center welcomes Donna Kuster to our teaching team

You may have noticed a new face in our hallways at The Center.

Donna Kuster is the new teacher in Room 2. Donna comes to us with lots of Early Childhood experience and loves working with preschoolers.



Let's all share our smiles and welcome her to The Center.



Please join your child's class for

Thanksgiving Lunch

Thursday, November 16—see schedule for time
Tickets are available from Claire in the front office in Room 9.

Watch your child's cubby for more information.

Reminder...

The Center will be closed for Fall Break
*Monday, November 20 through Friday,
November 24*

The building will be completely closed with no preschool or child care services available.



Transportation Updates

Submitted by Jenny Mascarenaz

Transportation manager

Make Sure Every Passenger has a Seat Belt, Car Seat or Booster Seat

1. Remember to buckle up every ride, every time, whether it's the long trip to visit family or around the block to the mall.
2. When traveling in large groups, all riders in a vehicle need their own seat belt or car seat, even for short rides.
3. Check your car seat before holiday travel. Seventy-three percent of car seats are not used or installed correctly, so check it before you hit the road. If you are having even the slightest trouble, questions or concerns, certified child passenger safety technicians are able to help or even double check your work. Find a Safe Kids car seat checkup event near you.
4. Safety in the car goes beyond your little ones. Kids who have outgrown a forward-facing harness seat are not ready for a seat belt or front seat yet. They are safest in a booster seat that enables the adult seat belt to fit properly. Even when children have graduated from booster seats, they should remain in the back seat until they reach the age of 13.



Lake County Community Health Resources

<p><u>Lake County Public Health</u></p> <p>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><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><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><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><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><u>Emergency & Hospital</u></p> <p>Emergency.....911</p> <p>St. Vincent Hospital.....486-0230</p> <p><u>Optometric</u></p> <p>Lake County Vision Center.....486-2505</p>

Five Essentials to Meaningful Play



By Marcia L. Nell and Walter F. Drew

“One of my clearest childhood memories is slithering through the tall grass like a snake with my brother and sister.”

When you think back on your childhood, what happy play memories come to mind? Adults today tend to **think back on their childhood play memories with nostalgia and often call them the “good old days.”** Memories of joyful and meaningful play experiences help bind families together emotionally, even long after children are grown. Are our children experience the same kind of joy, meaning and family bonding in their play?

Here are five elements essential to meaningful play that create those rich memories we treasure:

1. Children make their own decisions.

When children choose how to play themselves, they experience freedom making those choices. They also begin to see connections between choice and the consequences or results of that choice. The type of toys or materials parents offer can help their children make more meaningful decisions. Open-ended materials can be used in many ways so children can decide for themselves how to use them. For example, a child can imagine a block to be a fire truck or any number of things. A toy fire truck, on the other hand, is usually used as a fire truck. Foam pieces, little wooden sticks, ribbon scraps, and other reusable resources are all open-ended materials that inspire create thinking and delight when children use them to make something no one has ever made before.

2. Children are intrinsically motivated

The impulse to play comes from a natural desire to understand the world. This play impulse is as **strong as your child’s desire for food or sleep. It is the intrinsic motivation that allows a child to regulate her own feelings and desires in order to keep playing.** Because children eventually find it more important to be part of play with their friends than to satisfy their own wants and needs at that moment, children learn self-control. And self-control has been shown to lead to success in later years, especially **in today’s information age, where distractions are a part of daily life.**

3. Children become immersed in the moment

In true play, children are so fully engaged that they lose awareness of their surroundings, time and space. In this risk-free atmosphere where reality is suspended, children have the security and safety they need to experience, try new ideas, and investigate the laws of nature. Although they are immersed in their play, children still can recognize reality versus fantasy, something parents often wonder about.

4. Play is spontaneous, not scripted

Often, play is totally unplanned. Other times, play is planned but a child impulsively makes a change. One child changes his mind, or perhaps a toy does not cooperate. This sense of the unknown provides children with opportunities to develop flexibility in their thinking and decision making, which is a vital life skill.

5. Play is enjoyable

Play always has an emotional response attached to it. Without this emotional connection, the experience is simply an activity; it is not PLAY. Enjoyment is the direct result of engaging in play. It is FUN! These five essential elements of play outline why play provides your child with a rich experience. **And isn’t that what we want for our children, to develop play memories that will become the “good old days?”**



November 2017 Preschool Menu

		Wednesday— 1	Thursday— 2	Friday— 3
Menus are subject to change		Cereal and Fruit ----- Grilled Cheese Sandwich, Tomato Soup, Fruit and Veggies ----- Banana Bread Squares and Fruit	Waffles and Applesauce ----- Chicken Alfredo, wheat rolls, veggies, and fruit ----- Soft Pretzels, sun butter, and fruit	Cereal and Fruit ----- Hot dog on a bun, baked beans, and fruit ----- Muffin and Fruit
Monday— 6	Tuesday— 7	Wednesday— 8	Thursday— 9	Friday— 10
Cereal and Fruit ----- Pizza with cheese topping, sherbet, veggies, and fruit ----- Crackers and fresh veggies	Biscuit, egg, and cheese, gou-da cheese and fruit ----- Chicken quesadilla, corn, and fruit ----- Cottage cheese and pineapple chunks	Cereal, jicama, and fruit ----- Turkey & cheese sandwich, cheddar sun chips, veggies and fruit ----- Graham crackers and fruit	Muffin and Fruit ----- Italian dip sticks, veggies, and fruit ----- Hard boiled egg, crackers, and fruit	Cereal and Fruit ----- Cooks choice, veggies, and fruit ----- Muffin and Fruit
Monday— 13	Tuesday— 14	Wednesday— 15	Thursday— 16	Friday— 17
Cereal and Fruit ----- Chicken chunks, macaroni and cheese, veggies, and fruit ----- Crackers and fresh veggies	Granola, wasa bread, & fruit ----- Beef taco, Spanish rice, veggies, and fruit ----- String cheese, crackers, and fruit	Cereal, buttermilk, and Fruit ----- Cheeseburger on a bun, potato triangles, and fruit ----- Banana Bread Squares and Fruit	Waffles and Applesauce ----- THANKSGIVING DINNER ----- Soft Pretzels, sun butter, and fruit	CENTER CLOSED NO SCHOOL
Monday— 20	Tuesday— 21	Wednesday— 22	Thursday— 23	Friday— 24

The Center is closed this week for Thanksgiving Break.

Monday— 27	Tuesday— 28	Wednesday— 29	Thursday— 30	
Cereal and Fruit ----- Pizza with cheese topping, sherbet, veggies, & fruit ----- Crackers and fresh veggies	Granola, water chestnuts, & fruit ----- Chicken quesadilla, corn, and fruit ----- String cheese, crackers, and fruit	Cereal, dried currants, and Fruit ----- Turkey & cheese sandwich, cheddar sun chips, veggies and fruit ----- Banana Bread Squares and Fruit	Cereal, dried currants, and Fruit ----- Italian dip sticks, veggies, and fruit ----- Soft Pretzels, sun butter, and 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



Second Hand Smoke and Your Preschooler

Second hand smoke can have a large impact on your growing preschooler. According to website healthychildren.org, the definition of **second hand smoke, or environmental tobacco smoke, is “the smoke a smoker breathes out and that comes from the tip of burning cigarettes, pipes, and cigars.” Children are especially prone to developing issues caused from second hand smoke** because their lungs are still developing at this age.

As parents of preschool age children, we should strive to have our children in a smoke free environment as much as possible. Here are some tips from the healthychildren.org website to keep your children from being exposed to second hand smoke:

- Set the example. If you smoke, quit today! If your children see you smoking, they may want to try it, and they may grow up smoking as well. If there are cigarettes at home, children are more likely to experiment with smoking—the first step in becoming addicted.
- Remove your children from places where smoking is allowed, even if no one is smoking while you are there. Chemicals from smoke can be found on surfaces in rooms days after the smoking occurred.
- [Make your home smoke free](#). Until you can quit, don't smoke inside your home and don't smoke anywhere near your children, even if you are outside. Don't put out any ashtrays. Remember, air flows throughout a house, so smoking in even one room allows smoke to go everywhere.
- [Make your car smoke free](#). Until you can quit, don't smoke inside your car. Opening windows isn't enough to clear the air and can actually blow smoke back into the faces of passengers in the back seat.
- Choose a babysitter who doesn't smoke. Even if the babysitter smokes outside, your children are exposed. Consider changing babysitters to find a smoke-free environment for your children.

If you need help to quit smoking, talk with your doctor. They will always be happy to help you!



We have had some changes to our closing staff. Ms. Anne will now be closing Room 1 Monday through Thursday. Ms. Trisha will be our second closing teacher. As changes occur please bring in your I.D with you to pick up, our new closing staff will be checking while they get to know parents.

Making Books A Part of Your Child's Bedtime Routine

Set aside 20 to 30 minutes with the TV off for sharing books as part of your regular bedtime routine. Regular bedtime routines started when children are young help prevent future bedtime struggles. Teaching your children how to fall asleep alone by putting them in bed awake helps prevent future night waking's.

4 Year Olds Can:

Tell you which books they want to share with you.
Pretend to read a favorite book aloud to you.
Tell you how a story is like things they have seen or done.
Ask you questions about books you are enjoying together.
"Correct" you if you skip a word or page in a favorite book.
Tell you the story in a favorite book in their own words.



What Parents Can Do:

Find a quiet, comfortable place for book sharing.
Ask your child to tell you about the pictures and the story.
Respond with enthusiasm to your child's questions and comments.
Ask your child to show you all the things in a picture that are alike in some way. You can say: "Can you find all the blue things?" or "Show me all the things that can fly."
Point out colors, shapes, numbers and letters in their books.
Take your child to your local public library to borrow books or to enjoy *Story Time*.

Source: Committee on Early Childhood (Copyright © 1994 American Academy of Pediatrics)

Family Partnerships

Lisa Roeder,
Family and Community Partnerships
Manager



Shout Outs



Families, you may have noticed that you have been receiving Shout Outs through text, emails, or phone calls. If you haven't, and would like to receive these, please let Ms. Lisa or Ms. Jenny know in Room 9, or Ms. Marissa in the front office. We must have a current cell phone number and email address!!!!

Family Spotlight

From The Center
management staff

*We caught some of our awesome dads playing on the
playground with their kiddos!!!!*



Child development refers to a child's ability to perform tasks of greater complexity as he gets older. Child development involves language, social and motor skills. Physical development in children refers to the development of their motor skills, which involves using their bodies.



How to Contact The Center Staff

For voicemail, dial 486-6888, then enter the extension listed.
For email, use the listed address & @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	2	4405	dbyers
Kuster, Donna	Preschool Teacher	2	4405	dkuster
Compean, Melina	Preschool Teacher	7	4410	mcompean
Dee, Blythe	Preschool Teacher	5	4408	bdee
Glaser, Sally	Preschool Teacher	4	4407	sglaser
Koucherik, Stephanie	Preschool Teacher	4	4407	skoucherik
Lenhard, Tanya	Director of Early Childhood Programs	Office	6921	tdlenhard
Lizardo, Antonieta Maria	Cook	Kitchen	6924	malizardo
Lopez, Nancy*	Preschool Teacher	6	4409	nalopez
Lopez, Noemi*	Bilingual Aide	9	4404	nolopez
Lopez, Trisha	Preschool Teacher	5	4408	trlopez
Lujan, Jacqueline	Preschool Teacher	5	4408	jlujan
Martinez, Wanda	Preschool Support Staff	9	4404	wmartinez
Mascarenaz, Jenny*	Transportation Manager	9	6925	jmascarenaz
Marcella, Kayla	Business Manager	Office	6929	kmarcella
Martinez, Marissa	Child Care Director	Office	6920	mamartinez
Roeder, Lisa	Family and Community Partnerships Manager	9	6928	lroeder
Chavez, Chantell	Preschool Teacher	3	4406	chchavez
Sandoval, Brandi	Preschool Support Staff	9	4404	brsandoval
Sifuentes, Anne*	Preschool Teacher	7	4410	ansifuentes
Holm, Lizz	Health Manager	Library	6923	lholm
Policy Council*	Parents/Community Reps	9	2190	lroeder
	Preschool Teacher	2	4405	
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 – September 20, 2017.

Attending: Kristi Galarza, Sarah Woodcock, Maria Perez, Tara Espinoza, Crystal Flores, Roxann Charley, and Chelsea Luna

Not Attending: Claudia Medellin, Carla Miramontes, Katie Speckman, and Jordan Soutiere

New Member Introductions: Each Policy Council member introduced themselves to the rest of the group.

Roll Call: Crystal called roll and determined that a quorum was present. Since Crystal is a returning Policy Council member she took the minutes.

Voting of Policy Council Representation: The members that were in attendance, after reviewing the duties of each position discussed who would be interested in chairperson, secretary, and treasurer. Kristi Galarza volunteered to be chairperson. Tara made the motion to vote Kristi as chairperson, Sarah seconded, and all were in favor with no opposed. Tara then volunteered to be secretary. Crystal made the motion, and Sarah seconded. All were in favor and no opposed. Treasurer was last, and Crystal volunteered to continue to be the Treasurer. Tara made a motion to accept Crystal, and Sarah seconded. All were in favor and none opposed. The members then chose the room numbers they were going to represent.

2017 – 2018 Policy Council Chairs

Kristi Galarza – Chairperson

Tara Espinoza – Secretary

Crystal Flores - Treasurer

Approval of Agenda and Minutes: Chelsea made a motion to approve the agenda, and Crystal seconded. All were in favor and no one was opposed. The Council then looked over the minutes from the Special Meeting that took place on September 15, 2017. Tara made a motion to approve the minutes from the Special Meeting, and Chelsea seconded. All were in favor, and no one opposed.

New Business: Tanya introduced Donna Kuster to the council for program for the Assistant Teaching Position in Room 2. Donna has had several years of experience working with young children. The interviewing committee noted she had enthusiasm for this age group and would be a fit for the program. Crystal made the motion to approve Donna Kuster, and Sarah seconded. All were in favor with no opposed.

The new members of the Policy Council were given their individual binders of information including the timeline of topics, training schedules, policies and procedures, and other key information for review for The Center. Lisa went over what these looked like, and what and where they could find information. The Council was also given information on individual roles as a Policy Council Member.

Kayla Marcella the Business Manager for The Center did a training on reading a budget spreadsheet and she gave the Council time to look over it and ask questions. She also showed the Council what the Parent Activity Fund looked like, and what it is used for. Tanya shared that the budget reports will be included in the Directors report each month. Tanya then reviewed the Directors Report with the Council and explained how this report reflects the program as a whole and the information is compiled from monthly manager reports that are submitted to Tanya. The group also reviewed resources regarding Shared Governance and the responsibilities of the Policy Council and the Governing Board and how they work together to provide oversight of the program. This will be looked at in further detail next month as the specific policy is reviewed.

Unfinished Business: There is no Unfinished Business at this time

Treasures Report: There is a balance in the activity fund. It was discussed what this fund could be used for and that the amount must be spend down by January 31, 2017.

Committee Reports: Lisa explained what each committee was, and what they reported. Ellie from the School board reported that the schools are off of academic probation. West Park is still being watched as it is no longer a K-3 school.

Announcements: Enrollment for the 2017 – 2018 school year will continue.

School pictures are September 21st

No School on Friday September 22nd. Professional Development Day

Family Fun Night is Thursday September 28th

Adjournment: The meeting was adjourned at 7:30 PM by Chelsea.

Respectfully Submitted,

Crystal Flores – Substitute for the 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

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.