



# The Center

Volume 28, Issue 7

February 1, 2017



## Early Childhood Programs of Lake County School District

Our mission is to serve and respect children and families by providing research-based early childhood services that promote the development of knowledge, life skills, and self-esteem.

### February Events

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

February 1,2  
*Ski Program days*

February 8  
*Policy Council meeting*  
*5:00-7:00pm*

February 14  
*Classroom Celebrations*

February 16-17  
*Parent-Teacher*  
*Conferences as scheduled.*  
*The Center is CLOSED*

February 20  
*The Center is CLOSED*  
*for President's Day*

February 23  
*Family Fun Night*  
*"Me & My Guy"*  
*5:30-7:00pm*

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 486-6888  
extension 2190

### Preschool News—Head Start Updates

Hello Families! With the month of February comes our *mid-year Parent Teacher Conferences*. We look forward to this opportunity to meet with each of our families to touch **base on your child's progress, set new goals, and share how the year is going so far.**

These will be held on *February 16, 2017 from 12:00pm-8:00pm and February 17 from 8:00am-4:00pm. All conferences will be held here at The Center in your child's classroom.* Classrooms teachers will work families to schedule a time that will work best for you.

Here are some tips for a productive conference:

- Prepare for your conference by writing down some of your questions. Sometimes it is challenging to remember what you wanted to talk about in the moment, having a list ahead of time will help you remember the things you wanted to cover the most. It may also be helpful to prioritize your list so that you can cover the most important ones first. Here are some examples of questions that might be helpful to ask:

*How is my child doing toward his/her academic goals? What are some new goals for my child?*

*What activities does my child really enjoy here at school?*

*How does my child interact with the other children?*

*Is there anything we can do at home to reinforce the skills that you are working on in the classroom?*

*What sorts of reading activities would you recommend we do at home?*

- Keep in mind that this is an established partnership where you and the teachers are working together to support your child. Teachers will have many successes and updates on progress to share, but this also may include talking through areas where your child has room to develop. This is all a part of parent teacher conferences. The partnership between home and school is a key relationship to benefit your child.
- **Share any relevant information with your child's classroom teachers. This may include** updated contact information or any recent changes that may have taken place at home. Feel free to schedule another time to meet if you were not able to cover everything during this conference.

**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!**

Please join us for Family Fun Night

***"Me & My Guy"***

This is a special night for kids to spend time with their Dads, stepdads, grandpas, uncles, big brothers and others, but *everyone* is invited.

Thursday, February 23

5:30-7:00pm



## 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](http://safekids.org) to find a car seat inspection event in your community.

## Lake County Community Health Resources

<p><u>Lake County Public Health</u></p> <p>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><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><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><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><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><u>Emergency &amp; Hospital</u></p> <p>Emergency.....911</p> <p>St. Vincent Hospital.....486-0230</p> <p><u>Optometric</u></p> <p>Lake County Vision Center.....486-2505</p>

**February is Mail Month**

During the month of February, our classes will be talking about the mail. We will be incorporating a visit to the Post Office toward the end of February. Our preschoolers will experience letter writing in their classrooms and then will get the opportunity to mail their letters when they visit the post office.

Along with your help, our preschoolers will also get the opportunity to experience receiving mail. Please encourage your friends and family members to write to your child. Our classes can talk about the different places letters come from. Just a reminder, we ask that packages and letters do not include food or candy.

Please address letters to:

*The Center*  
**Attention- (your child's name and Room #)**  
*315 West 6<sup>th</sup> Street*  
*Leadville, CO 80461*



We have two ways that you can send mail to your child stamp free. There will be a mailbox in the hallway by Room 9. Please feel free to drop letters and notes to your child this way during drop off or pick up. If your child rides a bus you can give your mail to the bus monitor and they will be sure that it gets into our on-site mailbox by Room 9. We will check this mailbox daily and deliver letters to the appropriate classrooms.



We will begin mail delivery to the classrooms starting Monday February 6 and will continue through March 2, 2017. Any mail that comes before February 6 will just be held until our first official delivery date so please begin sending items at your convenience.

One of our February practice pack activities is to make a mailbox with your child. **These will remain in your child's classroom during our mail delivery period so** that we can deliver their mail to their own special mailbox. We will also have a mailbox making station in the hallway for families during our parent teacher conferences that occur on February 16 and 17, 2017.

If you have any questions concerning mail month at The Center feel free to contact **your child's teachers.**



## February 2017 Preschool Menu

		Wednesday- 1	Thursday- 2	Friday- 3
Menus are subject to change		CEREAL, FRUIT ----- CHICKEN NOODLE SOUP, CRACKERS, FRUIT ----- BANANA BREAD, FRUIT	WAFFLES, APPLESauce ----- BEEF & CHEESE QUESADILLA, SALSA, CORN, FRUIT ----- SOFT PRETZEL, SUN BUTTER, FRUIT	CEREAL, FRUIT ----- TURKEY & CHEESE SANDWICH, FRUIT, CARROT STICKS ----- MUFFIN, FRUIT
Monday- 6	Tuesday- 7	Wednesday- 8	Thursday- 9	Friday- 10
CEREAL, FRUIT ----- BREAKFAST FOR LUNCH ----- GRAHAM CRACKERS, VEGGIES	CHEESY BAGEL, FRUIT ----- CHILI CHEESE PIE, CHEESY CORNBREAD, SALAD, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- PEPPERONI PIZZA, VEGGIES, FRUIT ----- GRAHAM CRACKERS, FRUIT	MUFFIN, FRUIT ----- HAMBURGER ON A BUN, FRENCH FRIES, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	WAFFLES, APPLESauce ----- PIG IN A BLANKET, FRUIT, VEGGIES ----- SOFT PRETZEL, SUN BUTTER, FRUIT
Monday- 13	Tuesday- 14	Wednesday- 15	Thursday- 16	Friday- 17
CEREAL, FRUIT ----- TOASTED CHEESE SANDWICH, YOGURT, FRUIT, VEGGIES ----- ANIMAL CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- BEEF TACO, SPANISH RICE, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- SPAGHETTI AND MEAT SAUCE, BREADSTICK, VEGGIES, FRUIT ----- BANANA BREAD, FRUIT	NO SCHOOL TODAY	NO SCHOOL TODAY
Monday- 20	Tuesday- 21	Wednesday- 22	Thursday- 23	Friday- 24
NO SCHOOL TODAY	CHEESY BAGEL, FRUIT ----- NACHOS WITH GROUND BEEF, MUFFIN, VEGGIES, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- CHICKEN NOODLE SOUP, CRACKERS, FRUIT ----- GRAHAM CRACKERS, FRUIT	MUFFIN, FRUIT ----- BEEF & CHEESE QUESADILLA, SALSA, CORN, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- TURKEY & CHEESE SANDWICH, FRUIT, CARROT STICKS ----- MUFFIN, FRUIT
Monday- 27	Tuesday- 28			
CEREAL, FRUIT ----- BREAKFAST FOR LUNCH ----- ANIMAL CRACKERS, VEGGIES	GRANOLA BAR FRUIT ----- CHILI CHEESE PIE, CHEESY CORNBREAD, SALAD, FRUIT ----- STRING CHEESE, 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



## Health News

From the Health Manager,  
Nichole Glaser

### Here come the Food Friends !

This month we will be rolling out our "Food Friends" program in classroom. This playful curriculum introduces food-named characters through song, puppets and stories. Included in the curriculum is a tasting experience where children will have the opportunity to try a couple of new foods. Look out for more information on the **program in your child's cubby. We all have a lot of fun, and we find that the children respond to the experience with an improved openness to trying new foods! Here's an article from the "Taste Together" portion of the parent section on the website.**



### Helping Kids Try New Foods

Here are a few tips to increase the chances that your children will eat new foods:

- Make food fun! Let your child prepare new foods. Playing games, singing songs and reading books about food are great ways to make food fun!
- Keep offering new foods! It may take 8-12 times of seeing, playing with or smelling a new food before your child will try it.
- Be a good role model by eating new foods with your child. Your child learns how to eat new foods by watching you and other adults and children eat. Try to eat at least one bite of foods that are new to your child.
- Let your child choose new foods. Kids are more open to trying new foods when they feel they have a choice. When shopping, let your child select a new food from two or three food choices.
- Help your child learn about new foods. Talk about the color, shape, smell, and texture of the new food. It is OK if your child plays with or spits out new foods because this is **your child's way of learning.**
- Try offering one new food at a time. Include familiar foods with the new foods and let your child serve himself / herself small portions. Offer new foods at the beginning of meals and snacks when your child is most hungry.
- Avoid forcing your child to eat new foods. Kids like new foods LESS if they are forced to eat them. They also like new foods LESS when they are given bribes or rewards for eating them. **Avoid using the "one bite" rule or making children "clean their plate."**

Excerpt taken from: <http://www.foodfriends.org/serve/parents/tips-raising-healthy-eater/>



## 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 [lbissonnette@lakecountyschools.net](mailto:lbissonnette@lakecountyschools.net), or stop by Room 9 for more information.

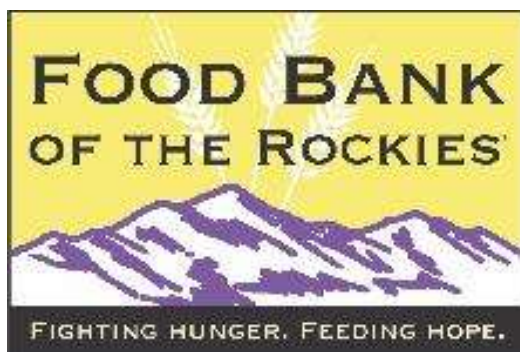
FREE Family  
Counseling offered for  
Head Start Families

Provided by Solvista Health  
(formerly West Central  
Mental Health)

Counseling is offered to  
families free of charge.

*Please arrange an  
appointment through Room 9.*

**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.

**Horseplay Advantages**

by Ken Canfield

**“Manly”** rough-and-tumble play has many developmental benefits for children, particularly boys. Research shows that physical engagement—like wrestling, roughhousing (when not carried to an extreme) and warm, playful interaction—helps boys learn to regulate and control their behavior, deal with a range of emotions, and adapt to a variety of situations.



**Researchers found that a caring man’s playful and vigorous interactions force a boy to** closely observe facial expressions and body language to detect his moods. That kind of play coaxes a boy to cope with challenges, and may stretch him emotionally, and over time he will likely develop confidence to handle similar tests in challenging environments.

Through this kind of play—starting early in life—kids learn some of their first lessons about loving authority. According to other researchers, roughhousing teaches kids that **you love them, that you’re strong enough to control them, and that you won’t control them unless it’s necessary.** Kids learn that you’re powerful, and kind and gentle at the same time.

**As fathers, some men aren’t as agile as they once were, and you shouldn’t test the limits of our physical bodies here. We don’t want to see a rise in fathers at the emergency room.** But we can still play with our sons and help them grow in these ways.

**It may feel more comfortable to roughhouse with our sons, but it’s good for girls too!** And it probably comes natural to you, even if you never thought about all the advantages of roughhousing. You were just having fun: a romp on a living room carpet; a bucking bronco ride as you cart your daughter off to bed; an impromptu snowball fight; a tickle-fest. Are these common occurrences when you are around your children?

**ACTION POINTS**

- Initiate some warm, playful, physical engagement with your grandchild. Seek to press the limits of their strength and let them win at least once.
- **Build your child’s confidence. Affirm them after playing a game or having some type of physical interaction.**
- Using your facial expressions to demonstrate a range of emotions to your child.
- Exercise with your family: bicycle, walk, shoot hoops, or go sliding on the ice.

*This article was adapted from : <http://www.grandsmatter.org/hot-topics/grandsons/horseplay-advantages/>*



# 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
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.

A board of parents and community representatives who make decisions about the operation of the Head Start program.

To keep you informed about the program and its services.

Your classroom representative's name is on the bulletin board between Rooms 8 and 9. A suggestion box is near the building entry. To leave a voice mail message, call 486-6888 extension 5229 .

The Center Early Childhood Programs - Policy Council Minutes - Meeting Date January 18, 2017

Attending: Thea Gab, Erin Duggin, Bethany Godsman, Chelsea Luna Garcia, Danielle Swango, Crystal Flores. Guests –Tanya Lenhard, Claire Oatey, Mary Jelf

Not attending: Rosa Guzman, Amy Small, Alyssa Gallegos, Maria Salas, Sandra Cano, Kelly Martinez

The meeting was called to order at 5:30pm by Thea Gab, Policy Council chair. There were no messages on voicemail. There was one unsigned note in the Suggestion Box that expressed concern that Head Start kids get more benefits.

Approval of Agenda and Minutes: This was delayed until the next regular meeting due to a lack of a quorum.

Roll Call: **In the secretary's absence, Bethany filled in. She called roll and determined that a quorum was not present.**

Treasurer Report: Crystal reported the balance of the Parent Activity fund to be \$640.35. Additional deductions will be made for the meeting meal for this month. The balance of this fund must be spent by the end of the fiscal year at the end of this month. The parent survey is currently out to families, with results coming in for future planning. The group decided that home activities to be checked out of room 9 would be a good resource, since families are using the resources there now. The Council directed Claire to purchase as many educational resources with parent guides as the fund would permit. Thea will request a special meeting to officially approve this before the end of the month.

Committee Reports: Ellie gave a school board report about creating new graduation requirements and the hiring process for a new principal at West Park. Other committees had not met in the past month.

Training: Postponed to allow for discussion time of other topics.

**Director's Report:** Claire presented the budget report, with notes that spending in January will be conservative, to ensure we finish the fiscal year well. The Temple Hoyne Buell and Hunter Trusts grants **were awarded, and the checks should be received this month. Tanya presented the Director's Report and Enrollment Reduction data.** Data from our Community Assessment was shared to reflect demographic and income changes that have taken place in recent years. Discussion followed regarding more recent trends with housing affordability, job market, and free and reduced lunch trends in the Lake County School District. New enrollment numbers were reviewed and evaluated and recommendations were made to move forward with the proposal for a reduction to enrollment.

New Business: Official business could not be conducted due to the lack of a quorum and time constraints. There was discussion about switching meeting dates to help attendance.

Unfinished Business: none

Announcements: The announcements from the agenda were noted, including holiday closures and the next regular Policy Council meeting on February 8.

Adjournment: The meeting was adjourned at 7:10pm by Thea.

Respectfully submitted,  
Bethany Godsman, substitute for 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](mailto: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

February 7 from 1:00—3:00pm at CMC. Parents and caregivers welcome.

#### Head Start Policy Council

February 8 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.