

The Center

Volume 28, Issue 2

September 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.

September Events

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

September 5 The Center is CLOSED for Labor Day

September 14
Policy Council meeting
5:00-7:00pm

September 29 Family Fun Night "Big Truck Night"

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:

Tanya Lenhard 486-6920 Director of Early Childhood Programs

Policy Council 48 extension 2190

486-6888

Preschool News—Head Start Updates

Welcome to the 2016-2017 school year! Our teachers returned to work on August 8th and are very excited about the new school year. They have been busy setting up their classrooms, welcoming you for Open House, and attending trainings. We would like to welcome Stephanie Koucherik as a new teacher in Room 3. Her experience working with young children will make her a great addition to The Center's team.

We hope that Orientation and the Open House appointment in your child's classroom was a positive experience and that this event made the transition to preschool easier for you and your child.

All of our Early Childhood Programs are designed to build on the four cornerstones of Head Start: Children, Family, Community and Staff. Research has shown that the first five years of life are critical to a child's readiness for and success in school. By building partnerships and relationships around these cornerstones, we can be successful in preparing children for school.

Our program is committed to providing a quality preschool experience for the children and families who attend The Center. We are very proud of the experienced and qualified staff who will be working with your children this year. We are currently looking to increase our numbers of substitute teachers. We would love to extend this opportunity to parents of children in our program. If this interests you please see Tanya or Marissa in the front office for an application and more information.

We encourage your participation at The Center and value your input. We have a committed School Board, Policy Council and professional staff ready to make this year a success! As the Director of Early Childhood Programs, my door is always open to hear your thoughts about The Center and your child's experience here; you can also call me anytime at 486-6921. We are here every day to serve and respect your child and your family.



Please come to our Family Fun Night

"Big Truck Night"

Thursday, September 29 5:30-7:00pm

Everyone is invited to this evening of free, fun activities for the whole family.

Transportation Updates



The beginning of the school year is a good time to review the laws about when to stop for a school bus.

The lights on a school bus are just like a traffic light.

The lights turn yellow when the bus is approaching a bus stop. Traffic should slow and prepare to stop.

A red flashing school bus light, or when the stop sign comes out, means traffic traveling in both directions on the roadway must stop. This is not optional.

Many drivers break the law and pass buses, endangering the lives of children who may be crossing the street.

Bus drivers actively enforce the state law. They can take down license plate numbers and descriptions of drivers and report them to the sheriff's office.

The fine is up to \$300, a mandatory court appearance, and six points on a license. A second offense within a five year period will cost \$1000.

http://denver.cbslocal.com/2012/08/28/many-drivers-not-stopping-for-school-buses-in-young-school-year/http://www.havasunews.com/sports/officials-school-buses-are-just-like-traffic-lights/article_579bd538-008e-11e2-ab3d-0019bb2963f4.html

Lake County Community Health Resources

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

Education News

Five Essentials to Meaningful Play

By Marcia L. Nell and Walter F. Drew

"One of my clearest childhood memories is slithering through the tall grass like a snake with my brother and sister."

When you think back on your childhood, what happy play memories come to mind? Adults today tend to think back on their childhood play memories with nostalgia and often call them the "good old days." Memories of joyful and meaningful play experiences help bind families together emotionally, even long after children are grown. Are our children experience the same kind of joy, meaning and family bonding in their play?

Here are five essential elements essential to meaningful play that create those rich memories we treasure:

- 1. Children make their own decisions. When children choose how to play themselves, they experience freedom making those choices. They also begin to see connections between choice and the consequences or results of that choice. The type of toys or materials parents offer can help their children make more meaningful decisions. Open-ended materials can be used in many ways so children can decide for themselves how to use them. For example, a child can imagine a block to be a fire truck or any number of things. A toy fire truck, on the other hand, is usually used as a fire truck. Foam pieces, little wooden sticks, ribbon scraps, and other reusable resources are all open-ended materials that inspire create thinking and delight when children use them to make something no one has ever made before.
- 2. Children are intrinsically motivated The impulse to play comes from a natural desire to understand the world. This play impulse is as strong as your child's desire for food or sleep. It is the intrinsic motivation that allows a child to regulate her own feelings and desires in order to keep playing. Because children eventually find it more important to be part of play with their friends than to satisfy their own wants and needs at that moment, children learn self-control. And self-control has been shown to lead to success in later years, especially in today's information age, where distractions are a part of daily life.
- 3. Children become immersed in the moment In true play, children are so fully engaged that they lose awareness of their surroundings, time and space. In this risk-free atmosphere where reality is suspended, children have the security and safety they need to experience, try new ideas, and investigate the laws of nature. Although they are immersed in their play, children still can recognize reality versus fantasy, something parents often wonder about.
- 4. Play is spontaneous, not scripted Often, play is totally unplanned. Other times, play is planned but a child impulsively makes a change. One child changes his mind, or perhaps a toy does not cooperate. This sense of the unknown provides children with opportunities to develop flexibility in their thinking and decision making, which is a vital life skill.
- <u>5. Play is enjoyable</u> Play always has an emotional response attached to it. Without this emotional connection, the experience is simply an activity; it is not PLAY. Enjoyment is the direct result of engaging in play. It is FUN! These five essential elements of play outline why play provides your child with a rich experience. And isn't that what we want for our children, to develop play memories that will become the "good old days?"





September 2016 Preschool Menu

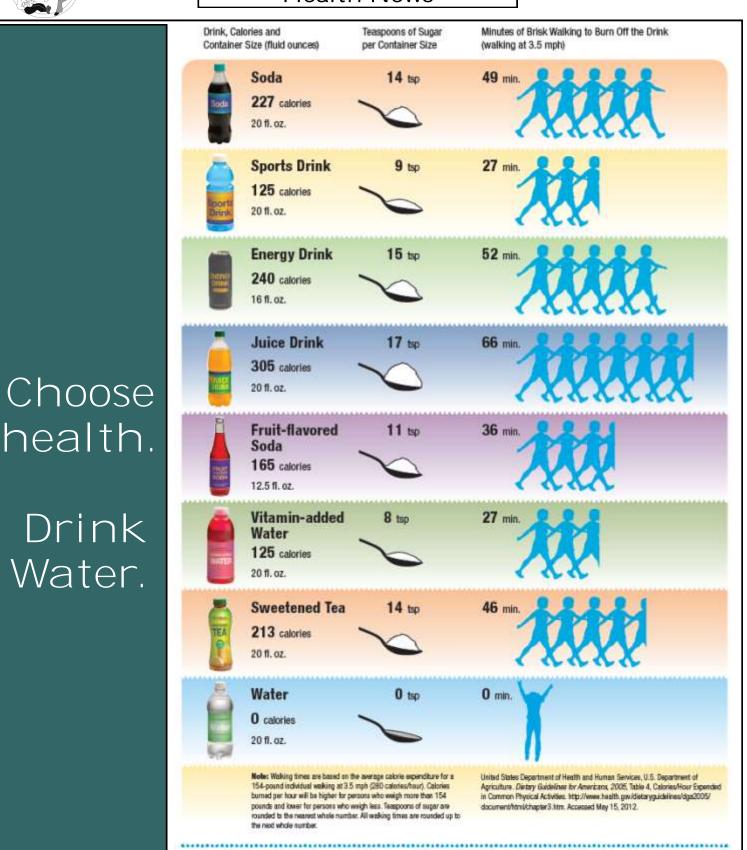
			Thursday- 1	Friday– 2
			WAFFLE STICKS, FRUIT	CEREAL, FRUIT
			ITALIAN DIP STICKS, SALAD, FRUIT	HOT DOG ON A BUN, BAKED BEANS, FRUIT
			SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	BLUEBERRY MUFFIN, FRUIT
Monday- 5	Tuesday- 6	Wednesday- 7	Thursday- 8	Friday-9
NO SCHOOL TODAY	CHEESY BAGEL, FRUIT MACHO NACHOS, CORN, FRUIT COTTAGE CHEESE, FRUIT	CEREAL, FRUIT SPAGHETTI WITH MEAT SAUCE, BREADSTICK, FRUIT GRAHAM CRACKERS, FRUIT	MUFFIN, FRUIT TURKEY & GRAVY, MASHED POTATOES, ROLL, FRUIT HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT TOASTED CHEESE SANDWICH, TOMATO SOUP, VEGGIES, FRUIT BLUEBERRY MUFFIN, FRUIT
Monday- 12	Tuesday– 13	Wednesday- 14	Thursday- 15	Friday- 16
CEREAL, FRUIT	GRANOLA BAR FRUIT	CEREAL, FRUIT	BREAKFAST BURRITO, FRUIT	CEREAL, FRUIT
CHICKEN ON BUN, FRENCH VEGGIES, FRUIT ANIMAL CRACKERS, VEGGIES	COWBOY MACARONI, VEGGIES, FRUIT STRING CHEESE, FRUIT	PEPPERONI PIZZA, VEGGIES, FRUIT BANANA BREAD, FRUIT	BREAKFAST FOR LUNCH, FRUIT SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	SUNFLOWER BUTTER & JELLY SANDWICH, YOGURT, VEGGIES, FRUIT BLUEBERRY MUFFIN, FRUIT
Monday- 19	Tuesday- 20	Wednesday- 21	Thursday- 22	Friday- 23
CEREAL, FRUIT	CHEESY BAGEL, FRUIT SOFT BEEF TACO, CORN, FRUIT COTTAGE CHEESE, FRUIT	CEREAL, FRUIT MACARONI & CHEESE, CHICKEN NUGGETS, VEGGIES, FRUIT GRAHAM CRACKERS, FRUIT	MUFFIN, FRUIT ITALIAN DIP STICKS, SALAD, FRUIT HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT HOT DOG ON A BUN, BAKED BEANS, FRUIT BLUEBERRY MUFFIN, FRUIT
Monday- 26	Tuesday– 27	Wednesday- 28	Thursday- 29	Friday- 30
CEREAL, FRUIT CHICKEN ALFREDO, VEGGIES, FRUIT ANIMAL CRACKERS, VEGGIES	GRANOLA BAR, FRUIT MACHO NACHOS, CORN, FRUIT STRING CHEESE, FRUIT	CEREAL, FRUIT SPAGHETTI WITH MEAT SAUCE, BREADSTICK, FRUIT BANANA BREAD, FRUIT	WAFFLE STICKS, FRUIT TURKEY & GRAVY, MASHED POTATOES, ROLL, FRUIT SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	CEREAL, FRUIT TOASTED CHEESE SANDWICH, TOMATO SOUP, 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	



Drink

Water.

Health News





This material was produced by the California Department of Public Health's Nutrition Education and Geetly Prevention Smooth with funding from UEDA SNAP-Ed, leaven in California as California. These institutions are equal opportunity provides an employer. California provides assistance to low-incontinuous and can be purely institution of the best form the california and can be purely institution of the seath. For California Institution, call 1-307-347-3693. For important nutrition intrinsation, with were California provided and the california and cal



Community Connections

CHILD

From Mary Cannell, Family and Community Partnerships Manager



CHP+/MEDICAID

Application assistance available

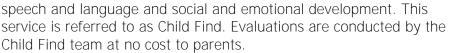
719.486.6928

For more information, visit Room 9

<u>Child Find</u>

<u>Early intervention for</u> 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,



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 lbissonnette@lakecountyschools.net, or stop by Room 9 for more information.

FREE Family
Counseling offered for
Head Start Families

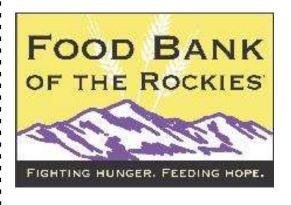
Provided by Solvista Health (formerly West Central Mental Health)

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.

Calling all DADS!

Ideas for spending time with kids

Ideas for Fathers & Sons



A father teaches his sons what to look for in a relationship with a woman, and how to be a good man and father.

- Play together. Play wrestle, tumble around or practice sport skills. Teach him some of the finer points of your favorite game.
- Cuddle and read a book. Visit the library and get a library card together!
- Include him in simple fix-it chores. Change a tire, oil a squeaky door hinge, or organize tools together.
- Cook together. Grill the perfect burger together. Shop and make your favorite meal together.
- Build memories. Look through old photo albums and add new photos. Tell stories about your past family celebrations and traditions.
- Visit relatives and do something nice! Take a snack and make a short visit to an older relative. Teach about caring for others. Take an old aunt on a "date" together.
- Go to a new place. Try fishing, visit a museum, or even take a nature walk.
- Try these ideas for Fathers & Daughters too!

Ideas for Fathers & Daughters



A father shows his daughters what they should look for in a relationship with a man and how a good father cares for children.

- Choose a hobby together. Learn to make jewelry or build birdhouses. Use these as gifts for loved ones.
- Play outdoors. Learn a new sport or go on a butterfly hunt. Plant a flower box together.
- Sing and play music together. Break out your guitar or favorite music and give a concert.
 Practice drum beats and dance together.
- Learn to cook together. Shop, chop and share a meal with the whole family. Everyone loves food and food is love for many families.
- Plan a nice surprise for someone. Bake cookies for an elderly neighbor. Draw a get well card and mail it to a sick relative.
- Go on a Date. Show her how a woman should expect to be treated by men.
- Teach her to speak up for herself. Introduce her to other grownups so she learns to feel confident talking to adults. Listen when she says "no" to rough play.
- Try these ideas for Fathers & Sons too!

Created By PreschoolFirst



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	Ibissonnette	
Caraveo, Brenda*	Preschool Teacher	2	4405	bcaraveo	
Compean, Melina	Preschool Teacher	7	4410	mcompean	
Dee, Blythe	Preschool Teacher	5	4408	bdee	
Flores, Perla*	Preschool Teacher	3	4406	peflores	
Glaser, Sally	Preschool Teacher	4	4407	sglaser	
Holm, Lizz	Preschool Teacher	5	4408	Iholm	
Jelf Cannell, Mary	Family and Community Partnerships Manager	9	6928	mcannell	
Koucherik, Stephanie	Preschool Teacher	3	4406	skoucherik	
Lenhard, Tanya	Director of Early Childhood Programs	Office	6920	tdlenhard	
Lizardo, Antonieta Maria	Cook	Kitchen	6924	-	
Lopez, Nancy*	Preschool Teacher	6	4409	nalopez	
Lopez, Noemi*	Bilingual Aide	Office	6920	nolopez	
Lopez, Trisha	Preschool Teacher	8	4411	trlopez	
Lujan, Jacqueline	Preschool Teacher	2	4405	jlujan	
Martinez, Wanda	Preschool Support Staff	9	6920	wmartinez	
Mascarenaz, Chantel	Preschool Teacher	6	4409	chmacarenas	
Mascarenaz, Jenny*	Transportation Manager	9	6925	jmascarenaz	
Oatey, Claire	Business Manager	Office	6929	coatey	
Roeder, Lisa	Preschool Teacher	8	4411	Iroeder	
Romero, Marissa	Child Care Director	Office	6920	maromero	
Sanchez, Chantell	Preschool Teacher	4	4407	chsanchez	
Sandoval, Brandi	Preschool Support Staff	9	6920	brsandoval	
Sifuentes, Anne*	Preschool Teacher	7	4410	ansifuentes	
-	Health Manager	Library	6923	-	
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. Page 9

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 May 11, 2016

<u>Attending</u>: Alison Hoagland, Thea Gab, Tammy Taylor, Sandra Cano, Itzel Saldivar, Alyssa Gallegos, Tasha Dunning, Kelly Martinez, Bethany Godsman, Jen Boeve, Bethany Maher. Guests —Tanya Lenhard, Mary Cannell <u>Not attending</u>: Maria del Socorro, Skye Calvert, Vanessa De Lira, Mari Spinner

The meeting was called to order at 5:15pm by Jen Boeve, in place of the absent Chair. There were no notes in the Suggestion Box and no messages on voicemail.

<u>Approval of Agenda and Minutes</u>: The agenda and minutes from the last regular meeting and the special meeting were reviewed. Thea moved to approve the agenda; Bethany G. seconded. The motion passed with all in favor and none opposed. Alison moved to approve the minutes from the last regular meeting in April; Jen seconded. The motion passed with all in favor and none opposed.

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

<u>Treasurer Report:</u> Alison reported the balance of the Parent Activity fund to be \$966.33. Last month's expenditure was for the meeting meal. A deduction for this month will be for the meeting meal.

<u>Committee Reports:</u> Ellie was not present to give a school board report. Mary reported that the Health Committee had a presentation about blood lead from Lynn Nickle from Public Health. Mary reported that the Parent **Activity Committee met to plan the "Health & Safety" Family Fun Night. The Education and Family & Community** Partnerships Committees, the Lake County Early Childhood Council, and the Accountability Committees did not meet last month.

<u>Training:</u> Mary reviewed ways that parents can enhance their child's education, such as being good role models, communicating with their child's teachers, and getting to know the families of their child's friends. She also presented information about regulations governing meals reimbursed under the CACFP program.

<u>Director's Report</u>: Tanya presented the Director's Report, noting that there were low attendance numbers last month. She reviewed the budget report, with a comment from Claire that the budget plan is working well. She presented reports for the Safeway and Sam's Club cards. Members asked about In Kind amounts seeming low. Clarification was provided that much of the In Kind is booked nearer to the end of the year, and that everything is on track.

New Business: Tanya reported that most of the Self Assessment tools have been completed, and the Parent

Unfinished Business: none

Survey is in process. The report will be ready in time for Strategic Planning. She presented the final child outcomes report, noting that we had met our goal of having at least 85% of children "Meeting" or "Exceeding Expectations" in all areas except math, which still showed lots of growth. She highlighted some successes, such as the great numbers in social skills and literacy, especially for kinder-ready kids. She identified further work with Solution Kits as meeting a need identified in the data. Kelly moved to approve the Child Outcomes, and Sandra seconded. The motion passed with all in favor and none opposed. Tanya informed the group that an IM had been released authorizing COLA increases of 1.8% for staff. We are communicating with OHS about how our Enrollment Plan might impact our eligibility for the funds. She will request a special meeting in June to review the request for this funding and the overall wage scale after clarification is received. Members were invited to attend Strategic Planning and given the opportunity to provide feedback about next year's program and budget during the meeting. Suggestions included not scheduling Family Fun Nights on the day before Spring Break, possibly opening Family Fun Nights to the wider community, and praise for the weekly Shout Outs as reminders of upcoming events. Mary reviewed the Program Option, noting how the center-based option works well for our community. Sandra moved to approve the Program Option, and Kelly seconded. The motion passed with all in favor and none opposed. Members were encouraged to complete and return their Parent Surveys in a timely manner, to be sure their feedback could be considered during Strategic Planning. Members were invited to return their binders, so they could be reused and updated for next year. The Council decided to meet via email and telephone to review the self-assessment and COLA/wage scale matters as needed. Special meetings for this purpose were approved by Alison, Jen, and Sandra. Announcements: The announcements from the agenda were noted, including ongoing enrollment for next school year, upcoming committee meetings and home visits, holiday closures, and the next regular Policy Council meeting on September 14. Mary offered some additional information about registration for the Family Leadership Training Institute, and encouraged members to consider enrolling in that program to continue learning about advocacy. The meeting was adjourned at 7:00pm by Jen. Adjournment: Respectfully submitted, Bethany Godsman, Policy Council Secretary

THE CENTER EARLY CHILDHOOD PROGRAMS

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 mercine.

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)

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.

Early Childhood Council

October 4 from 1:00—3:00pm at CMC. Parents and caregivers welcome.

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