



The Center

Volume 27, Issue 2

October 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.

October Events

October 14

Policy Council meeting

5:00—7:00pm

October 22-23

Home Visits as scheduled.

The Center is CLOSED

October 29

Classroom Celebrations

10:00-11:00m

Every Friday

Teacher Planning

Families Welcome

Preschool News—Head Start Updates

Welcome, Lora & Noemi!

This month, we welcome two new staff members to our family at The Center.

Lora Romero holds a BA in Psychology and an AA in Elementary Education, along with coursework specific to early childhood education and child development. She brings a wealth of knowledge and excitement for working with young children. She will be the new lead teacher in Room 5 and will also be our new preschool closer.

Noemi Lopez is our bilingual aid. She has a CDA credential and previously worked at The Center for 9 years. She brings both experience and knowledge to our program.

We are so excited to welcome these ladies to our Center team! We feel very lucky to have such experienced staff to join us on our mission to serve children and families.



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

Home Visits

will take place on

Thursday and Friday,
October 22 and 23



The Center will be CLOSED on these days.

At this visit, you will review your child's progress so far on their educational goals and make plans for continued growth.

*Please schedule a time for your Home Visit with
your child's teachers.*

Transportation Updates

From Jenny Mascarenaz
Transportation Manager

Car Seat Checkup

Top 5 Things To Do

Right Seat. This is an easy one. Check the label on your car seat to **make sure it's appropriate for your child's age, weight and height.** Like milk, your car seat has an expiration date. Just double check the label on your car seat to make sure it is still safe.

Right Place. Kids are VIPs, just ask them. We know all VIPs ride in the back seat, so keep all children in the back seat until they are 13.

Right Direction. You want to keep your child in a rear-facing car seat for as long as possible, usually until around age two. When he or she outgrows the seat, move your child to a forward-facing car seat. Make sure to attach the top tether after you tighten and lock the seat belt or lower anchors.

Inch Test. Once your car seat is installed, give it a good shake at the base. Can you move it more than an inch side to side or front to back? A properly installed seat will not move more than an inch.

Pinch Test. Make sure the harness is tightly buckled and coming from the correct slots (check car seat manual). Now with the chest clip placed at armpit level, pinch the strap at **your child's shoulder.** If you are unable to pinch any excess webbing, you're good to go.

Please read the vehicle and car seat instruction manuals to help you with this checklist. If **you are having even the slightest trouble, questions or concerns, don't worry about a thing.** Certified child passenger safety technicians are waiting to help or even double check your work. Visit safekids.org to find a car seat inspection event in your community.



Lake County Community Health Resources

<u>Lake County Public Health</u>	<u>Nutrition Programs</u>	<u>Doctors</u>
486-2413 Immunization clinic, family planning, health care for children with special needs. Medicaid and CHP+ applications. <u>Immunization Clinic</u> - By appointment <u>Family Planning</u> - By appointment <u>Blood Lead Testing</u> - By appointment	WIC- 486-2749 Supplemental foods for women, infants and children who qualify. St. George Community Meals- 200 West 4th Free community meals, all are welcome. Please see Mary in Room 9 for more local food resources.	<u>Rocky Mountain Family Practice...</u> 486-0500 Dr. Lisa Zwerdinger, Amy King, PA, Tyler Norton, PA, & Joette Eyser, PA <u>St Vincent Leadville Medical Clinic...</u> 486-1264 Dr. Gary Petry, Jackie Duba, MPH,PA
<u>Mental Health/Support Services</u>	<u>Dentists</u>	<u>Emergency & Hospital</u>
Alcoholics Anonymous.....486-3087 Solvista Mental Health.....486-0985 Summit Community Care Clinic...970-668-4040	Dr. Lance Schamberger.....486-2060 Dr. Christine Jones.....486-0053 Dr. Curtis Slack.....486-3801 Pediatric Dental Specialties.....970-668-8668 Summit Community Care Clinic.....970-668-4040	Emergency.....911 St. Vincent Hospital.....486-0230 <u>Optometric</u> Lake County Vision Center.....486-2505

Domains of Learning

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 22 and October 23 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 classrooms with you!

Field trips to public library

Beginning this month, each classroom will take a field trip to the public library once a month. **The children's library staff will guide the children** through some story activities at each visit. Classroom teachers will accompany children at all times.

The director of Lake County Public Library has secured a grant to pay for bus transportation through February, after that these will be walking field trips.

Kids love it when their parents go on field trips with them. **Please let your child's teacher know if you can visit the public library with your child's friends.** You can ride with them on the bus, or meet them at the library.





October 2015 Preschool Menu

			Thursday- 1	Friday- 2
			PANCAKES, FRUIT ----- BEAN BURRITO, CORN, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- TURKEY AND GRAVY, MASHED POTATO, FRUIT ----- BLUEBERRY MUFFIN, FRUIT
Monday- 5	Tuesday- 6	Wednesday- 7	Thursday- 8	Friday- 9
CEREAL, FRUIT ----- HAMBURGER ON BUN, FRENCH FRIES, FRUIT ----- GOLDFISH CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- SPAGHETTI WITH MEAT SAUCE, VEGGIES, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- SUNFLOWER BUTTER & JELLY SANDWICH, YOGURT, VEGGIES, FRUIT ----- BANANA BREAD MINIS, FRUIT	FRENCH TOAST, FRUIT ----- CHICKEN QUESADILLA, CORN, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	CEREAL, FRUIT ----- GRILLED HAM & CHEESE SANDWICH, CARROT ----- YOGURT, FRUIT
Monday- 12	Tuesday- 13	Wednesday- 14	Thursday- 15	Friday- 16
CEREAL, FRUIT ----- TURKEY & CHEESE SANDWICH, ROASTED CARROT FRIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES	CHEESY BAGEL, FRUIT ----- ENCHILADA CASSEROLE, CINNAMON STICK, VEGGIES, FRUIT ----- COTTAGE CHEESE, FRUIT	CEREAL, FRUIT ----- PIZZA, VEGGIES, FRUIT ----- GRAHAM CRACKERS, FRUIT	PANCAKES, FRUIT ----- CHICKEN NOODLE SOUP, CRACKERS, VEGGIES, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- HAMBURGER ON BUN, FRENCH FRIES, FRUIT ----- BLUEBERRY MUFFIN, FRUIT
Monday- 19	Tuesday- 20	Wednesday- 21	Thursday- 22	Friday- 23
CEREAL, FRUIT ----- GRILLED CHICKEN ON BUN, POTATOES AU GRATIN, FRUIT ----- GOLDFISH CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- ITALIAN DIP STICKS, VEGGIES, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- GRILLED HAM & CHEESE SANDWICH, VEGGIES, FRUIT ----- BANANA BREAD MINIS, FRUIT	NO SCHOOL TODAY	NO SCHOOL TODAY
Monday- 26	Tuesday- 27	Wednesday- 28	Thursday- 29	Friday- 30
CEREAL, FRUIT ----- HAMBURGER ON BUN, FRENCH FRIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES	CHEESY BAGEL, FRUIT ----- SPAGHETTI WITH MEAT SAUCE, VEGGIES, FRUIT ----- COTTAGE CHEESE, FRUIT	CEREAL, FRUIT ----- SUNFLOWER BUTTER & JELLY SANDWICH, YOGURT, VEGGIES, FRUIT ----- GRAHAM CRACKERS, FRUIT	PANCAKES, FRUIT ----- CHICKEN QUESADILLA, CORN, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- PIZZA, VEGGIES, FRUIT ----- BLUEBERRY MUFFIN, 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	



Halloween Safety Tips from SafeKids.org

Everyone loves a good scare on Halloween, but not when it comes to child safety.

There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury



Walk Safely

- ◆ Cross the street at corners, using traffic signals and crosswalks.
- ◆ Look left, right and left again when crossing and keep looking as you cross.
- ◆ **Put electronic devices down and keep heads up and walk, don't run, across the street.**
- ◆ Teach children to make eye contact with drivers before crossing in front of them.
- ◆ Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- ◆ Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.

Trick or Treat With an Adult

- ◆ Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, they should stick to familiar areas that are well lit and trick-or-treat in groups.

Keep Costumes Both Creative and Safe

- ◆ Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- ◆ Choose face paint and makeup whenever possible instead of masks, which can obstruct **a child's vision.**
- ◆ Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- ◆ When selecting a costume, make sure it is the right size to prevent trips and falls.

Drive Extra Safely on Halloween

- ◆ Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- ◆ Take extra time to look for kids at intersections, on medians and on curbs.
- ◆ Enter and exit driveways and alleys slowly and carefully.
- ◆ Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- ◆ Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- ◆ Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.

Community Connections

From Mary Cannell,
Family and Community
Partnerships Manager



CHP+ / MEDICAID

Application assistance available

719.486.6928

For more information, visit Room 9

Did you know the playground at the Intermediate School is open to the public during non-school hours?



The fabulous, new playground was built using donations from many generous donors and recently won a Starburst Award for exceptional use of lottery funds.

Feel free to enjoy the playground at LCIS anytime when school is not in session there. It is a great place to enjoy some outdoor time in the cooler, fall weather.

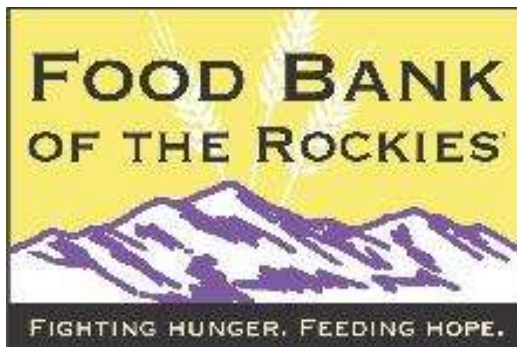
FREE Family
Counseling offered for
Head Start Families

Provided by Solvista Health
(formerly West Central
Mental Health)

Counseling is offered to
families free of charge.

*Please arrange an
appointment through Room 9.*

Solvista
HEALTH



Food Bank of the Rockies

will be distributing free food at St. George's
church on the third Wednesday of each month.

There are no applications necessary.

Just arrive at 8:00am to ensure a spot in line.

Bring boxes or bags to carry food home.

Solve the Communication Puzzle with Your Kid

Think about the last conversation you had with your child. Did you walk away feeling closer to them, or did it raise your blood pressure by a few points? Was your child smiling, or looking for something else to do? Or was he rolling his eyes?



For every dad, good communication is vital. Although some dads are fantastic at getting their kids to open up for those heart-to-heart talks, **it's more like a puzzle for many guys.** And if *we aren't great at it, how can we equip our children to be good communicators?*

Communication is a key way we show our children how to love. We need to make communication a high priority so that we can teach our kids by example and through practice. The **ideas you'll find below are targeted to dads of sons, although you'll find that many of them can be adapted for use with daughters, too.**

To get your son to talk, don't try to get him to talk. Sure, face-to-face chats are great if you can pull 'em off. But usually, the best approach is to talk "sideways." A boy will talk to you much more easily while you're working on a project together or doing something fun. So enlist his help as you work on the car, shoot some hoops, hang drywall, run errands together, or join him in something he wants to do. During that activity, he may bring up something that's been on his mind or willingly respond to a question you throw out.

Watch for cues that he's ready to talk. Maybe he talks more at a certain time of the day, or when he's in a particular mood. The cues may be subtle, but you can learn to spot them.

Be available. He may have a pressing question at eleven o'clock at night—or at three o'clock in the morning. His concerns may sound hair-brained or trivial or way off the mark. That's okay, dad. Be flexible. Let him know that he can come to you anytime, about anything. Those times may be rare, so be ready. And put aside the cellphone or iPad, or turn off the TV when it happens.

Affirm him verbally. Positive words give sons confidence and belonging, and provide a model of a man who can express love in healthy ways. We need to tell our sons how much they mean to us, point out their positive character traits, and say, "I love you, and I'm proud to be your dad."

Finally, if your sons are still very young, do all you can to *build a close relationship with him now.* **If it's easy for him to talk to you during these younger years, there won't be a gap to bridge, and that will do a lot to ease the strain once he becomes a teenager.**

In a nutshell, good communication is about *listening first* before making our opinions known, and *doing away with lectures* in favor of two-way discussions. Also, we have to *be open to receiving feedback, even if it's negative, and take the initiative* in rebuilding relationships when fractures occur—**having the courage to admit when we're wrong and seek forgiveness.**



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*	Preschool Teacher	5	4408	bcaraveo
Claflin, Tracey	Preschool teacher	3	4406	tclafin
Flores, Perla*	Preschool Teacher	2	4405	peflores
Glaser, Sally	Preschool Teacher	4	4407	sglaser
Hinds, Jenna	Preschool Teacher	8	4411	jhinds
Holm, Lizz	Preschool Teacher	2	4405	lholm
Lenhard, Tanya	Director of Early Childhood Programs	Office	6920	tdlenhard
Lopez, Nancy*	Preschool Teacher	3	4406	nalopez
Lopez, Noemi*	Bilingual Aide	Office	6920	nolopez
Lopez, Trisha	Preschool Teacher	6	4409	trlopez
Lujan, Jacqueline	Preschool Teacher	6	4409	jlujan
Martinez, Wanda	Preschool Support Staff	9	6920	wmartinez
Mascarenaz, Chantel	Preschool Teacher	8	4411	chmacarenas
Mascarenaz, Jenny*	Transportation Manager	9	6925	jmascarenaz
Oatey, Claire	Business Manager	Office	6929	coatey
Roeder, Lisa	Preschool Teacher	7	4410	lroeder
Romero, Lora	Preschool Teacher	5	4408	loromero
Romero, Marissa	Child Care Director	Office	6920	maromero
Sanchez, Chantell	Preschool Teacher	7	4410	chsanchez
Sandoval, Brandi	Preschool Support Staff	9	6920	brsandoval
Sifuentes, Anne*	Preschool Teacher	4	4407	ansifuentes
Valdez, AnnaMarie	Health Manager	Library	6923	avaldez
Vigil, Alyssa	Cook	Kitchen	6924	allyssavigil
Policy Council*	Parents/Community Reps	9	2190	mcannell
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 9, 2015

Attending: Skye Calvert, Tasha Dunning, Alison Hoagland, Alyssa Gallegos, Itzel Saldivar, Maria del Socorro, Jen Boeve, Thea Gab, Bethany Godsman, Kelly Martinez, Sandra Cano, Tammy Taylor, Mari Spinner. Guests - Harmony Jump, Tanya Lenhard, Jenny Mascarenaz, Mary Cannell

Not attending: Tamsey Tufte

Training: The meeting was called to order at 5:10pm by Mary Cannell, Family & Community Partnerships Manager, **in the absence of the previous year's chairperson. She began the meeting by welcoming the newly elected members** of Policy Council and thanking them for their commitment and service to the program. Mary then led a discussion **about The Center's different funding sources and explained Policy Council's role in the shared governance of the** Head Start program, along with program staff and the school board.

All members signed into the meeting. Mary reported no new voicemail messages in Policy Council's box and one new note in the Suggestion Box. She offered to address the suggestion box note at a future meeting, in consideration of the lengthy agenda. Members signed confidentiality agreements.

Election of New Officers: Mary explained the duties of the three officer positions. Mari offered to serve as chair, Alison offered to serve as Treasurer, and Bethany offered to serve as Secretary. No other members expressed interest in filling the officer roles. The group unanimously approved these three members as their new officers. Mari took over running the meeting as Chair.

Approval of Agenda and Minutes: The agenda and minutes were reviewed. Tammy moved to approve the agenda; Jen seconded. The motion passed with all in favor and none opposed. Tammy moved to approve the minutes from the last regular meeting in May, and for the special meetings in June and August; Alison seconded. The motion passed with all in favor and none opposed.

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

Treasurer Report: Alison reported the balance of the Parent Activity fund to be \$925.19. A deduction for this month will be for the meeting meal. Mary explained the purpose of the Parent Activity Fund, and the breakdown of different categories for permitted use of the funds. Some examples of past projects were highlighted. She mentioned that the fiscal year runs from February through January, which is different than the school year.

Committee Reports: Harmony gave the School Board report including reviews of the summer construction projects, the opening of the school based health center, and the addition of student representatives to the school board. **Mary explained the roles of The Center's different parent committees and invited members to sign up for at least one to provide reports from those committees back to Policy Council.** Mary explained the purpose of the Lake County Early Childhood Council and the District Accountability Committee and invited parents to those meetings as well. The Head Start parents were assigned classrooms for which they will be the representatives. They reviewed and signed letters which will be distributed to the families of children in their classroom.

Director's Report: Tanya presented a short Director's report, since there was only one day of school last month in August. She mentioned that attendance has been good, and that currently 62 of the 68 Head Start spots in the building have been filled. She invited members to do outreach to help fill the 6 remaining spots. She reported that all of the building management and classroom teaching positions are filled. The only staff position left to be filled is for a bilingual aide. Members were invited to serve on the interview committee for that position.

New Business: Mary directed members to their binders and reviewed the contents for the Information and September tabs. These included the timeline for review of policies, information about the roles and responsibilities of the Policy Council including shared governance, a schedule of meeting dates and members' names, an agenda for Leadership Training, the mission statement and governing values of The Center, a school district calendar for the year, a copy of the Notice of Award for this year's grant, the Self-Assessment results from 2014-15 school year, the 2014-15 PIR report, a list of commonly used acronyms, a mileage log for reimbursement purposes, a copy of last year's grant applications, and the Program Governance policy. Jen moved to approve the Program Governance policy, and Thea seconded. The motion passed with all in favor and none opposed.

Unfinished Business: None

Announcements: The announcements from the agenda were noted, including the ongoing enrollment for this school year, the upcoming Family Fun Night, Picture Day, and the next regular Policy Council meeting on October 14.

Adjournment: The meeting was adjourned at 6:45pm by Mari.

Respectfully submitted, Bethany Godsman, 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

October 6 from 1:00—3:00pm at CMC. Parents and caregivers welcome.

Head Start Policy Council

October 14 at 5:00 in the cafeteria at The Center. All Head Start parents are encouraged to volunteer for election to this parent committee.

For Attendance and The Bus
please call 486-6925 and leave a message.

This line is checked right before the bus goes out each day, and attendance is recorded from the messages. Other lines may be checked only once each day.

If your child is sick and has a fever, keep him/her at home to prevent the spread of illness to others. Public Health and the School District advise parents to keep children home for 24 hours after the child is free from fever without fever reducing medications.