



The Center

Volume 26, Issue 2
October 1, 2014



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.

October Events

October 8

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

October 16

*Family Fun Night
Big Truck Night
5:30-7:00pm*

October 23-24

*Home Visits as Scheduled
The Center is CLOSED*

October 30

*Classroom Celebrations
10:00—11:00am*

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:

Paul Ricken 486-6920
Director of Early Childhood Programs

Melina Compean 486-6929
Child Care Director

Policy Council 486-6888
extension 5229

Preschool News

Head Start Updates from Paul Ricken

We are off to a great start for the 2014-15 school year! The hallways have come alive with your kids providing the excitement.

September was very busy as we worked together to provide a safe and happy environment. The adjustment you have had to make leaving your kids in pre-school, some for the very first time, is very commendable. Thank you for your efforts.

The Center

management staff has been busy finalizing the staffing patterns and schedules. Some important documents have been worked on, too. The Strategic Plan has been finalized for years 2014-17. We will revisit this process in May of 2015. The Child Care Food Program application has been submitted to ensure your children receive healthy meals each day.

The Community Assessment document is in the final stages of being

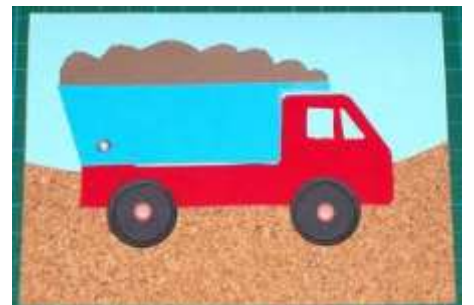
updated this month too. This is an important document that tells us about our community and how the needs of the community can be met with The Center playing an important role. The Head Start Grant is also due November 3rd. This is very important to the 68 kids enrolled in the Head Start Program here at The Center.

I am looking forward to the Fall Season and the events that are being planned for you **and your child's** enjoyment. Working with you is truly a great experience for me.

Family Fun Night

Join us for fun with BIG TRUCKS
Thursday, October 16
5:30-7:00

*This is a FREE event for all
Center families.*



Transportation Updates

*From Jenny Mascarenaz
Transportation Manager*

Heatstroke

Babies and young kids can sometimes sleep so peacefully that we forget they are even there. It can also be tempting to leave a baby alone in a car while we quickly run into the store. The problem is that leaving a child alone in a car can lead to serious injury or death from heatstroke. Young children are particularly at risk, as their bodies heat up three to five **times faster than an adult's. These tragedies are completely preventable. Here's how we can all work together to keep kids safe from heatstroke.**

Hard Facts—Heatstroke is the leading cause of non-crash, vehicle-related deaths for children. On average, every 10 days a child dies from heatstroke in a vehicle.

Top Tips—Reduce the number of deaths from heatstroke by remembering to ACT.

A: Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. And make sure **to keep your car locked when you're not in it so kids don't get in on their own.**

C: Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination. This is especially **important if you're not following your normal routine.**

T: Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.



Lake County Community Health Resources

<u>Lake County Public Health</u>	<u>Nutrition Programs</u>	<u>Doctors</u>
<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>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>Rocky Mountain Family Practice...</u> 486-0500 Dr. Lisa Zwerdlinger, Amy King, PA, & Laurie Strasburger, PA</p> <p><u>St Vincent Leadville Medical Clinic...</u> 486-1264 Dr. Gary Petry, Jackie Duba, MPH,PA</p>
<u>Mental Health/Support Services</u>	<u>Dentists</u>	<u>Emergency & Hospital</u>
<p>Alcoholics Anonymous.....486-3087</p> <p>West Central Mental Health.....486-0985</p> <p>Summit Community Care Clinic...970-668-4040</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>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>

Home Visits

Hello families! Happy October, it is hard to believe that our first full month of school has gone by already! Our classrooms are in full swing with lots of learning and playing happening every day.

We are excited to be able to share and celebrate all of the great things your children have been doing and learning in the classrooms at our upcoming home visits. Our teachers will be sharing how your child is doing in each of the domains of learning and development. These identified domains represent the areas of child development and early learning that are essential for school.

Social Emotional – fosters emotional and behavioral health through the development of self-awareness and self-regulation skills. This domain also focuses on building healthy social relationships with other children and adults and skills such as sharing, helping, taking turns and resolving conflict.

Physical – supports the development of gross motor skills – such as balancing, running, jumping, throwing and catching- and fine motor skills -such as cutting, drawing, and writing.

Cognitive – fosters the development of reasoning and problem solving skills, as well as the ability to show flexibility and persistence when completing tasks or within play.

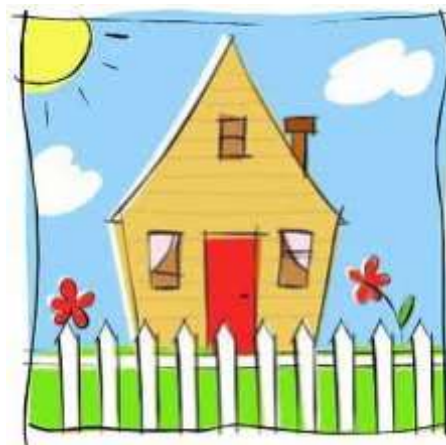
Literacy – supports the development of skills that lay the foundation for reading and writing. These skills include developing an appreciation for books, exposure to print and the alphabet, and encouraging early phonological awareness skills like rhyme.

Language – develops communication skills, such as listening to and participating in conversations with others.

Math – fosters an understanding of numbers and their quantities, as well as exposure to other math concepts like shapes, patterns, and measurement skills.

Look for more information concerning our upcoming
home visits on
October 23 and October 24
in your child's cubby or backpack.

We look forward to meeting with each of our families and
can't wait to share all of our good news from
our classroom with you!





October 2014 Preschool Menu

		Wednesday- 1	Thursday- 2	Friday- 3
<p style="text-align: center;">Breakfast is served at 9:30 with milk</p> <p style="text-align: center;">Lunch is served at 12:00 with milk</p> <p style="text-align: center;">Snack is served at 3:30 with water</p>		PANCAKES, APPLESAUCE ----- ARROZ CON QUESO, CHICKEN TENDERS, VEGGIES, FRUIT ----- CHEERIOS, MILK	BAGEL WITH CREAM CHEESE, FRUIT ----- SPAGHETTI WITH MEAT SAUCE, ROLL, SALAD, FRUIT ----- CHEESE STICK, MINI MUFFIN	CEREAL, FRUIT ----- GRILLED HAM & CHEESE, VEGGIES, FRUIT ----- CHEESE & CRACKERS
Monday- 6	Tuesday- 7	Wednesday- 8	Thursday- 9	Friday- 10
WAFFLE STICKS, STRING CHEESE ----- HAMBURGER ON BUN, FRENCH FRIES, FRUIT ----- GRAHAM CRACKERS, VEGGIES	CEREAL, FRUIT ----- CHICKEN QUESADILLA, VEGGIES, FRUIT ----- GRANOLA BAR, FRUIT	FRENCH TOAST, APPLESAUCE ----- BBQ PORK SANDWICH, CORN, FRUIT ----- SUNFLOWER BUTTER, PITA BREAD	SOFT PRETZEL, CHEESE SAUCE, FRUIT ----- COWBOY MACARONI, SALAD, FRUIT ----- YOGURT, FRUIT	CEREAL, FRUIT ----- EGG SALAD SANDWICH, VEGGIES, FRUIT ----- GOLDFISH CRACKERS, FRUIT
Monday- 13	Tuesday- 14	Wednesday- 15	Thursday- 16	Friday- 17
GOLDFISH SANDY, FRUIT ----- CHICKEN STIR FRY, FRIED RICE, FRUIT ----- ANIMAL CRACKERS, VEGGIES	CEREAL, FRUIT ----- BEAN BURRITO, SALSA, VEG- GIES, FRUIT ----- COTTAGE CHEESE, FRUIT	PANCAKES, APPLESAUCE ----- TURKEY & CHEESE SANDWICH, VEGGIES, FRUIT ----- CHEERIOS, MILK	BAGEL WITH CREAM CHEESE, FRUIT ----- CHICKEN PASTA WITH GARLIC SAUCE, SALAD, FRUIT ----- CHEESE STICK, MINI MUFFIN	CEREAL, FRUIT ----- PEPPERONI HOT POCKET, VEGGIES, FRUIT ----- CHEESE & CRACKERS
Monday- 20	Tuesday- 21	Wednesday- 22	Thursday- 23	Friday- 24
WAFFLE STICKS, STRING CHEESE ----- GRILLED CHICKEN SANDWICH ON BUN, POTATO SALAD, FRUIT ----- GRAHAM CRACKERS, VEGGIES	CEREAL, FRUIT ----- BEEF TACO, SPICY CILANTRO BEANS, FRUIT ----- GRANOLA BAR, FRUIT	FRENCH TOAST, APPLESAUCE ----- ARROZ CON QUESO, CHICKEN TENDERS, VEGGIES, FRUIT ----- SUNFLOWER BUTTER, PITA BREAD	NO SCHOOL TODAY	NO SCHOOL TODAY
Monday- 27	Tuesday- 28	Wednesday- 29	Thursday- 30	Friday- 31
GOLDFISH SANDY, FRUIT ----- HAMBURGER ON BUN, FRENCH FRIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES	CEREAL, FRUIT ----- CHICKEN ENCHILADA CASSEROLE, VEGGIES, CINNAMON STICK, FRUIT ----- COTTAGE CHEESE, FRUIT	PANCAKES, APPLESAUCE ----- BBQ PORK SANDWICH, CORN, FRUIT ----- CHEERIOS, MILK	BAGEL WITH CREAM CHEESE, FRUIT ----- SPAGHETTI WITH MEAT SAUCE, ROLL, SALAD, FRUIT ----- CHEESE STICK, MINI MUFFIN	CEREAL, FRUIT ----- EGG SALAD SANDWICH, VEGGIES, FRUIT ----- CHEESE & CRACKERS
		<h3>Menus are subject to change</h3>	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> The Center participates in the USDA funded program and is an equal opportunity provider and employer </div>	



Hand Washing

Good hand washing is the first line of defense against the spread of many illnesses— from the common cold to more serious infections, such as meningitis, bronchiolitis, the flu, hepatitis A, and most types of infectious diarrhea. Below are some suggestions on how to scrub those pesky germs away.

Washing Hands Correctly: Teach this routine to your kids — or better yet, wash your hands together often so they learn how important this good habit is:



Also, to minimize the germs passed around to your family, make regular hand washing a rule for everyone, especially:

- before eating and cooking after using the bathroom
- after cleaning around the house
- after touching animals, including family pets
- before and after visiting or taking care of any sick friends or relatives
- after blowing one's nose, coughing, or sneezing
- after being outside (playing, gardening, walking the dog, etc.)

Don't underestimate the power of hand washing! The few seconds you spend at the sink could save you trips to the doctor's office.

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).

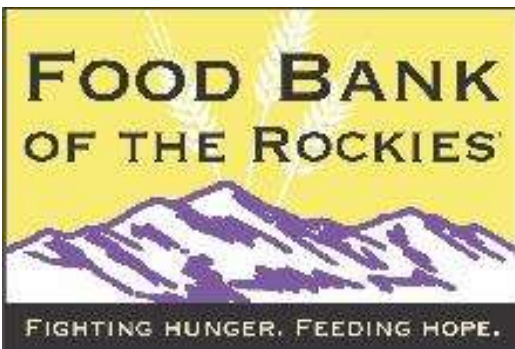
Here in Lake County, our very own Lauren Bissonette is the first contact for families interested in a Child Find evaluation. See her here at school, call her at 719-293-4613, send her an email at lbissonette@lakecountyschools.net, or stop by Room 9 for more information.

FREE Family
Counseling offered for
Head Start Families

Provided by 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 8:15am to ensure a spot in line.

Bring boxes or bags to carry food home.

Healthy Relationship Tips

Regardless of marital status, children deserve to have a healthy, loving relationship with their parents who are actively involved in their lives.

Children prosper when they know they are loved by both parents.

Parents in a healthy relationship feel safe to express themselves respect each other's opinions and can resolve conflict without anger.

Both parents need honest, open communication for the benefit of their children.



The building blocks of a healthy relationship are:

- Communication: Practice Active listening. Repeat what has been said in your own words, making sure you heard right.
- Conflict Resolution Without Anger: Respectfully acknowledging the other person's feelings and opinions.
- Remember to Say "I'm Sorry": Forgiveness and compassion are healing.
- Don't Point Fingers: Accept personal responsibilities rather than assigning blame.
- React with Kindness: Children and parents respond positively to kindness and courtesy.

This article was adapted from www.dadrevolution.com.

Conversation Starter of the Month

Try asking your child....

“ What’s the best and the worst thing that happened today? “

or

“ What is the greatest invention of all time?”





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	Bilingual Aide	9	6920	bcaraveo
Compean, Melina	Child Care Director	Office	6929	mcompean
Davis, Nicki	Preschool Teacher	1	4404	ndavis
Dokken, Jenna	Preschool Teacher	8	4411	jdokken
Flores, Perla*	Preschool Teacher	5	4408	peflores
Glaser, Sally	Preschool Teacher	4	4407	sglaser
Holm, Lizz	Preschool Teacher	7	4410	lholm
Lenhard, Tanya	Education Manager	Office	6922	tdlenhard
Lopez, Nancy*	Preschool Teacher	6	4409	nalopez
Lopez, Trisha	Preschool Teacher	7	4410	trlopez
Lujan, Jacqueline	Preschool Teacher	6	4409	jlujan
Martinez, Wanda	Preschool Support Staff	9	6920	wmartinez
Mascarenaz, Chantel	Preschool Teacher	3	4406	chmacarenas
Mascarenaz, Jenny*	Transportation Manager	9	6925	jmascarenaz
Mennig, Alicia	Preschool Teacher	5	4408	amennig
Ricken, Paul	Director of Early Childhood Programs	Office	6920	pricken
Roeder, Lisa	Preschool Teacher	1	4404	lroeder
Romero, Marissa	Preschool Teacher	3	4406	mromero
Sandoval, Brandi	Preschool Support Staff	9	6920	brsandoval
Sifuentes, Anne*	Preschool Teacher	4	4407	ansifuentes
Smith, Rebecca	Preschool teacher	8	4411	rebsmith
Valdez, AnnaMarie	Health Manager	Library	6923	avaldez
Policy Council*	Parents/Community Reps	9	5229	mcannell
Preschool Office	Resource Room - 486-6928 and 486-6925			
Child Care	Front Office - 486-6929			
Child Find	Room 10—486-4413			

Please Remember!
 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.

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 10, 2014

Attending: Emma Tekansik, Samantha Leyba, Eldenida Lagos, Liz Flores, Mari Spinner, Erin Allaman, Tammy Taylor, Cheryl Talbot, Ann Stanek, Erin Watkins, Melissa Kirr, Paul Ricken, Mary Cannell

Not attending: Francisca Reyes, Elda Consuelo, Sean Cooper, Tamsey Tufte

The meeting was called to order at 5:15pm by Mary Cannell, in place of an elected Chair. Introductions were made and last year's chair Melissa Kirr welcomed new members. Nominations for new officers were made as follows: Liz Flores for Chair, Samantha Leyba for Secretary, and Cheryl Talbot for Treasurer.

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

Approval of Agenda and Minutes: The agenda and minutes were reviewed. Cheryl moved to approve the agenda, and Erin seconded. The motion passed with all in favor and none opposed. Ann moved to approve the regular May minutes and the special August minutes, and Cheryl seconded. The motion passed with all in favor and none opposed.

Treasurer Report: Cheryl reported the current balance of the 2014-15 parent activity fund to be \$969.50. The only expense since the last meeting was for the meal for the May meeting. It was noted that last year's Policy Council had pledged \$500 to pay for the dancers and food for the upcoming Family Fun night. This was because they wanted to lower the part of the budget used on food for meetings and use more money toward a musical event.

Committee Reports: Harmony gave the School Board report focusing on the new high school construction project and the three goals of climate & culture, learning, and infrastructure. Mary explained that the ECC was the district advisory council to the Center's CPP program and invited parents to the meetings. She explained the functions of Accountability and PAWS and gave dates and times for those meetings as well. Mary advised members to think about which committees they would be interested in serving on and that members would be asked to sign on as PC reps for other committees at the October meeting. None of the other committees had met recently, because the school year has just begun.

Training: Mary talked about the role of Policy Council in the shared governance of Head Start programs. She thanked the members for their valuable contributions to the program and expressed her hopes that they would enjoy and feel successful in their efforts. She explained that members' time at Policy Council meetings was counted as an In Kind contribution to the program. Mary explained that each classroom had a representative on Policy Council and distributed letters of introduction for members to review and sign for distribution to their classrooms.

Director's Report: Paul was introduced as the new Director of Early Childhood Programs. He presented the budget report with notes about the numbers for staff salaries being lower in the summer months. He presented an informal Director's Report and discussed how the program was switching from a three year grant cycle to a five year grant cycle. He indicated that a formal report would be presented at the October meeting, along with the new Strategic Plan and a draft of the Continuation Grant for next year.

New Business: Members signed confidentiality agreements and were reminded that while Policy council meetings were open to the public, any information regarding specific children or staff members was expected to remain confidential. Mary further reviewed the purpose of the Parent Activity Fund also mentioned previously in the meeting. Informational materials in the binder were reviewed, including the mileage log, which would be used for compensating members who were requested to attend out of town meetings. Mary mentioned that Policy Council would be reviewing the Continuation Grant at next month's regular meeting, and that it would be sent out ahead of time for review, since it is a lengthy document. The group reviewed the official Policy Council job description, as found in the binder. Tammy moved to approve the job description and Mari seconded. The motion passed with all in favor and none opposed. Mary reviewed the documents about Program Governance, including the fact that Policy Council reviews and approves policies, budgets, new staff hires and terminations, and other program business even before the School Board does. Cheryl made a motion to approve the Program Governance policies, and Emma seconded. The motion passed with all in favor and none opposed. Mary offered information about a candidate for the bilingual aide position. Brenda Caraveo is a former parent from our program who is also a certified interpreter. She has expressed interest in taking college classes in early childhood education as part of her work at the Center. Cheryl moved to approve Brenda's hire, and Mari seconded. The motion passed with all in favor and none opposed. Members were given the opportunity to give permission for communication about Policy Council business to be done via email by signing a permission form. Other members will continue to receive paper copies of information. Mary invited members whose children were enrolled in the Colorado Preschool Program to attend the Lake County Early Childhood Council meetings, which serves as the District Advisory Council for that program. Mary offered information about the District Accountability Committee and PAWS (Parents Active Within Schools) as opportunities for engagement with schools for older kids. Mary requested helpers for the upcoming Family Fun Night and members offered to help with set up and clean up, as their schedules permit. Mary asked if any member were available to sit on an interview committee with Tanya Lenhard on Monday, and Liz offered to do so.

Unfinished Business: There was no unfinished business on the agenda.

Announcements: The announcements from the agenda were read. These included a notice about enrollment for this school year continuing, reminders about the next Family Fun Night and Picture Day, and notice of the next Policy Council meeting on Wednesday, October 8. Melissa also mentioned that Pumpkin Patch would be happening again this year, and that the new coordinator, Kristen Sparkman, was looking for helpers. This event provides financial support to the Center's Learn To Ski program.

Adjournment: The meeting was adjourned at 6:50pm by Liz.

Respectfully submitted, Samantha Leyba, Policy Council Secretary

Lake County School District
The Center / Margaret J. Pitts Elementary School
315 West 6th Street
Leadville, CO 80461

Head Start Program
Paul Ricken, Director of Early Childhood Programs
Phone: 719 486-6920
Fax: 719 486-9992
E-mail: pricken@lakecountyschools.net

Colorado Preschool, & Tuition-Based Programs
Melina Compean, Child Care Director
Phone: 719 486-6929
Fax: 719 486-6934
Email: mcompean@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 486-6929.

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

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

Head Start Policy Council

October 8 at 5:00 in Room 9 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.