



The Center

Volume 28, Issue 4

November 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.

November Events

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

November 7
Ski Program letters go out

November 9
Policy Council meeting
5:00-7:00pm

November 17
Thanksgiving Lunch

November 21-25
The Center is CLOSED for Thanksgiving Break

Every Friday
Teacher Planning
Families Welcome

Preschool News—Head Start Updates

The Center welcomes Darcey Byers to our teaching team

You may have noticed a new face in our hallways at The Center.

Darcey Byers is the new teacher in Room 3.

Darcey comes to us with an AA degree in Early Childhood Education and over 14 years of experience teaching young children.



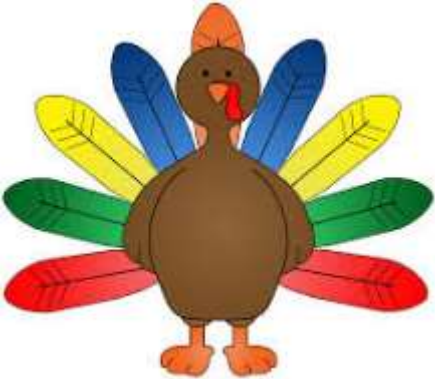
Let's all share our smiles and welcome her to The Center.

Please join your child's class for

Thanksgiving Lunch

Thursday, November 17—see schedule for time
Tickets are available from Claire in the front office in Room 9.

Watch your child's cubby for more information.



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

Reminder...

The Center will be closed for
Thanksgiving Break

Monday, November 21 through
Friday, November 25

The building will be completely closed with no preschool or child care services available.



Transportation Updates

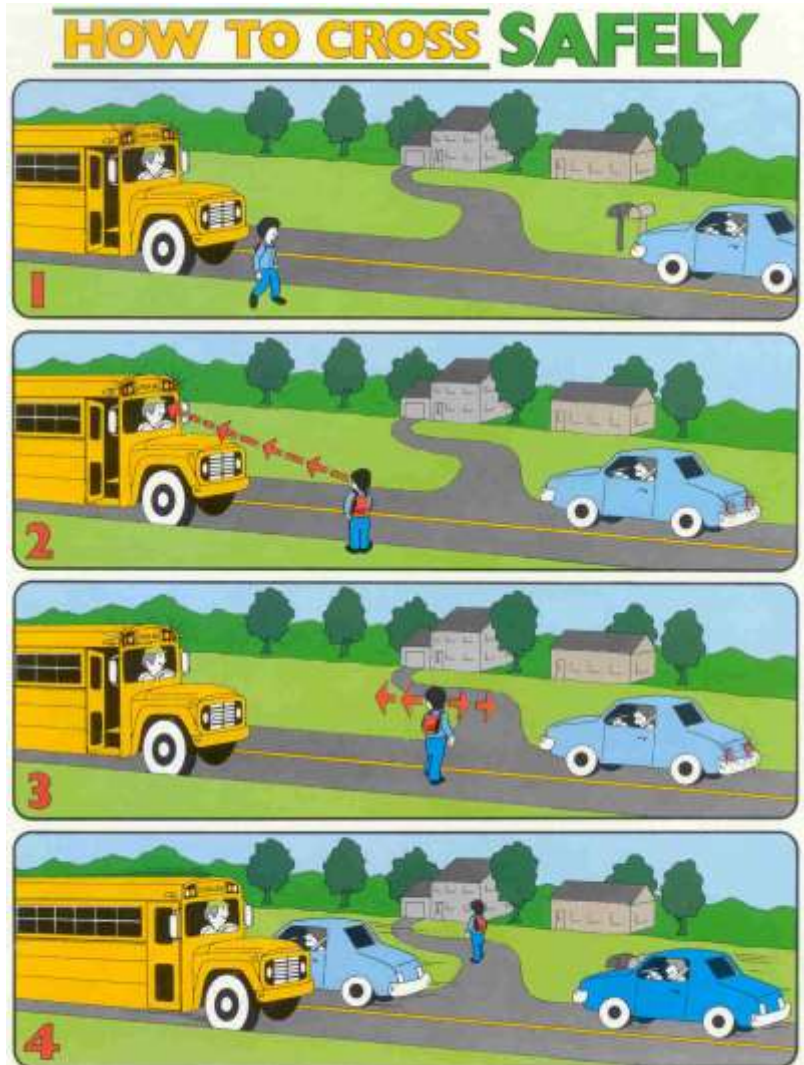
*Submitted by Jenny Mascarenaz
Transportation manager*

CROSS WITH CARE

If your child has to cross the street to board the bus, he or she must:

- ◆ Make eye contact with the bus driver. The bus driver should be able to see your child at all times.
- ◆ Wait for the bus driver to signal **that it's safe to cross**
- ◆ Watch and listen for cars.
- ◆ Stay at least 10 feet away from the bus and cross in front of the bus.
- ◆ Always stay out of the danger zone.

Go over these rules often with your child.



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 Zwerdinger, 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>

Early Literacy Skills

A child's journey towards literacy involves learning to speak, listen, read, understand, watch, draw and write. You can help your child develop these skills.

Talking, singing, playing sound and word games, reading, writing and drawing with your child are great ways to establish a good literacy foundation. Everyday activities, like going to the local shops or library, as well as special treats – trips to the museum or zoo – all provide lots of opportunities for literacy development.

Many parents feel they haven't got time for literacy development activities. You don't need lots of time – five minutes a few times a day is often enough. The key is to use different opportunities to help your child learn. These can range from things like taking a trip to the local store to a night-time story before bed.



Talk and sing

Talking and singing with children can teach them about sounds and how sounds come together to form language. **By teaching your child language games and songs, you'll be helping him to develop listening and speaking skills.** It's also important to listen to your child – this helps you learn about the stories and songs he most enjoys.

Read and make books

Reading with your child helps develop his vocabulary, ability to listen and comprehend, **and ability to understand the purpose of print.** You'll also be helping to set up a lifelong positive attitude towards reading.

Draw and write

From an early age, children love to try to 'write' like their older siblings or parents. Play-writing (scribble) and drawing helps your child develop the fine motor skills needed for writing with pencils and pens later. It also helps him begin to recognize and remember letter shapes.



If you would like to give your suggestions for the preschool menu, please contact the Health Manager, Nichole Glaser at 719-486-6923 or nglaser@lakecountyschools.net.



November 2016 Preschool Menu

	Tuesday- 1	Wednesday- 2	Thursday- 3	Friday- 4
Menus are subject to change	CHEESY BAGEL, FRUIT ----- BEEF TACO, SPANISH RICE, FRUIT ----- COTTAGE CHEESE, PINEAPPLE CHUNKS	CEREAL, FRUIT ----- CHICKEN NOODLE SOUP, CRACKERS, FRUIT ----- GRAHAM CRACKERS, FRUIT	MUFFIN, FRUIT ----- TURKEY & CHEESE SANDWICH, YOGURT, APPLES, CARROT STICKS ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- BBEF & CHEESE QUESADILLA, SALSA, CORN, FRUIT ----- MUFFIN, FRUIT
Monday- 7	Tuesday- 8	Wednesday- 9	Thursday- 10	Friday- 11
CEREAL, FRUIT ----- HAMBURGER ON BUN, FRENCH FRIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES	GRANOLA BAR FRUIT ----- NACHOS WITH GROUND BEEF, MUFFIN, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- SPAGHETTI WITH MEAT SAUCE, BREADSTICK, FRUIT ----- BANANA BREAD, FRUIT	WAFFLES, APPLESAUCE ----- BREAKFAST FOR LUNCH ----- SOFT PRETZEL, SUN BUTTER FRUIT	CEREAL, FRUIT ----- PIG IN A BLANKET, SUN CHIPS, VEGGIES, FRUIT ----- MUFFIN, FRUIT
Monday- 14	Tuesday- 15	Wednesday- 16	Thursday- 17	Friday- 18
CEREAL, FRUIT ----- BREADED CHICKEN SANDWICH, PASTA SALAD, VEGGIES, FRUIT ----- GOLDFISH CRACKERS, VEGGIES	CHEESY BAGEL, FRUIT ----- CHILI CHEESE PIE, CHEESY CORNBREAD, SALAD, FRUIT ----- COTTAGE CHEESE, PINEAPPLE CHUNKS	CEREAL, FRUIT ----- PEPPERONI PIZZA, VEGGIES, FRUIT ----- GRAHAM CRACKERS, FRUIT	MUFFIN, FRUIT ----- THANKSGIVING DINNER ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- HAM & CHEESE SANDWICH, YOGURT, FRUIT ----- MUFFIN, FRUIT
Monday- 21	Tuesday- 22	Wednesday- 23	Thursday- 24	Friday- 25

The Center is closed this week for Thanksgiving Break.

Monday- 28	Tuesday- 29	Wednesday- 30	
CEREAL, FRUIT ----- TOASTED CHEESE SANDWICH, TOMATO SOUP, VEGGIES, FRUIT ----- GOLDFISH CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- NACHOS WITH GROUND BEEF, MUFFIN, FRUIT ----- COTTAGE CHEESE, PINEAPPLE CHUNKS	CEREAL, FRUIT ----- SPAGHETTI WITH MEAT SAUCE, BREADSTICK, FRUIT ----- GRAHAM CRACKERS, FRUIT	

Breakfast is served at 9:30 with Meadow Gold fat free milk

Lunch is served at 12:00 with Meadow Gold fat free milk

Snack is served at 3:30 with water

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



Strategies for Soothing Stress

Read together.

Get some fresh air.

Make up a story.

Make your favorite meal.

Go to bed early.

Try something new.

Watch a funny movie.

Be silly!

Put on some dance music!

Stress Management for Families

Mental Health Tips for children and their caretakers

"I'm so stressed out!" We've all said that before. Everyone has their own set of stressors that affect their ability to cope with everyday life. Often adults can forget that little ones feel overly stressed sometimes too.



Just like you, children need extra comfort when they feel uneasy. Your child may not know how to tell you what is bothering him.

You might try mirroring his facial expressions with your own **while identifying the emotion. For example: "Your eyes look sad. Are you feeling sad?"**

If your child seems especially clingy, she may not be feeling well. Or, she may be feeling stressed and need reassurance.

If you are feeling under pressure to complete a task when your child is demanding your attention, it may help her if you get down on her level. Reassure her that you notice her distress.

You could show her the clock. Point to the short hand of the clock and tell her that the arrow is pointing to the five, for example. **Then say, "When the arrow points to the 10, I'm going to stop what I'm doing and read with you!"**

Of course you can pick your child's favorite activity, or you could even include her in the activity that you're working on.

Don't forget that everyone feels better when they are treated with kindness. So go easy on yourself. Reach out to a safe person in your life for support. Parenting is tough! We are all here for you.

If you need ideas of how to relieve stress, watch your child. He experiences the world through fun and play. Take needed breaks, and never stop playing!

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).

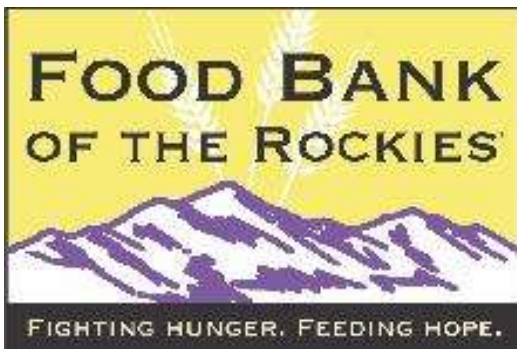
Here in Lake County, our very own Lauren Bissonette is the first contact for families interested in a Child Find evaluation. See her here at school, call her at 719-293-4613, send her an email at lbissonette@lakecountyschools.net, or stop by Room 9 for more information.

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.

Play Alphabet Ball to help kids learn to read

Kids learn best when they are having fun, and it's even better when they're spending time with you.

What You Need for Alphabet Ball

- A medium-sized plastic ball. It needs to be big enough that children can easily read the letters that will be placed on it.
- Alphabet stickers. Randomly place the stickers all over the ball.
- A child who's ready to play.



Alphabet Ball for Toddlers and Young Preschoolers

Sit on the floor a few feet away from your child. Roll the ball to him. Call out the letter that's on top when the ball stops. Point to the letter for the toddler who's just getting started learning the alphabet and say the letter again.

Sing the alphabet song. Emphasize the letter you're teaching when you reach it in the song.

Have your child roll the ball back to you. Repeat the steps above to learn a new letter.

An alternate teaching method is to make the sound of the letter. - For example, instead of saying "Ay!" for the letter A, you would say "ah." This early introduction to phonics helps him learn letter sounds and prepares him for reading.

Alphabet Ball for Older Preschoolers

With this age group, you have a couple of variations on how to play the alphabet learning game.

1. Preschoolers who know the alphabet and each letter's sounds can now work on combining those letter sounds with words. Roll the ball or throw it to each other. The person with the ball says the first letter they see when they get the ball. The other person has to say the first word that comes to mind that starts with the letter. For example, Billy gets the ball and says, "C." Mommy says, "Cat!"

2. Try a different twist on this game. As you roll the ball to your child, say a word. Once your child gets the ball, he has to quickly find the first letter of the word you just said. Set a timer and try to beat each other's times.



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
Byers, Darcey	Preschool Teacher	3	4406	dbyers
Caraveo, Brenda*	Preschool Teacher	2	4405	bcaraveo
Compean, Melina	Preschool Teacher	7	4410	mcompean
Dee, Blythe	Preschool Teacher	5	4408	bdee
Glaser, Nichole	Health Manager	Library	6923	nglaser
Glaser, Sally	Preschool Teacher	4	4407	sglaser
Holm, Lizz	Preschool Teacher	5	4408	lholm
Jelf, 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	lroeder
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
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 October 12, 2016

Attending: Thea Gab, Crystal Flores, Erin Duggin, Alyssa Gallegos, Bethany Godsman, Amy Small. Guests –Tanya Lenhard, Claire Oatey, Ellie Solomon, Mary Cannell

Not attending: Rosa Guzman, Maria Salas, Sandra Cano, Danielle Swango, Kelly Martinez

The meeting was called to order at 5:25pm by Thea Gab, Policy Council chair. There were no messages on voicemail. Mary reported one unsigned note in the Suggestion Box asking about bus services.

Approval of Agenda and Minutes: The agenda and minutes from the last regular meeting were reviewed, but approval of them was put off until the next regular meeting due to a lack of a quorum.

Roll Call: Amy arrived late to the meeting, so in her absence, Mary conducted roll call and determined that a quorum was not present. It was determined to go through the agenda and discuss all items in the hope that some members would arrive late and approvals could be made.

Treasurer Report: Crystal reported the balance of the Parent Activity fund to be \$861.35. The last expenditure was for part of the meeting meal in September. Additional deductions will be made for the catering last month and the meeting meal for this month. Mary reviewed the purpose of the PAF and its potential uses, with a reminder that it all must be spent by the end of the fiscal year on January 31, 2017. Thea encouraged members to come to the November meeting with some ideas for potential expenditures. She recommended a program, instead of physical resources for checkout, since there are a number of those already in the Parent Resource Center in Room 9

Committee Reports: Ellie gave a school board report. They approved the Continuation Grant and Supplemental Duration Grant at their meeting the night before. LCIS is off of turnaround status with the state. They are forming new graduation requirements. She invited members to attend school board meetings. Mary reported on the LCECC meeting. **That group serves as the District Advisory Council for the Center's CPP grant. They did a site visit, reviewed the annual report, and set some goals for program improvement.** The other committees did not meet last month. Thea asked members about forming a committee to potentially improve the school age playground. Some ideas for possible funding sources and community partners were brainstormed.

Training: **Mary called members' attention to the training materials in their binders regarding meeting etiquette and parliamentary procedure.**

Director's Report: Claire presented the budget report and reported that the budget is right on track, especially with the extra funds for the COLA increase. She talked about the jump in In Kind donations, which are due to calculating **depreciation on the building. Tanya presented the Director's Report and highlighted some different items. She reported that The Center will be sponsoring the 21st Century programs on our CACFP account.**

New Business: Claire reviewed updates to the Continuation Grant application with updates on program goals and informational items. She provided a handout for reference. Ellie mentioned some of the questions that school board had asked and had answered to their satisfaction. Policy Council praised the management staff for the thorough understanding of the performance standards and commitment to a high quality program. Claire also presented the updated version of the Supplemental Duration Grant and explained that the big difference from the original application which had been approved in June was the change in service hours to be exactly 1020 and the necessary budget adjustments to accommodate that change. Claire presented an updated draft of the In Kind reimbursement policy and the justification for the requested changes due to the increase in teacher salaries. Tanya presented Darcey Byers as a candidate for a new preschool teacher and reviewed her qualifications. Crystal also gave her impressions of the new candidate from serving on the interview committee.

There was still not a quorum at this point in the meeting, so no official votes could be taken. Tanya and Thea requested a special meeting to be conducted by email for 4 agenda items needing immediate attention. The four items for the special meeting were the Continuation Grant, the Supplemental Duration Grant, the In Kind Reimbursement policy, and the new staff hire. All members present approved the special meeting request.

Unfinished Business: No agenda items in this section were addressed, due to time constraints and limited attendance. We will keep them on the agenda for next month.

Announcements: The announcements from the agenda were noted, including ongoing enrollment for this school year, the upcoming closure for Home Visits, Pumpkin Patch, classroom celebrations, and the next regular Policy Council meeting on November 8. Mary also talked about the Family Leadership Training Institute and encouraged members to attend that training to further their advocacy efforts.

Adjournment: The meeting was adjourned at 6:57pm by Thea.
Respectfully submitted, Amy Small, 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

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

Head Start Policy Council

November 9 at 5:00 in the cafeteria at The Center. All Head Start parents are encouraged to volunteer for election to this parent committee.

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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.