



The Center

Volume 26, Issue 6
February 1, 2015



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.

February Events

February 11
Early Closure at 4:00pm

February 11 & 12
Parent-Teacher Conferences as scheduled

February 12-16
The Center is CLOSED

February 18
*Policy Council meeting
5:00—7:00pm*

February 26
*Family Fun Night
"Me and My Guy"
5:30—7:00pm*

Every Friday
*Teacher Planning
*Families Welcome**

Preschool News

Head Start Updates

February is Mail Month

During the month of February, children at The Center will be learning all about the mail.

Watch for your cubbies for instructions on making a mailbox for your child to have at school to receive mail. Materials to make mailboxes will also be available at a work station in the hallway during parent-teacher conference times.

You can ask friends

and relatives from all over to send mail to your child in care of their room at The Center, 315 West Sixth Street, Leadville, CO 80461.

You can also drop letters for Center kids (postage free) into a cardboard mailbox near room 9.

The children will take turns delivering mail to their friends and finding out where the mail comes from.

During the month, each classroom will also have a field trip to the Post Office, so mark your calendars to come and join the fun.

Remember that classroom celebrations will take place on Wednesday, February 11, and that The Center closes early on that day at 4:00pm for Parent-Teacher Conferences.

Our school will also be closed Thursday, February 12 through Monday, February 16.

And finally—use your new EYC passport to go ice skating for free at our wonderful outdoor skating rink.



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:

Emily Bordigna 486-6920
Interim Director

Melina Compean 486-6929
Child Care Director

Policy Council 486-6888
extension 2190



Family Fun Night "Me and My Guy"

Come and hang with your favorite guy.
Thursday, February 26
5:30—7:00pm

Transportation Updates

*From Jenny Mascarenaz
Transportation Manager*

What is a Certified Child Passenger Safety Technician?

CPS Technicians and instructors put their knowledge to work through a wide variety of programs and activities with the goals of teaching parents and other care givers to properly protect their children in motor vehicles and to provide **“hands-on” assistance in the proper use of child restraint systems and safety belts.**

Our experienced Technicians have completed SafeKids' National Child Passenger Safety Technician Certification, which includes hands-on assessments, written tests, technical demonstrations, and community education participation. Their first concern is the safety of your child.



Leadville-Lake County Fire Rescue is The **Center’s partner for car seat inspections** and installations. Please see Jenny in Room 9 or call her at 486-6925, for any questions about car seat safety.

Lake County Community Health Resources

<p style="text-align: center;"><u>Lake County Public Health</u></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;"><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 style="text-align: center;"><u>Doctors</u></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>
<p style="text-align: center;"><u>Mental Health/Support Services</u></p> <p>Alcoholics Anonymous.....486-3087</p> <p>West Central Mental Health.....486-0985</p> <p>Summit Community Care Clinic...970-668-4040</p>	<p style="text-align: center;"><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 style="text-align: center;"><u>Emergency & Hospital</u></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>

How to prepare for parent/teacher conferences

A conference with your child's teacher is similar to a visit to the doctor's office. You have a lot that you want to talk about in a limited amount of time. The more prepared you are going in, the more beneficial the meeting will be for both you and the teacher. Here are some tips for a productive conference, along with a list of good questions to ask the teachers.



Schedule your appointment early. If you're one of the first parents to sign up for a conference, you'll be more likely to get a time that works well for you.

Write down your questions. When you're meeting with the teachers it may be hard to remember what you wanted to talk about. Jot down your questions beforehand and bring them to the conference. Prioritize your questions so you ask the most important ones first in case you run out of time before you can cover everything on your list.

Stick to the topic at hand — your child. Most parent-teacher conferences last only a short time. Don't use this time to ask questions about basic school policies. That kind of information can usually be found in the school's handbook, on its website, or by calling the office during business hours. This is your chance to get detailed feedback on your child, so make the most of it.

If you have a specific question or issue that doesn't come up, don't hesitate to ask. The teachers may not realize that you're concerned about something in particular. You know your child better than anyone, so take the initiative.

Try not to get defensive. It's natural to feel a bit nervous about parent-teacher conferences. Every parent wants to hear how wonderful his or her child is — and the teachers should tell you about your child's special skills and achievements. But one of the main functions of these conferences is to point out areas where your child has room to develop. The teachers may even suggest extra help, testing, or some ways to increase consistency between school and home.

Keep in mind that this is a part of all parent-teacher conferences. Resist the urge to argue with the teachers or dismiss their comments. They are not blaming you or your child. The point of this meeting is to get an assessment of how your child is doing in school and to look for ways you can help.

Remind yourself that the teachers are on your side and you have the same goal: to help your child learn all that he or she can.

Get a feel for the social scene. How your child fits in socially can have an effect on how well he or she learns. Ask the teachers how your child gets along with the other children.

Give the teacher relevant information. Let the teachers know of any changes at home. A new baby, a divorce, or a death in the family can all affect the way your child behaves in the classroom.

Stay in touch with the teacher. Now that you've opened the door to communication, don't wait until the next conference to talk. Call the teachers in a few weeks if you have a question or if you need to update them on something you talked about during the conference.

Adapted from : http://www.babycenter.com/0_how-to-prepare-for-parent-teacher-conferences_65700.bc?showAll=true



If you would like to give your suggestions for the preschool menu, please call AnnaMarie Valdez at 486-6923 for the date of the next Nutrition Committee meeting



From Anna Marie Valdez,
Health Manager

February 2015 Preschool Menu

Monday- 2	Tuesday- 3	Wednesday- 4	Thursday- 5	Friday- 6
CEREAL, FRUIT ----- ROASTED CHICKEN, NOODLE SOUP, FRUIT ----- ANIMAL CRACKERS, VEGGIES	CHEESY BAGEL, FRUIT ----- CHICKEN TENDER WRAP, VEGGIES, FRUIT ----- COTTAGE CHEESE, FRUIT	CEREAL, FRUIT ----- CHILI CON CARNE WITH BEANS, CORNBREAD, FRUIT ----- GRAHAM CRACKERS, FRUIT	PANCAKES, FRUIT ----- TURKEY & CHEESE SANDWICH, VEGGIES, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- CHICKEN RICE SOUP, CRACKERS, VEGGIES, FRUIT ----- BLUEBERRY MUFFIN, FRUIT
Monday- 9	Tuesday- 10	Wednesday- 11	Thursday- 12	Friday- 13
CEREAL, FRUIT ----- GRILLED CHICKEN ON BUN, FRENCH FRIES, FRUIT ----- GOLDFISH CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- CHICKEN QUESADILLA, VEGGIES, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- BEEF STEW, ROLL, FRUIT ----- BANANA BREAD MINIS, FRUIT	NO SCHOOL TODAY	NO SCHOOL TODAY
Monday- 16	Tuesday- 17	Wednesday- 18	Thursday- 19	Friday- 20
NO SCHOOL TODAY	CHEESY BAGEL, FRUIT ----- BEAN BURRITO, CORN, FRUIT ----- COTTAGE CHEESE, FRUIT	CEREAL, FRUIT ----- TURKEY, GRAVY, MASHED POTATO, ROLL, FRUIT ----- GRAHAM CRACKERS, FRUIT	PANCAKES, FRUIT ----- GRILLED HAM & CHEESE SANDWICH, TOMATO SOUP, VEGGIES, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- CHICKEN TETRAZZINI, GREEN BEANS, FRUIT ----- BLUEBERRY MUFFIN, FRUIT
Monday- 23	Tuesday- 24	Wednesday- 25	Thursday- 26	Friday- 27
CEREAL, FRUIT ----- ROASTED CHICKEN, NOODLE SOUP, FRUIT ----- GOLDFISH CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- CHICKEN TENDER WRAP, VEGGIES, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- CHILI CON CARNE WITH BEANS, CORNBREAD, FRUIT ----- BANANA BREAD MINIS, FRUIT	FRENCH TOAST, FRUIT ----- TURKEY & CHEESE SANDWICH, VEGGIES, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	CEREAL, FRUIT ----- CHICKEN RICE SOUP, CRACKERS, VEGGIES, FRUIT ----- YOGURT, FRUIT

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



February is National Children's Dental Health Month!

Below are a few tips on how to keep your child's pearly whites bright and shiny!

1. Parents and carers of children aged 0-2 are encouraged to brush their child's teeth as soon as the first tooth appears, using a soft toothbrush and water only.
2. It is not recommended to use fluoride toothpaste for children aged 0-2 years. (Professional advice on the use of fluoride toothpaste should be considered when a child below 2 years of age is thought to be at high risk of developing dental decay e.g. children with special needs).
3. From age 2-7 years use a small pea size amount of fluoride toothpaste.
4. Parents/carers of children under the age of 7 should brush their child's teeth until they are able to do so properly themselves. Children should be encouraged to spit and not rinse after brushing so that the effects of fluoride toothpaste are not diluted.
5. Brush twice a day - at bedtime and at one other time during the day



Research shows if a child has dental decay at a young age that they are likely to have dental decay as an adult. We all want to have healthy teeth and nice smiles as adults and this starts with taking care of children's teeth from a young age.

The health benefits of good oral health are immense; getting children actively involved in looking after their oral health from an early age improves both their oral and general health as adults.

For further information you can visit: <http://www.dentalhealth.ie/dentalhealth/teeth/effectivetoothb.html>

Wanted: Guest Readers

Due to unsafe, icy sidewalks, we anticipate cancelling our visits to the Public Library again **this month. The kids' safety is our priority. We are hoping for an early spring.**



Books and literacy will always be a big part of our curriculum. Our classrooms read everyday and teach kids to value books and reading.

We are looking for family members and community helpers to visits classrooms this month to be Guest Readers. Do you have some time during the day to share a story with your **child's friends?**

Teachers can suggest books for you, or you can read one of your own favorites.

Please ask your child's classroom teacher, or speak with Ms. Tanya (486-6922), to schedule your Guest Reader day.

Community Connections

*From Mary Cannell,
Family and Community
Partnerships Manager*



CHP+ / MEDICAID

Application assistance available

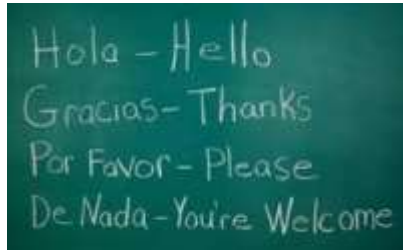
719.486.6928

For more information, visit Room 9

Learn English

Lake County Adult ESL Program
Day and Evening classes

*For information, call Katherine Kerrigan
at LCIS at 486-6830.*



Learn Spanish

Spanish classes at St George's church every
Tuesday night at 6:30.

*For information, call Cesar Hernandez
at 719-293-3247*

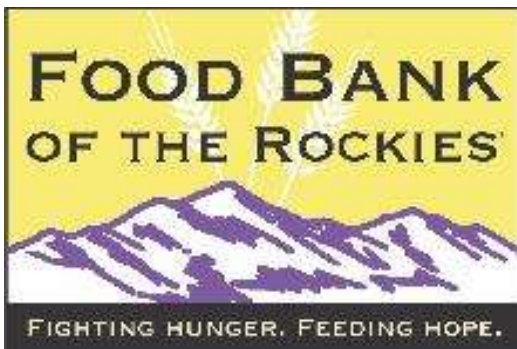
FREE Family

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.

How Fathers Can Help Their Children Deal with Bullies

By Wayne Parker

Fathers can help their children put school bullying in perspective with just a few simple tools. Just like with your toolbox in your garage, not every tool works in every circumstance, but one or more of these tools will help your children understand bullying, deal with it when it happens, and be less likely to be a victim when the bullies come to call.

Remember that it is not about your child. Bullies don't target children for bullying because the child somehow invites it. Bullies are bullies because they have a problem, not because the victims do. Whether your child is different in some way from the mainstream or not, the bullies are operating out of their own problems and challenges, not your child's.

Partner with an adult. Bullies generally stop when an adult intervenes. Engage a teacher, principal, or playground monitor. Make sure that your child feels safe reporting the bullying and having a responsible adult intervene.

Take your child's side with the system. Sometimes adults are reluctant to intervene or maybe they don't see the problem. Get involved at school and help your child navigate the troubled waters. Keep going until you find someone that will help.

Have a safe place. Teach your child to play near the playground monitor and go to a large group of children rather than playing off on her own where she is an easier target. Talk to the school and see what they recommend.

Plan out a response. When your child has a plan, and practices the plan, they will be better equipped to handle the situation when it comes up. Talk about bullying and act out some scenarios where your child responds appropriately. A little imagination can go a long way in helping them remember what to do.

Share stories. Granted, bullying today can be a lot more sophisticated and scary than it was when we were children. But having your child hear stories about how others (cousins, siblings, friends) handled bullying effectively can give them tools to handle it.

Stand up then walk away. One element that seems to work is to not be intimidated. We might think that the bully will "up the ante" but usually they just look for a weaker victim. Suggest that your child tell the bully to stop and then just walk away and ignore them. The first step takes a lot of bravery, but your child will build character one challenge at a time.

Avoid responding violently. While it may be a common defense mechanism to respond to bullying with a physical confrontation, it almost never works. Trying to take the bully out only provokes further escalation of the bullying behavior.

Fathers can do a lot to help their children learn how to deal with school bullying and can give them some excellent tools to address these bullying issues. Help them understand bullying, to be brave when bullied and to use all the resources they have to stay safe and positive.

This article was adapted from <http://fatherhood.about.com/od/handlingcrises/a/How-Fathers-Can-Help-Their-Children-Deal-With-Bullies.htm>





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
Bordogna, Emily	Interim Director of Early	Front	6920	ebordogna
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
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 January 14, 2015

Attending: Eldenida Lagos, Tamsey Tufte, Elda Consuelo, Liz Flores, Vivana Calleja, Jannet Zuniga, Mari Spinner, Erin Allaman, Tammy Taylor, Cheryl Talbot, Ann Stanek, Erin Watkins, Melissa Kirr

Not Attending: Emma Tekansik, Samantha Leyba, Michelle Nye, Harmony Jump

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

Call to Order: The meeting was called to order at 5:10pm by the Chair, Liz Flores. Introductions were made.

Approval of Minutes: Minutes for the December 17th special meeting were approved. Ann Stanek motioned to approve the minutes and Tamsey Tufte seconded the motion. The motion passed with all in favor and none opposed. Approval of the November 12th minutes was postponed for next meeting because the second page of the minutes was missing.

Chairperson: Liz Flores led a discussion of the roles and responsibilities of Policy Council. Kate Bartlett asked **members to share what's been working and what needs improvement. Emily Bordogna acknowledged that we are in a transition time as we hire a new director and that Policy Council's feedback is valued. Liz reviewed with** Policy Council a synopsis of roles and responsibilities. Based on feedback, Emily proposed bringing in Janet from Head Start to train us on how to run policy council, establishing ground rules and norms for meeting. Emily and Kate committed to contacting Janet to help set up a 3-4 hour evening training.

Approval of Agenda: A revised agenda was approved following a discussion of Roles and Responsibilities of Policy Council. The revised agenda covered the Director Report, 2015-2016 Parent Activity Fund Budget, and Next Regular Council meeting date. All other business was postponed to the February meeting and training. Mari Spinner moved to approve the amended agenda and Erin Allaman seconded the motion. The motion passed with all in favor and none opposed.

Interim Director Report: Kate Bartlett gave the budget report. There is approximately \$85,000 to spend in January, and they are comfortable in doing this. They are placing supply orders for teachers and taking care of annual payments with the district. Policy Council was given copies of the HR Policy Revision, Holiday Pay Policy revision and agreed that a subcommittee could review these documents to meet and discuss with Kate Bartlett on January 20th 4:30pm at the District Office. The subcommittee will then give a recommendation to Policy Council and vote via email. Emily Bordogna gave the Director Report. The Center is looking at a new structure for leadership. They will shift some of the education manager role to the director to create a more instructional-leadership focused role for the director. Instead of an education manager, they will create a grant manager position that will take on financial, grant, website, reports, and other duties to support the director. The Center will be looking to hire for these two new positions, ideally hiring a director first and then grant manager second. Emily asked for volunteers for the hiring committee, Erin A and Liz volunteered.

Treasurer: There is \$192 remaining in the parent activity fund. Policy Council voted to spend the remaining funds on food for the Policy Council training with Janet and small helmets to go with the Strider Bikes. Erin Watkins motioned to approve spending the remainder of the parent activity fund and Mari Spinner seconded. The motion passed with all in favor and none opposed.

New Business: Because the February 11th meeting conflicts with parent-teacher conferences, Policy Council agreed to move the February meeting to February 18th. The West Park Wellness Committee asked for a letter of support for the GOCO Grant to improve the West Park Playground. Cheryl Talbot agreed to write a letter of support on behalf of Policy Council. Liz agreed to sign as Chairperson.

Adjournment: The meeting was adjourned at 7:08pm

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

Head Start Program
Emily Bordogna, Interim Director of Early Childhood Programs
Phone: 719 486-6920
Fax: 719 486-9992
E-mail: ebordogna@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
February 3 from 1:00—3:00pm at CMC. Parents and caregivers welcome.

Head Start Policy Council
February 18 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.