



The Center

Volume 26, Issue 4
December 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.



Preschool News

Head Start Updates from Paul Ricken

December will be a short month for our preschoolers.

We have Winter Break!

However, many activities are planned for the time your children will attend their class here at The Center.

The snow is falling as I write this and

I'm sure your kids are excited to sled, make a snowman, drink hot chocolate and are enjoying all the aspects of **winter (they don't** have to drive!)

I truly hope you will enjoy the company of friends and family this month.

We count it a privilege to see **your children's**

excitement during this time of year.

They have acclimated well to the structure that is provided.

We see them bonding with the staff and becoming more comfortable here.

This brings joy to all of us at The Center.

Have a great December!

December Events

December 4
*Family Fun Night
Winter Festival
5:30—7:00pm*

December 8
*Deadline to sign up for
Ski Program*

December 18
*Classroom Celebrations
10:00 - 12:00
Families Welcome*

December 22—
January 2
The Center is CLOSED

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 2190



Winter Festival
Family Fun Night

*Thursday, December 4
5:30 – 7:00pm*

*FREE, fun activities for the whole family.
Watch your cubby for more information.*

Transportation Updates

*From Jenny Mascarenaz
Transportation Manager*



You must stop for a school bus that is stopped with its red lights flashing whether it is on your side of the road, the opposite side of the road or at an intersection you are approaching.

Stopping in this situation is not optional; it's a Colorado state law.

The only exception for oncoming traffic is if there's a painted lane in the middle of the road for turning, or a median. Then coming traffic does not have to stop.

After the school bus red lights have stopped flashing, watch for children along the side of the road and do not proceed until they have completely left the roadway.

When can you legally go again? You have to wait until the stop sign has been retracted and the flashing lights turn off. Treat it like you would a stop light at an intersection. You wouldn't go until it turns green. Also, if you see a child crossing the street, you are required to wait for them to finish crossing before you move.

School bus drivers actively enforce the state law. They can take down license plates, descriptions of the drivers, and report them to the sheriff's office.

The fine is up to \$300, a mandatory court appearance, and six points on of a license. A second offense within a five-year period will cost \$1,000.

<http://denver.cbslocal.com/2012/08/28/many-drivers-not-stopping-for-school-buses-in-young-school-year/>
<http://www.king5.com/story/news/traffic/2014/11/06/rules-stopping-for-school-bus/18603209/>

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>

Fall Data Results

Hello from the education corner! The first part of our year has gone by so quickly, it is hard to believe December is here! Your preschoolers have spent the first few months of school becoming comfortable with their teachers, making new friends, following daily routines, gaining new social skills and best of all, learning through play. Our teachers have been busy observing your children in their classroom and entering what they observe into GOLD, our online assessment system. This chart shows our baseline data for the beginning of the year in each area of development. Baseline simply tells us a starting point so that we can determine and measure growth throughout the year as a program, within classrooms, and with each individual child.

Fall 2014 Baseline Data

Area of Development	Below Widely Held Expectations	Meets Widely Held Expectations	Exceeds Widely Held Expectations
Social Emotional	55%	45%	NA
Physical **Gross Fine	No Data 27%	No data 73%	No data NA
Language	55%	45%	NA
Cognitive	58%	42%	NA
Literacy	41%	59%	NA
Math	62%	38%	NA

***An error occurred with the system in the area of Physical Gross Motor, there is no data for the Fall Checkpoint in this area

It is not unusual for children to be below the widely held expectations at the beginning of the year. Our work at The Center is to help all children continue to gain skills and knowledge throughout the entire year. We look forward to looking at this data again in February and May to celebrate many areas of growth and success!

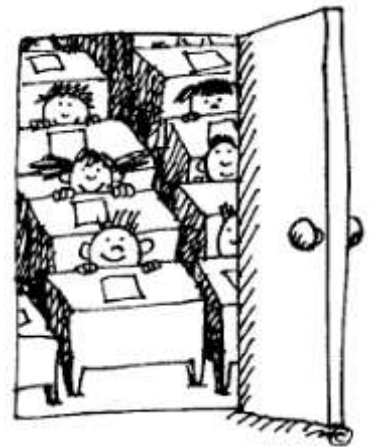
Child Care notes from Melina

PARENTS – PLEASE HELP KEEP OUR KIDS SAFE!!!

It is very important that you always use the front door main entrance every time you come to school.

Please do not go through the playground gate when you pick up or drop off your child.

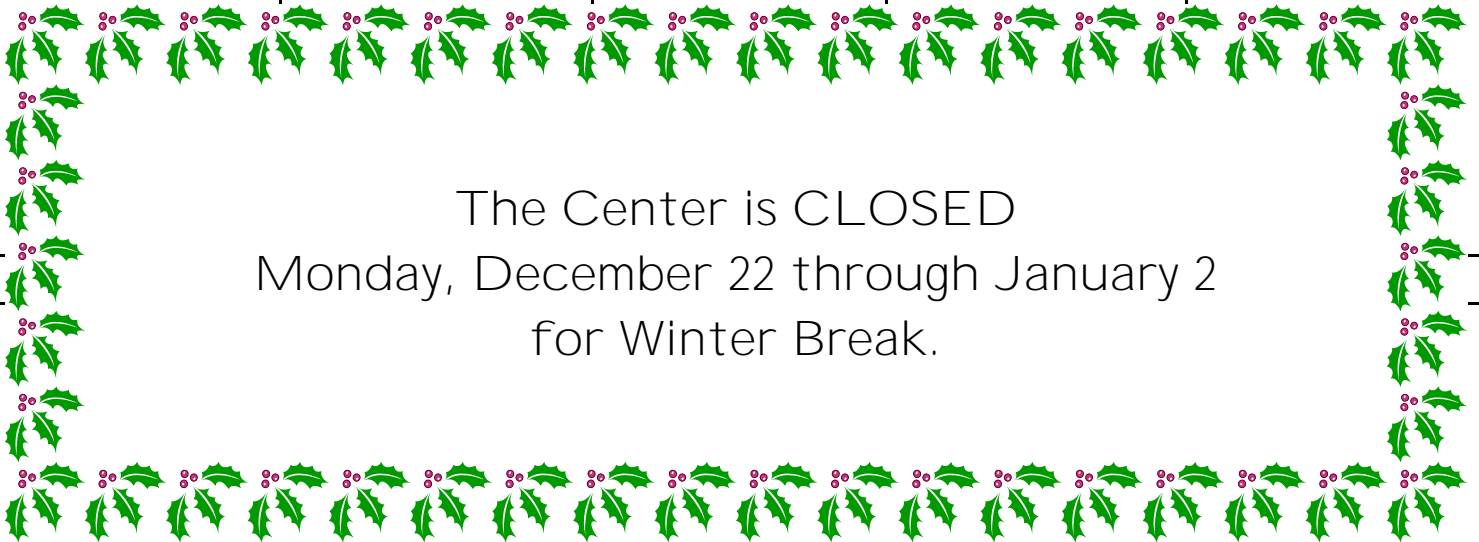
Children are safest when outside access is limited and there are no extra exits for teachers to monitor.





December 2014 Preschool Menu

Monday- 1	Tuesday- 2	Wednesday- 3	Thursday- 4	Friday- 5
CEREAL, FRUIT ----- CHEESY DIP STICKS WITH SAUCE, VEGGIES, FRUIT ----- GRAHAM CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- BEAN BURRITO, SALSA, CORN, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- CHILI CON CARNE WITH BEANS, CORNBREAD, FRUIT ----- BANANA BREAD MINIS, FRUIT	FRENCH TOAST, FRUIT ----- CHICKEN PASTA WITH GARLIC SAUCE, SALAD, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	CEREAL, FRUIT ----- PIZZA, GREEN BEANS, FRUIT ----- YOGURT, FRUIT
Monday- 8	Tuesday- 9	Wednesday- 10	Thursday- 11	Friday- 12
CEREAL, FRUIT ----- HAMBURGER ON A BUN, FRENCH FRIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES	CHEESY BAGEL, FRUIT ----- ARROZ CON QUESO, CHICKEN TENDERS, VEGGIES, FRUIT ----- COTTAGE CHEESE, FRUIT	CEREAL, FRUIT ----- TURKEY, MASHED POTATOES, ROLL, FRUIT ----- GRAHAM CRACKERS, FRUIT	PANCAKES, FRUIT ----- COWBOY MACARONI, SALAD, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- GRILLED HAM & CHEESE SANDWICH, TOMATO SOUP, VEGGIES, FRUIT ----- BLUEBERRY MUFFIN, FRUIT
Monday- 15	Tuesday- 16	Wednesday- 17	Thursday- 18	Friday- 19
WAFFLE STICKS, STRING CHEESE, FRUIT ----- CHICKEN SANDWICH ON A BUN, POTATO SALAD, FRUIT ----- GRAHAM CRACKERS, VEGGIES	CEREAL, FRUIT ----- CHEESE OR BEEF ENCHILADA, VEGGIES, CINNAMON STICK, FRUIT ----- GRANOLA BAR, FRUIT	FRENCH TOAST, APPLESAUCE ----- BBQ PORK SANDWICH, CORN, FRUIT ----- SUNFLOWER BUTTER, PITA BREAD	SOFT PRETZEL, CHEESE SAUCE, FRUIT ----- SPAGHETTI WITH MEAT SAUCE, SALAD, FRUIT ----- YOGURT, FRUIT	CEREAL, FRUIT ----- PIG IN A BLANKET, BAKED BEANS, FRUIT ----- GOLDFISH CRACKERS, FRUIT



The Center is CLOSED
Monday, December 22 through January 2
for Winter Break.

Breakfast is served at 9:30 with milk
Lunch is served at 12:00 with milk
Snack is served at 3:30 with water

Menus are
subject to
change

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



Benefits of a Bedtime Routine

A bedtime routine is a great way to help your preschooler get enough sleep. Here are a few things to keep in mind when creating one:



- Include a winding-down period during the half hour before bedtime.
- Stick to a bedtime, alerting your child both half an hour and 10 minutes beforehand.
- Keep consistent playtimes and mealtimes.
- Avoid stimulants, such as caffeine, near bedtime.
- Make the bedroom quiet, cozy, and perfect for sleeping.
- Use the bed only for sleeping — not for playing or watching TV.
- Limit food and drink before bedtime.
- Allow your child to choose which pajamas to wear, which stuffed animal to take to bed, etc.
- Consider playing soft, soothing music.
- Tuck your child into bed snugly for a feeling of security.



Preschoolers should sleep about 10 to 12 hours during each 24-hour period, but there's no need to be rigid about which 10 to 12 hours these are. The most important thing is to help kids develop good habits for getting to sleep.

For further information on bedtime please visit http://kidshealth.org/parent/growth/sleep/sleep_preschool.html

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).

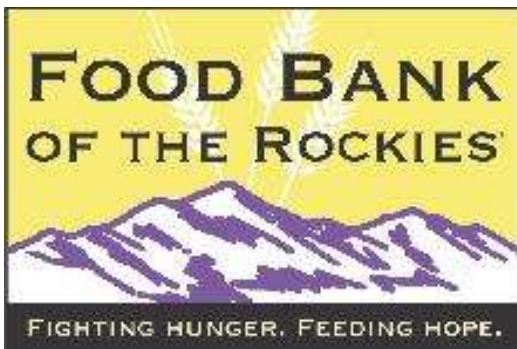
Here in Lake County, our very own Lauren Bissonette is the first contact for families interested in a Child Find evaluation. See her here at school, call her at 719-293-4613, send her an email at lbissonette@lakecountyschools.net, or stop by Room 9 for more information.

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 8:15am to ensure a spot in line.

Bring boxes or bags to carry food home.

Tips for Parents on Managing Holiday Stress

Many people anticipate stress during the holiday season. Money, in particular, can be a cause of stress, as parents feel demands to purchase gifts, decorations and other items tied to holiday celebrations.

Heightened stress during the holidays can lead to unhealthy stress management behaviors, such as overeating and drinking to excess. People tend to reduce their stress in ways they have learned over the course of time because they turn to what they know. But, there are other behaviors you can learn to further relieve stress and its effects that may be both healthier for you and longer lasting.



- Set expectations – Talk to your kids about expectations for gifts and holiday activities. Be open with them if money is an issue. Depending on a child's age, parents can use this as an opportunity to teach their kids about the value of money and responsible spending. Be realistic. Take small concrete steps to deal with holiday tasks instead of overwhelming yourself with goals that are too far reaching for a busy time.
- Keep things in perspective – Try to consider stressful situations in a broader context and keep a long-term perspective. Avoid blowing events out of proportion and teach your kids how to keep things in perspective, including what type and the number of gifts they receive.
- Make connections – Good relationships with family and friends are important, so view the holidays as a time to reconnect with people. Accepting help and support from those who care about you can help alleviate stress. Volunteering at a local charity with your kids is a good way to connect with others, assist someone in need, and teach your kids about the value of helping others.
- Take care of yourself – Pay attention to your own needs and feelings during the holiday season. Engage in activities that you and your family enjoy and find relaxing. Taking care of yourself helps keep your mind and body healthy and primed to deal with stressful situations. Consider cutting back television viewing and instead, get the family out together for a winter walk. It promotes activity and takes kids away possible influence from advertisements.

If you continue to feel stress around the holidays, consult with a psychologist or other licensed mental health professional. He or she can help you identify problem areas and then develop an action plan for changing them.



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	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	2190	mcannell
Preschool Office	Resource Room - 486-6928 and 486-6925			
Child Care	Front Office - 486-6929			
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 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–November 12, 2014

Attending: Erin Allaman, Cheryl Talbot, Samantha Leyba, Eldenida Lagos, Liz Flores, Mari Spinner, Tammy Taylor, Ann Stanek, Erin Watkins, Elda Consuelo, guest - Harmony Jump, guest - Paul Ricken, guest – Tanya Lenhard, guest - Mary Cannell, guest - Esther Meakim

Not attending: Emma Tekansik, Tamsey Tufte, Francisca Reyes, Sean Cooper,

The meeting was called to order at 5:15pm by the Chair, Liz Flores. Introductions were made. A reminder was made about confidentiality.

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

Approval of Agenda and Minutes: The agenda and minutes were reviewed. Erin A. asked that clarification be made between actions by her and Erin W. Cheryl moved to approve the November agenda, the regular October meeting minutes, and the special October meeting minutes; Eldenida 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 \$499.50. Additional expenses will be deducted for meeting meals, but have not yet hit the books. With no meeting in December, the balance reported in January will be accurate. It is anticipated that there will be a little over \$200 to spend before the end of the fiscal year on January 31. Suggestions for pending these funds include small helmets to be loaned out with the strider bikes, or perhaps a small size pedal bike for kids who are ready to transition. These plans will be finalized at the regular January meeting.

Committee Reports: Harmony gave the School Board report reporting recent events and discussions. Erin A. and Erin W. reported on the Nutrition Committee meeting. Erin W commented that efforts are moving in a good direction. She commented she now has better understanding of all of the regulations and budget challenges, and that the changes are slow because of all the planning involved. **Health Committee discussed current health policies and the district's plans for a school based health center.**

Training: The Policy Council quiz was deferred until the January meeting due to time concerns.

Director's Report: Paul reviewed the director's report, including enrollment and health screening updates. He also reviewed the budget, with a note that most of our In Kind donations are booked close to the end of the fiscal year.

New Business: Tanya presented the GOLD report showing the baseline student outcomes data collected this year. She noted that this is a measure of where kids are starting out the year. Growth will be shown when the winter and spring checkpoint data is presented. She explained that data is collected for different areas of development, including physical, language, literacy, cognitive, social-emotional, social studies, math, and science. She also gave example of the kinds of observations teachers make and enter into GOLD to chart children's progress. **She noted that our goal is to have fewer than 15% of all children "below expectations" at the end of the program year, and strategies that will be implemented based on what the current data show.** Liz noted the new voicemail extensions for Policy Council made necessary by the change in the district's phone system over the summer. **Mary reviewed the Program Planning Policy and explained that it is a "plan for how we plan". It includes methods for data collection, review of that information, and opportunities for identifying areas of growth and goals.** Cheryl moved to approve the Program Plan Policy, and Erin W. seconded. The motion passed with all in favor and none opposed. Mary explained the Program Plan was still being updated and would be presented at the January meeting. The Personnel Plan/Employee Handbook was discussed. Liz asked about dress code and made a suggestion for improvement. She was thanked for her input. **Members were reminded that Policy Council's responsibilities are primarily oversight of the program, and not day to day operations for which paid staff are held accountable.** Tammy moved to approve the Personnel Plan/Employee Handbook, and Mari seconded. The motion passed will all in favor and none opposed. Mary presented the Human Resource Outline and how it outlines the process used to fill employment vacancies in the program. **There were minor changes to last year's version including changing job titles. One change requested was to allow new substitutes to be offered jobs, oriented, but not used in a teacher capacity prior to official Policy Council approval at the next regular meeting. This procedure is consistent with that used in other programs, and would minimize the need for special meetings to be called solely to approve a substitute.** Erin A. asked if that makes Policy Council's approval less important. Mary responded that all of the protocols in the Human Resource Outline are followed, whenever possible including a Policy Council representative on the interview committee, and include contacting references and conducting all background checks to insure the highest possible quality of candidate. Policy Council approves new hires as part of the oversight of the program, but is not responsible for the actual recruiting and hiring of staff. Cheryl moved to approve the Human Resource Outline, and Mari seconded. The motion passed with all in favor and none opposed. Mary presented the Staff Qualification for the current year, also noting that Head Start has requirements for lead teachers to have AA or BA degrees.

Mary presented the Wage Scale for staff, noting that there are different scales for different job descriptions. She also commented that a wage comparison study is done each year to see how our staff wages compare to other programs. Cheryl moved to approve the Wage Scale, and Ann seconded. The motion passed with all in favor and none opposed. Liz presented the names of two Policy Council members who had been unable to attend any meetings so far this year. In the interest of having an effective Policy Council, it would be appropriate to excuse Sean Cooper and Francisca Reyes from the Policy Council obligations and hold a mid-year election to replace them. Erin W. moved to excuse these two members from service, and Tammy seconded. The motion passed with all in favor and none opposed. Mary will notify these members and conduct the election of their replacements. Mary advised the council of the new website and binder showcasing the new Early Learning Guidelines from the state. She also presented a binder for shared information for the Council, including audit documentation, Program Information notices, and Info Memorandums from the Office of Head Start. The Council was advised that Pumpkin Patch made a \$1017.00 donation to the Learn to Ski program. Helpers were recruited for Thanksgiving lunch.

Unfinished Business: Samantha signed the bylaws approved at the last meeting. Other actions were dropped due to the relevant people being excused from their duties.

Announcements: The announcements from the agenda were read. These included a notice about enrollment for this school year continuing, reminders about the Explore Your Community ceramics project beginning, Thanksgiving Lunch, the closure for break, next Family Fun Night, Home Visits Classroom Celebrations, and notice of the next Policy Council meeting on Wednesday, January 14. Also, The Center will be beginning a box tops campaign. Suggestions for possible uses for these funds were requested.

Adjournment: The meeting was adjourned at 7:00pm 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
December 2 from 1:00—3:00pm at CMC. Parents and caregivers welcome.

Head Start Policy Council
January 14 at 5:00 in Room 9 at The Center. All Head Start parents are encouraged to volunteer for election to this parent committee. There is no regular meeting in December

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.