



The Center

Volume 27, Issue 8

April 1, 2016



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.

April Events

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

April 13

*Kindergarten Registration at West Park Elementary
2:30-7:00pm*

April 13

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

April 28

*Health & Safety Family Fun Night
5:30-7:00pm*

Every Friday

*Teacher Planning
*Families Welcome**

Preschool News—Head Start Updates

We can hardly believe it is already April. It seems like time is flying by as we spend each day growing and learning.

There are only about two months of school left before summer break. *Good attendance is very important.* Be sure to send you child to school every day so they can learn and have fun with their classmates. Every minute counts, so please try to arrive on time, so you do not miss out on any of the fun. If your child must miss school due to illness or any other reason, please be sure to let us know by calling 486-6925.

This month, *field trips to the library will resume as walking field trips.* On field trip days, please be sure your child is wearing comfortable shoes or boots to protect their feet for the journey.

Across the country, *April is celebrated as the Month of the Young Child.* We are so lucky to get to see the smiles of our little friends everyday. In April, we work to spread this message to the community, to keep everyone mindful of how nurturing our youngest neighbors and their families benefits our entire community. Keep you eyes open for art exhibits, mayoral proclamations, and articles in the newspaper all about young children.



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



Family Fun Night

Health and Safety

Thursday, April 28 5:30-7:00pm

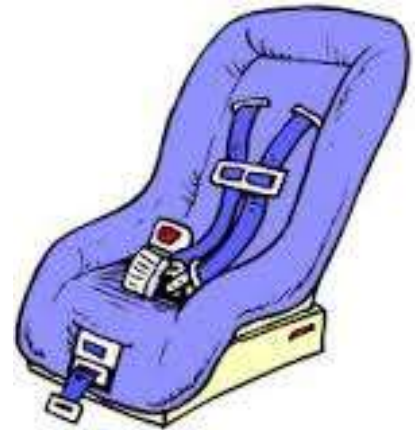
Come with your whole family for activities to be strong and well.

Transportation Updates

*Submitted by Jenny Mascarenaz
Transportation manager*

Know Your Car Seat's History

Buy a used car seat only if you know its full crash history. That means you must buy it from someone you know, not from a thrift store or over the internet. Once a car seat has been in a crash, it needs to be replaced.



If you need a car seat for your child, please stop by Room 9 and see Jenny. We have connections to some resources that can provide car seats to families who need them.



CLICK IT OR TICKET!

Under Colorado's Child Passenger Safety law, infants and children must be properly buckled up when riding in motor vehicles. A driver can be ticketed and fined a minimum of \$82 for each unrestrained or improperly restrained child in the vehicle.

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, Tyler Norton, 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>Solvista 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>

Rhyme Time

Rhyming is an important early literacy skill because it helps children start to pay attention to the sounds in words. Words that rhyme have the same ending sound like boat and coat or duck and luck. It is easy to support rhyming at home because it is something you can do in the car, while you are cooking dinner, or when reading a book. Just simply having fun with language play is a great way to encourage rhyme. Here are few ideas for you at home:



- Play rhyming games, read poetry, and sing songs that rhyme.
- **Read or recite some good old nursery rhymes like "Humpty Dumpty" – stop on a line and see if your child can fill in the missing rhyming word.**
- **Use your child's name or names in the family and create a list of rhyming words, it's okay if the words are silly or don't make sense, that's what makes it fun!** Maybe even try it with the name of a pet.
- Spend time together reading books and poems that use rhyming patterns.

Here are some book titles that encourage rhyme:

Jamberry by Bruce Degen

Llama Llama Red Pajama by Anna Dewdney

Sheep in a Jeep by Nancy Shaw

Is Your Mama a Llama by Debra Guarino

Whether you use these ideas or make up your own, spend a little time while developing rhyme! Have fun!

Kindergarten Registration for 2016-2017

April 13—2:30-7:00pm

At West Park Elementary School

If your child will turn 5 years old before October 1, 2016, they will go to kindergarten next year.

Please take the following documents with you:

- ⇒ Current immunization record (Including 5th DTP, 4th Polio, MMR, 2nd Varicella)
- ⇒ State certified birth certificate

Enrollments will not be taken without these documents.



April 2016 Preschool Menu

				Friday- 1 NO SCHOOL TODAY
Monday- 4	Tuesday- 5	Wednesday- 6	Thursday- 7	Friday- 8
CEREAL, FRUIT ----- HAMBURGER ON BUN, FRENCH FRIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- MACHO NACHOS, BLUEBERRY MUFFIN, VEGGIES, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- PIZZA, VEGGIES, FRUIT ----- BANANA BREAD MINIS, FRUIT	FRENCH TOAST, FRUIT ----- CHICKEN & GRAVY PENNE PASTA, CORN, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	CEREAL, FRUIT ----- BBQ PORK SANDWICH, VEGGIES, FRUIT ----- YOGURT, FRUIT
Monday- 11	Tuesday- 12	Wednesday- 13	Thursday- 14	Friday- 15
CEREAL, FRUIT ----- GRILLED CHICKEN ON BUN, FRENCH FRIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES	CHEESY BAGEL, FRUIT ----- BEEF & BEAN BURRITO, CORN, FRUIT ----- COTTAGE CHEESE, FRUIT	CEREAL, FRUIT ----- TURKEY & CHEESE SANDWICH, SUN CHIPS, VEGGIES, FRUIT ----- GRAHAM CRACKERS, FRUIT	WAFFLE STICKS, FRUIT ----- SPAGHETTI WITH MEAT SAUCE, VEGGIES, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- MACARONI & CHEESE, CHICKEN TENDERS, VEGGIES, FRUIT ----- BLUEBERRY MUFFIN, FRUIT
Monday- 18	Tuesday- 19	Wednesday- 20	Thursday- 21	Friday- 22
CEREAL, FRUIT ----- FRIED CHICKEN, POTATO SALAD, ROLLS, FRUIT ----- ANIMAL CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- POSOLE WITH PORK, CHEESE QUESADILLA, VEGGIES, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- GRILLED HAM & CHEESE SANDWICH, VEGGIES, FRUIT ----- BANANA BREAD MINIS, FRUIT	FRENCH TOAST, FRUIT ----- TURKEY & GRAVY, MASHED POTATOES, ROLL, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	CEREAL, FRUIT ----- PIG IN A BLANKET, BAKED BEANS, FRUIT ----- BLUEBERRY MUFFIN, FRUIT
Monday- 25	Tuesday- 26	Wednesday- 27	Thursday- 28	Friday- 29
CEREAL, FRUIT ----- HAMBURGER ON BUN, FRENCH FRIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- MACHO NACHOS, BLUEBERRY MUFFIN, VEGGIES, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- PIZZA, VEGGIES, FRUIT ----- BANANA BREAD MINIS, FRUIT	FRENCH TOAST, FRUIT ----- CHICKEN & GRAVY PENNE PASTA, CORN, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	CEREAL, FRUIT ----- BBQ PORK SANDWICH, 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



Benefits of a Bedtime Routine from Kidshealth

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

Play is often talked about as if it were a relief from serious learning. But for children play is serious learning.

Play is really the work of childhood.

-Fred Rogers

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).

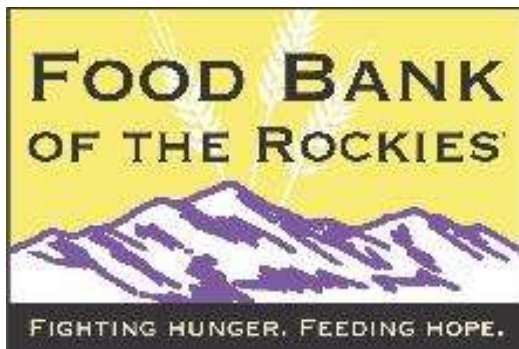
Here in Lake County, our very own Lauren Bissonette is the first contact for families interested in a Child Find evaluation. See her here at school, call her at 719-293-4613, send her an email at lbissonette@lakecountyschools.net, or stop by Room 9 for more information.

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 8:00am to ensure a spot in line.

Bring boxes or bags to carry food home.

Money as You Grow

Things kids need to live financially smart lives

Use these ideas to start a dialogue about money and teach kids important lessons about saving, making choices, and avoiding debt.

1. You need money to buy things.

Activities to help your kids reach this milestone

- ◆ Identify coins and their value.
- ◆ Discuss how you may value something that is free, such as playing with a friend.
- ◆ Identify items that cost money, such as ice cream, gas for the car, or clothes.



2. You earn money by working.

Activities to help your kids reach this milestone

- ◆ Describe your job to your child.
- ◆ Walk through your neighborhood or town and point out people working, like the bus driver or the police officer.
- ◆ Explain that some people start their own businesses, like clothing stores or restaurants, and those people are called entrepreneurs.
- ◆ Encourage your child to think about how she could earn money by setting up a lemonade or cookie stand.

3. You may have to wait before you can buy something you want.

Activities to help your kids reach this milestone

- ◆ When your child is standing in line for a turn on the swings, or looking forward to her favorite holiday, point out that sometimes we have to wait for things we want.
- ◆ Find three jars (or cans) and label one for saving, one for spending, and one for sharing.
- ◆ Suggest that your child put some of the money she gets into the saving jar, so she can buy a toy or treat when she has saved enough.

4. There's a difference between things you want and things you need.

Activities to help your kids reach this milestone

- ◆ When you are out shopping, point out essentials such as food and clothing, and ask your child to describe items that she may want but are optional.
- ◆ Talk about how your family decides what to buy and what to pass up. Which is more important, buying cookies or fresh fruit? Soda or milk?
- ◆ Draw a circle and divide it into sections for food, rent or house payments, clothes, and "optional items," to show that there is a finite amount of money to spend.



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
Clafin, 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 March 9, 2016The Center Early Childhood Programs - Policy Council Minutes - Meeting Date—March 9, 2016

Attending: Alison Hoagland, Thea Gab, Tammy Taylor, Itzel Saldivar, Mari Spinner, Tasha Dunning, Maria del Socorro, Kelly Martinez. Guests – Ellie Solomon, Tanya Lenhard, Mary Cannell

Not attending: Bethany Godsman, Sandra Cano, Skye Calvert, Alyssa Gallegos, Jen Boeve, Vanessa De Lira

The meeting was called to order at 5:18pm by the Chair, Mari Spinner. There were no notes in the Suggestion Box and no messages on voicemail. A few members were late in arriving, so matters requiring a vote were delayed until a quorum was present.

Treasurer Report: **Alison reported the balance of the Parent Activity fund to be \$1171.24. Last month's expenditures** were for the meeting meal and the snow tube for the Parent Resource Center. A deduction for this month will be for the meeting meal.

Director's Report: Tanya presented the FY15 budget, with notes on how all funds have been spent or encumbered to be spent no later than April in accordance with regulations. She also presented the FY16 budget with one month done and **noted that everything looks in good shape. Tanya also presented her Director's Report, noting that enrollment is currently** at 65. Attendance has been good. Parent-Teacher Conferences last month were well attended at 93%, and teachers are still doing follow up with families to complete as many more as possible. She presented reports for the Safeway and **Sam's Club cards.**

Committee Reports: Ellie gave a brief school board report. At the last meeting, they heard updates from West Park and **reviewed next year's school calendar. None of the other committees had met since the last Policy Council meeting.**

Roll Call: In the absence of the secretary, Mary conducted roll call and determined a quorum was present.

Approval of Agenda and Minutes: The agenda and minutes were reviewed. Alison moved to approve the agenda; Kelly seconded. The motion passed with all in favor and none opposed. Thea moved to approve the minutes from the last regular meeting in February; Alison seconded. The motion passed with all in favor and none opposed.

Training: Mary led the Community Resource Quiz to help familiarize members with resources in our community and how our program connects families to those resources.

Unfinished Business: none

New Business: Tanya presented the School Readiness Goals. She described how they were written to show all domains of learning, be inclusive of all children, and show growth in learning. She described how they are matched to GOLD objectives. Members were asked for their input on what they wanted their kids to learn in order to be kinder-ready. Responses were noted for future revisions and centered around social-emotional development, self-sufficiency, and self-direction. Members commented that their views on school readiness skills had changed during their time at the Center. Alison made a motion to approve the School Readiness Goals and Tasha seconded. The motion passed with all in favor and none opposed. Mary presented the Communication Plan, explaining how it outlines how we communicate with families and between governing bodies. Changes this year include the addition of the use of email and the website. Thea moved to approve the Communication Plan, and Kelly seconded. The motion passed with all in favor and none opposed. Tanya reviewed a handout describing the progress that has been made on Program Goals this year. Members made comments about the changes and improvements they have noticed and made further recommendations to help use less paper. Tanya talked about how The Center uses Creative Curriculum and believes children learn best through play. She talked about setting up classroom environments with regard to materials and schedule and how TS GOLD is the assessment tool. Tanya reviewed that CLASS is a system of observation used to rate interactions between teachers and children. She showed a brief video that reviewed the main areas of assessment are emotional support, classroom organization, and instructional support. She reviewed the numbers from the last Head Start CLASS assessment that was done. The Center also does in house CLASS observations on classrooms. Tanya gave a report on the enrollment meeting with the Office of Head Start, noting that it was very solution oriented. The changing needs of our community would indicate that an enrollment reduction and reallocation of funds would be appropriate. We are required to submit a plan detailing the changes we would like to make. This will either be presented to Policy Council at the next regular meeting or at a Special Meeting, depending on the timeline.

Announcements: The announcements from the agenda were noted, including ongoing enrollment for next school year, the upcoming Family Fun Night at the public library, and the next regular Policy Council meeting on April 13.

Adjournment: The meeting was adjourned at 7:11pm by Mari.

Respectfully submitted, Mary Cannell, Family and Community Partnerships Manager

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

April 12 from 1:00—3:00pm at CMC. Parents and caregivers welcome.

Head Start Policy Council

April 13 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.