



The Center

Volume 28, Issue 9

April 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.

April Events

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

April 13

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

April 27

*Family Fun Night
At the climbing wall at CMC
5:30-7:00pm*

April 28—May 2

The Center is CLOSED

Every Friday

*Teacher Planning
*Families Welcome**

Spring



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

The Center

Open Enrollment for the 2017-2018 School Year has begun!!!

Please stop by room 9 at The Center, or the Lake County School Districts website for an application.

Required Documentation:



- **Child's Birth Certificate**
- **Child's Immunization Record**—Must be up-to-date on immunizations
- Health Insurance Card—Private Insurance, Medicaid, or CHP+
- If you wish to be considered for a Head Start preschool spot, you must include one of the following as evidence of eligibility:

*1040 Tax Form from 2016 or W-2 forms from 2016 or

*Check stubs representing one year of income

*Statement from Employer for one year income or

*Documentation of a TANF or SSI award or

*Documentation of foster care status

PLEASE JOIN US ON:

Wednesday April 19th for OPEN ENROLLMENT NIGHT

At The Center Room 9

6—7:30 pm

If you have Questions feel free to call Lisa at 486-6928

Please refer any friends or family who have children ages 3 or 4 on or after October 1.

Please join us for Family Fun Night
***At Colorado Mountain College
climbing wall***

Thursday, April 27

5:30-7:00pm



Transportation Updates

Submitted by Jenny Mascarenaz
Transportation manager

TEACH YOUR CHILD HOW TO GET ON THE BUS SAFELY

Make sure he or she knows to:

WAIT FOR THE BUS TO STOP

Your child should never approach the bus until it comes to a complete stop

WATCH THE BUS DRIVER

He or she will signal your child when it's OK to get on.

Tell your child to use the handrail to avoid tripping or falling.

Go over these rules often with your child.



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 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 & 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>

Solving Problems With Solutions

What are solutions?

Solution cards are pictures illustrating ways to solve a problem with another person. These pictures are visual cues to help children learn to productively solve issues that arise with their peers.

How does your child use this strategy?

Our preschool teachers have recently begun to present and teach your child a variety of solutions included in our “Solution Toolkit.” There are ten basic solutions that we focus on: using a timer, saying please, getting a teacher, ignoring, waiting and taking turns, playing together, asking nicely, saying “please stop,” sharing and trading. Our preschoolers will learn ways to deal with situations, such as sharing toys, taking turns, and playing fair by looking at the pictures, choosing a solution, and using the strategy with their friend to work it out.

For example: two children want to play with the same truck, they recognize they have a problem sharing, consult the solution pictures in the Solution Toolkit, and decide to try using a timer to work out turn taking.

Teachers facilitate the use of solutions by directly teaching children what each solution means and how to use it, practicing as a group, working individually with children to walk them through the steps to solve the problem, and acknowledging children that use solutions to productively solve problems.

How does this help support their social-emotional development?

Helping children to learn to solve their problems in a positive and productive way helps lifelong academic, personal, and social success. When children learn to solve a problem rather than react to it they are less aggressive, more cooperative, and happier in a group setting.

How can you try this at home?

Come up with some solutions to try at home. Create some pictures of these solutions for your own Solution Toolkit. Support your child with selecting and trying a solution to help them learn to solve problems with their siblings and friends at home.

Source: <http://www.pyramidplus.org>





April 2017 Preschool Menu

Monday- 3	Tuesday- 4	Wednesday- 5	Thursday- 6	Friday- 7
CEREAL, FRUIT ----- GRILLED CHICKEN, VEGGIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES	GRANOLA BAR, GOUDA CHEESE, FRUIT ----- BEEF TACO, SPANISH RICE, FRUIT ----- STRING CHEESE, CRACKERS, FRUIT	CEREAL, JICAMA, FRUIT ----- TURKEY AND GRAVY, MASHED POTATOES, ROLL, FRUIT ----- BANANA BREAD, FRUIT	MUFFIN, APPLESAUCE ----- PIG IN A BLANKET, SUN CHIPS, VEGGIES, FRUIT ----- SOFT PRETZEL, SUN BUTTER, FRUIT	CEREAL, FRUIT ----- ITALIAN DIP STICKS, VEGGIES, FRUIT ----- MUFFIN, FRUIT
Monday- 10	Tuesday- 11	Wednesday- 12	Thursday- 13	Friday- 14
CEREAL, FRUIT ----- HAMBURGER ON A BUN, FRENCH FRIES, FRUIT, VEGGIES ----- ANIMAL CRACKERS, VEGGIES	CHEESY BAGEL, GOUDA CHEESE, FRUIT ----- CHILI CHEESE PIE, CHEESY CORNBREAD, SALAD, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- TURKEY & CHEESE SANDWICH, FRUIT, CARROT STICKS ----- GRAHAM CRACKER, FRUIT	MUFFIN, FRUIT ----- CHICKEN TENDERS, MACARONI & CHEESE, VEGGIES, FRUIT ----- HARD BOILED EGGS, CRACKERS, FRUIT	CEREAL, FRUIT ----- COOKS CHOICE, VEGGIES, FRUIT ----- MUFFIN, FRUIT
Monday- 17	Tuesday- 18	Wednesday- 19	Thursday- 20	Friday- 21
CEREAL, FRUIT ----- BREAKFAST FOR LUNCH, FRUIT, VEGGIES ----- ANIMAL CRACKERS, VEGGIES	GRANOLA BAR, WASA BREAD, FRUIT ----- NACHOS WITH GROUND BEEF, MUFFIN, FRUIT, VEGGIES ----- STRING CHEESE, CRACKERS, FRUIT	CEREAL, FRUIT, BUTTERMILK ----- SPAGHETTI & MEAT, BREADSTICK, FRUIT, VEGGIES ----- BANANA BREAD SQUARES, FRUIT	MUFFIN, APPLESAUCE ----- BBQ PORK ON A ROLL, VEGGIES, FRUITS ----- SOFT PRETZEL, SUN BUTTER, FRUIT	CEREAL, FRUIT ----- COOKS CHOICE, VEGGIES, FRUIT ----- MUFFIN, FRUIT
Monday- 24	Tuesday- 25	Wednesday- 26	Thursday- 27	Friday- 28
CEREAL, FRUIT ----- GRILLED CHICKEN, VEGGIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES	CHEESY BAGEL, WATER CHESTNUTS, FRUIT ----- QUESADILLA, BEEF, SALSA, CORN ----- STRING CHEESE, FRUIT	CEREAL, DRIED CURRANTS, FRUIT ----- PEPPERONI PIZZA, FRUIT, VEGGIES ----- GRAHAM CRACKER, FRUIT	MUFFIN, FRUIT ----- TOASTED CHEESE SANDWICH, YOGURT, FRUIT, VEGGIES ----- HARD BOILED EGGS, CRACKERS, FRUIT	NO SCHOOL TODAY
			Menus are subject to change	

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*

A Refresher on Hand Washing Procedures at the Center

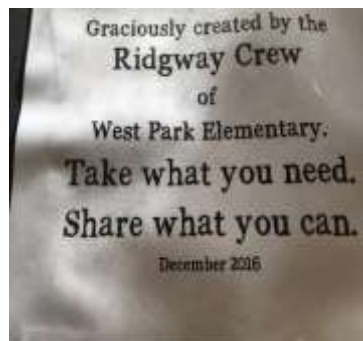
According to Colorado State Rules and Regulations for Sanitation in Childcare Settings, we practice frequent hand washing in our school every day. Children wet their hands, apply soap, scrub for 20 seconds, rinse and blot dry with a paper towel. This happens whenever someone enters the classroom, during transition times from play at activity tables, before meals and in the bathroom.



In the winter, cold air chaps skin and low humidity removes moisture. When severe skin irritation occurs, people can be hesitant to continue frequent washing. This increases the spread of pathogens. Therefore we cannot offer the option for a parent to opt their child out of hand washing at any time.

We do our best to accommodate special requests from parents and caregivers regarding hand care in the classroom. However, teachers do not transport special soaps or lotions to the bathroom. Hand lotions are not applied after hand washing at school, but applying it at home may help.

If you have concerns about the health of your child's skin, please speak with me about reasonable accommodations. Thank you for helping to keep our friends well!



PLEASE CHECK OUT

"The Little Free Pantry"

This cute little pantry has been donated by Ms. Ridgway's Kindergarten Class at West Park.

If you are in need of a few items please feel free to take them!!!!

Community Connections

From Lisa Roeder
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, or stop by Room 9 for more information.

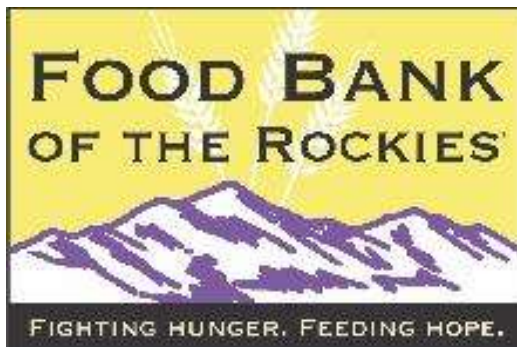
FREE Family
Counseling offered for
Head Start Families

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.

Five reasons why dads should read to their children more

A new study from Harvard University in the USA reveals that children benefit more from their father reading them bedtime stories. Dads, the research revealed, spark more "imaginative discussions" and are **more instrumental to their children's language development because of the way they read to their kids.**

Here, in no particular order, are five reasons why all dads should take the lead.....

Dads take the stories to another level

This has been found to more than just improve language skills. When mothers read, they often focus on **characters' feelings** dads will link the narrative to something more pertinent to the child

Bedtime stories lead to better real life ones

The **role of father involvement and its impact upon children's educational attainment** showed "a positive relationship between the amounts of literacy fathers engage in for their personal use and their children's reading test." Dads who are seen to be reading a lot around the home – books, newspapers, Viz etc – **send out a positive sign to their children that it's an enjoyable thing to do.**

Boys especially benefit from Dad's tall tales

While the Harvard Study highlighted the positive influence dads reading has upon girls, previous research **also shows how doing the bedtime read is one of the strongest forms of 'bonding' between fathers and sons.**

Books build better behaved kids

Studies have also found that the time a father spends reading with his child is one of the most consistent links to that child achieving positive literacy scores throughout his or her schooling.

Children whose dads read to them regularly displayed better behavior and concentration at school, and performed better in math too.

Even in families where childcare has been disrupted by divorce or separation, the influence of dads when it came to encouraging their children to read has been found to be a key factor in the ongoing educational progress of boys especially.

Dads de-stress when reading aloud

Bedtime stories not only provide a relaxing routine for children – they can also calm adults down too.

Reading is the most effective way to overcome stress. Numerous reports have shown benefits for the dads who read aloud at night – including greater skill acquisition, greater confidence and self-esteem, a better father-child relationship, and increased engagement with learning.

Rob Kemp is author of The New Dad's Survival Guide



VISIT THE LAKE COUNTY PUBLIC
LIBRARY!!!!

1115 Harrison Ave





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	Family and Community Partnerships Manager	9	6928	lroeder
Romero, Marissa	Child Care Director	Office	6920	maromero
Sanchez, Chantell	Preschool Teacher	4	4407	chsanchez
Sandoval, Brandi	Preschool Support Staff	9	6920	bsandoval
Sifuentes, Anne*	Preschool Teacher	7	4410	ansifuentes
Policy Council*	Parents/Community Reps	9	2190	lroeder
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, 2017

Attending: Thea Gab, Chelsea Luna, Bethany Godsman, Erin Duggan, Kelly Martinez, Sandra Cano, and Crystal Flores. Guests – Lisa Roeder, Tanya Lenhard, Claire Oatey, & Ellie Solomon

Not Attending: Alyssa Gallegos, Rosa Guzman, Maria Salas, Danielle Swango, and Amy Small.

The meeting was called to order at 5:25pm by Thea Gab, Policy Council chair. There were no messages on voicemail and no new notes in the Suggestion Box.

Approval of Agenda and Minutes: Erin moved to approve the minutes from the regular February meeting; Kelly seconded. The motion passed with all in favor and non-opposed. Chelsea moved the approval of Agenda; Sandra seconded. The motion passed all in favor and non-opposed.

Roll Call: Thea called roll and determined that a quorum was present. In the secretary's absence, Bethany Godsman filled out the minutes.

New Business: Tanya presented the Change in Scope Amendment for a Reduction to Head Start Enrollment. The three key elements of the plan were reviewed. Discussion took place in all three areas while Tanya and Claire answered any questions. Discussion included; the proposed length of preschool days, classroom quality, and support for teacher raises, and how rest time for students would be included. Claire also reviewed the budget justification and narrative section. Tanya then explained the timeline and that the Amendment will go to the School Board for approval and then the Office of Head Start. Kelly moved the approval of the Head Start Enrollment Reduction; Crystal seconded. The motion passed all in favor and non-opposed. Other new business was tabled until further meetings to allow a good discussion of the Enrollment Reduction.

Unfinished Business: Tanya explained the Teachers Professional Development Plan, and the 2016 – 2017 Staff Qualifications.

Treasures Report: Lisa reported the balance of the Parent Activity Fund. There was a deduction for the meal for the February meeting.

Committee Reports: Ellie reported that the School Board approved the Graduation requirements for the Lake County School District, and Lisa reported the Parent Activity Committee met and planned the March Family Fun Night.

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

Directors Report: Tanya presented the budget reports. The credit card logs were also presented. She presented the Directors Report with attendance being better the last week of February and into March. She also let us know that our In-Kind has exceeded the required amount.

Announcements: The announcements from the agenda were noted, including events, closures, and enrollment updates. The next regular Policy Council meeting is scheduled for April Thursday April 13.

Adjournment: The meeting was adjourned at 7:05pm 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



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

Head Start Policy Council

April 12 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.