



HEAD START HAPPENINGS NEWSLETTER

WEST CENTRAL COMMUNITY ACTION
JANUARY 2023

A word for the Director

Happy January! I hope you all had a wonderful Holiday season! I know the hustle and bustle of the Holiday season can be extremely stressful, but I hope you were all able to enjoy the time. Now the next step is getting back into routine! ☺

January may seem like "down time" for some, but on a program level, it is busy as ever. January 31st closes out the end of our grant cycle and February 1st, starts the next. This month we also begin planning for the 2023-2024 school year. The Leadership team will continue reviewing data and I will continue with the Director's tour (if the weather cooperates☺). We are also be preparing for our programs self-assessment (more to come on this soon!).

May this New Year bring you all the happiness and success you desire. Thank you for your continued efforts and dedication to the program. Have a great year ahead!

Danni Segebart, Director

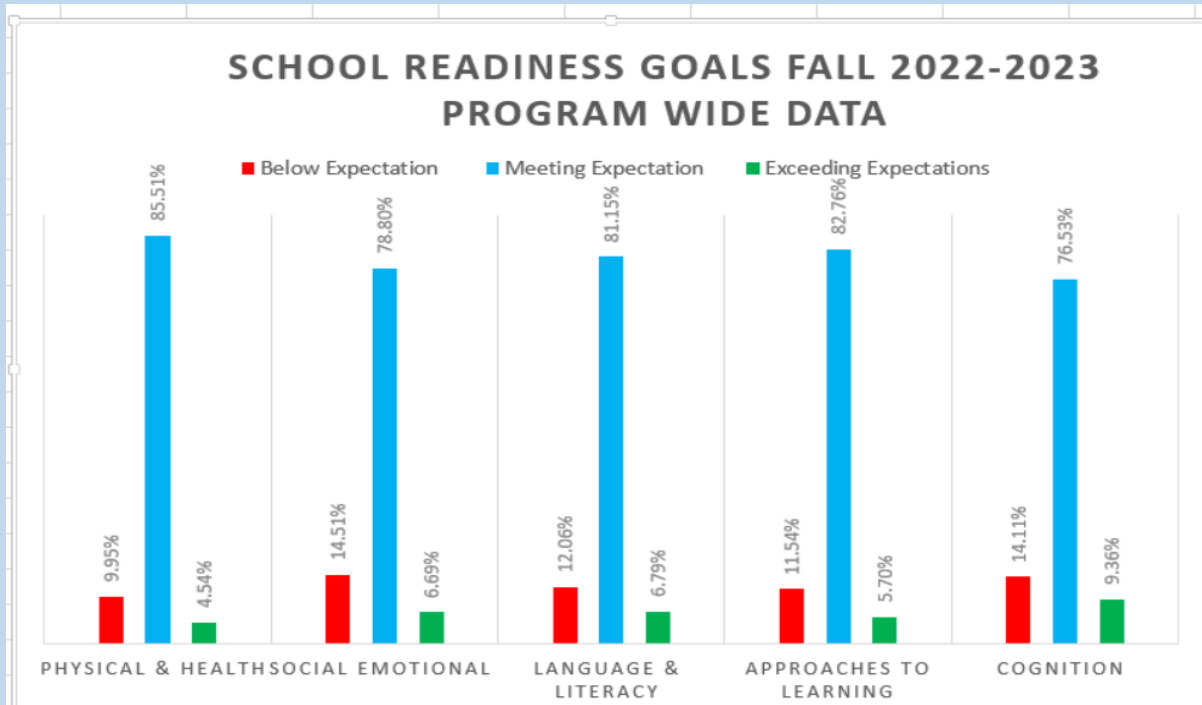


Education News:

Happy New Year Head Start Family! I hope that you have enjoyed your holidays and a little bit of "down time" before we kick off 2023! It is hard to believe that another year has passed already! Following the holiday and I hope many gatherings with family and friends, I want to reiterate the importance of frequent hand washing, sanitizing, and disinfecting. These are a tools to keep staff, families and children safe and healthy going into the New Year. Please do your part and take care of yourselves and others. Also, I just want to remind everyone, the winter weather has been a bit more than has been expected this year so please remind families of our protocols for school closures and delays due to weather conditions.

Last month I shared that I was behind on preparing the data from our FALL Teaching Strategies GOLD checkpoint. I am thankful to have had a little bit of time to catch on items over the short break.

Below is our Program Wide School Readiness Goals Data for the FALL checkpoint:



The charts below show the FALL 2022-2023 Checkpoint Report Data from Teaching Strategies GOLD for our 10 stand-alone Head Start classrooms, 4 Early Head Start classrooms, 2 Home Base Visitors.

-The red indicates the percent of children below the expectation of a typically developing child within their appropriate age-level range.

-The blue indicates the percent of children meeting the expectation for a typically developing child within their appropriate age-level range.

-The green indicates the percent of children exceeding the expectation for their age-level range.

Lastly, I would like to thank each and every one of you for all of your hard work and dedication to the program, children, families, and each other. We would not be where we are without ALL of you. Be safe, and stay warm☺

Jennifer Duff, Education Manager

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Family Services News...

January is always an interesting time of year. Everyone is coming down from the Holiday highs whether that is in a good or bad way. We all are well aware that the Holiday season can be stressful for anyone, families find it harder and harder to engage in expectations during the Holiday season because of the added hustle and bustle. Now it's January and its time to get back in the groove of "normal". We can feel it in your work life, in our personal life, and with the families we serve. If we can feel this imbalance as adults, just think about how the children are feeling it.

I know at times I really have to take a step back and breathe with my own children because I know that they are trying to express their emotions in the best way they can and it doesn't really matter that I'm frustrated. If I allow myself to continue to be frustrated it will only increase the behaviors of my children. I know these things because of my profession, I have had the opportunity throughout my career to learn these things. The parents we serve have not usually been given that kind of opportunity. They learned from their families and their families learned from their families before. So if cyclical poverty and trauma are all that you know, you are now aware that there is something truly different, the Head Start program recognizes this.

This is why Parent, Family, and Community Engagement is so important. Engagement aids families in seeing their potential and teaching critical tools and skills. It is truly each and every one of our jobs to engage the families we serve. One strategy our program has chosen to use for family engagement is Ready Rosie. Ready Rosie is a tool to empower families to take control over tools and skills to improve their interactions with their children and aid in their development. If you have not been keeping up on Ready Rosie please take the time to do so this month. Make sure your classroom is up to date with any drops and new enrollments. If Parents have been interacting on the platform, we should be too. If you are for some reason not connected to Ready Rosie, please reach out to Jenn Duff or myself so we can problem solve and get you connected. Teachers and Family Advocates have a shared responsibility to engage families in Ready Rosie, make it fun and interactive. Maybe a friendly competition? Family advocates will be sharing out individualized videos with families that relate to their needs from the Family Services side of things and Teachers will be sharing out individualized videos based on the child's goals. Please review your Policy and Procedure for a full understanding of expectations.

Shari Boucher, Family Services Coordinator

From the Nurse's Desk...

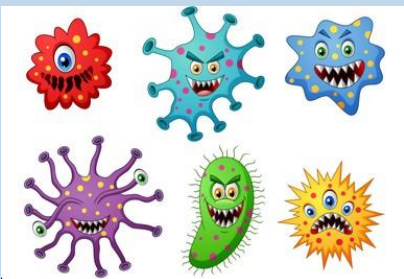
Have you had sick kiddos at home or in your classroom?

Doctors explain that the measures that helped keep us safe from Covid-19 over the past 2½ years – lockdowns, physical distancing, wearing masks, washing hands – also helped limit the spread of other viruses. As people return to school and work and take off their masks, those viruses, including respiratory syncytial virus and flu, are back in full force.

RSV pops up every year in the late autumn/wintertime and has these outbreaks mostly in young kids. Then it disappears again for the spring/summer months and pops up again the following winter. Cases of RSV in the United States started showing up in the spring and are now 60% higher than 2021's peak week, and that's probably an undercount. Like Covid-19, RSV and the flu spread through droplets released into the air when people cough or sneeze. The droplets also linger for hours on frequently touched surfaces like doorknobs and light switches. So the people who washed hands and disinfected surfaces, who wore masks and kept their distance from others, did more than stop the spread of the coronavirus. Those measures were great at limiting the spread of Covid-19, and they also did a really good job of limiting the spread of other respiratory diseases such as RSV and influenza. So pay special attention to cleaning and disinfection in your classrooms. The same cleaning you do day in and day out. Review Schedule K- Cleaning, Sanitizing and Disinfecting if needed, H drive/Education Folder.

Have a wonderful 2023!!!!

Dianne Blum & Janice Rosman, Health & Wellness Coordinators



Wellness Committee is committed to you!

It was so exciting seeing all the wonderful door decorations all around our program. We are pleased to announce the winners of the 2022 Winter Door Decorating Challenge: Denison 2 Head Start. I've got to say there were many wonderful decoration and the competition was step. We want to thank out guest judges (Wendy, Angela, and Brittany) for making this final call on the official winners. Prizes will be on their way out to staff so if you have not already received it by the time you read this new article. Denison 2 will also be graced with the presence of Winnie the Wellness Walrus for the amazing team work and student collaboration that went into creating this amazing door.



1st Place Denison 2 Head Start



2nd Place Harlan Head Start



3rd Place Jade and Sam

Winnie the Wellness Walrus will need a new home the end of January. Please submit any nominations to Shari Boucher for anyone or any team that you feel is setting an amazing example of encouragement, self-care, team work, or anything outright amazing!

For January's Professional Development Day the Wellness Committee will also be hosting a **Soup Cook off**. If you would like to enter this competition all you need to do is let Shari know you will be bringing soup that day. This event will also be another Wellness Committee Fundraiser. So bring your cash to purchase tickets to vote for your favorite soup. There will be a prize for the first place winner!

The Wellness Committee

Welcoming New Faces

Jamie Ward, Glenwood Assistant Teacher: "I have two wonderful girls, Evelyn, 3, and Michaela 12! I have a variety of career training and experience, first studying sculpture at Kansas City Art Institute, then moving my focus to hospitality management. After my early experience of being a young single mom, I learned that I would have a lot to overcome, and I have always searched since for the career that would allow me to help others do the same." Welcome Jamie!

Fiona Flanagan- Council Bluffs Early Head Start Teacher- "I have worked with children since I was in high school. I am very passionate about helping children and families. Some hobbies of mine are reading, playing with my nephew, and hiking with my wife and our dogs." Welcome to the Early Head Start Team Fiona!

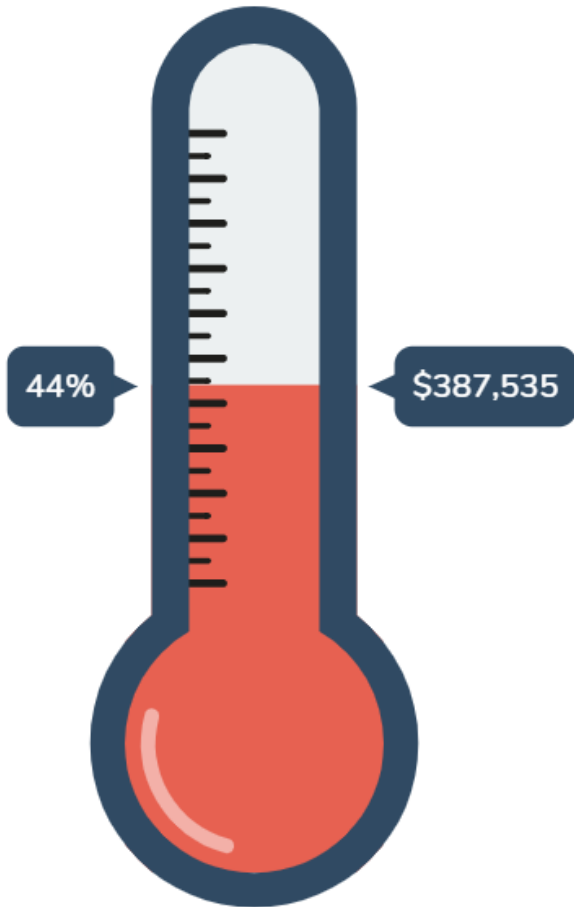


Kadena Burgess- Kadena joined the Head Start team in December as the Glenwood Head Start Teacher. Kadena lives in Glenwood, enjoys reading and taking care of her family. Kadena is excited to get started. Welcome to the team Kadena!

IN-KIND Meter

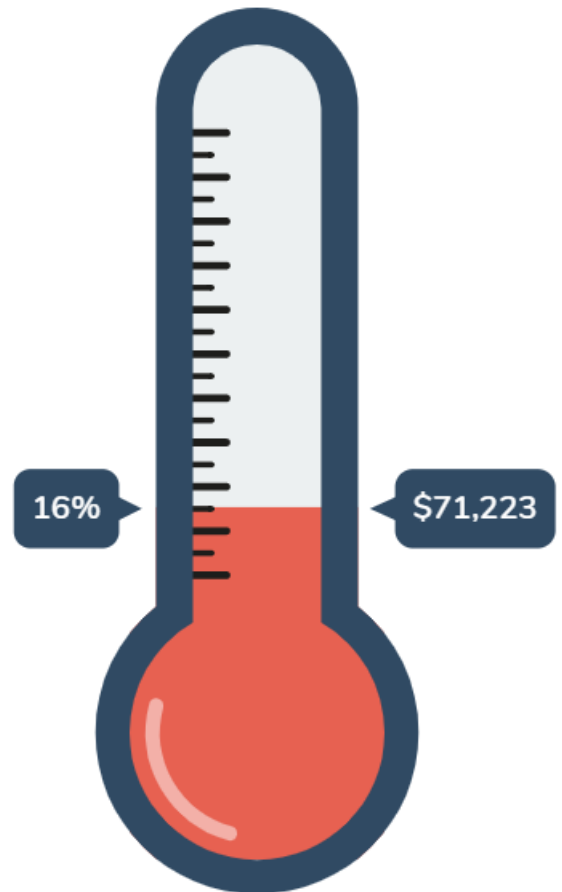
Head Start

GOAL: \$880,354



Early Head Start

GOAL: \$458,666



The thermometers above show where are Head Start and Early Head Start programs are currently sitting for our Non Federal Match, In-Kind contribution. The total amounts of in-kind that is needed is at the top of thermometer for each program and our progress is below. We do have a long way to go! Remember, the in-kind needs to be collected before **January 31, 2023** as that is when the current grant ends. As you can see, we have a long way to go to reach our final goals. How is your classroom/office contributing to in-kind? Remember, in-kind is everyone's business!

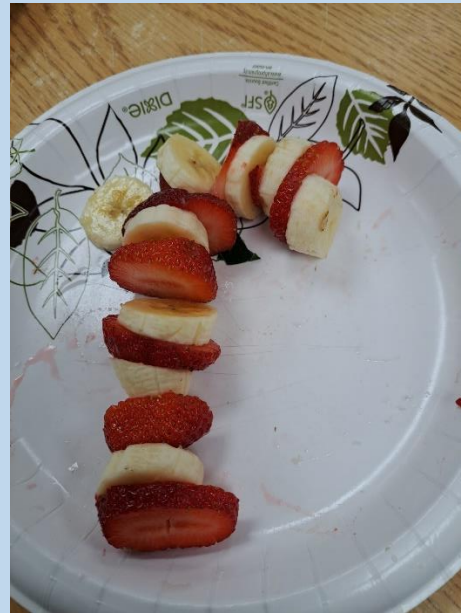
Head Start Hero's Shout-Out

Harlan Head Start- Sapphire and Mackenzie- I wanted to give a staff shout out to McKenzie and Sapphire in Harlan for taking the coaching goal for CLASS and running with it. Discussing the rules with the children, giving explanation to the children and even asking them about the rules! For example "Why do you think we use walking feet in the classroom?" Also modeling the classroom rules by holding hands with a child and showing them how to use walking feet. They also connected the rules to previous days "We clean up our messes when we are done, we are responsible for our messes. Just like we did yesterday with our play-doh."

Mapleton. Their in-kind paperwork was all in alphabetical order AND chronological order, which made adding it up and entry a breeze! Thank you and way to go!



Head Start Happenings.....



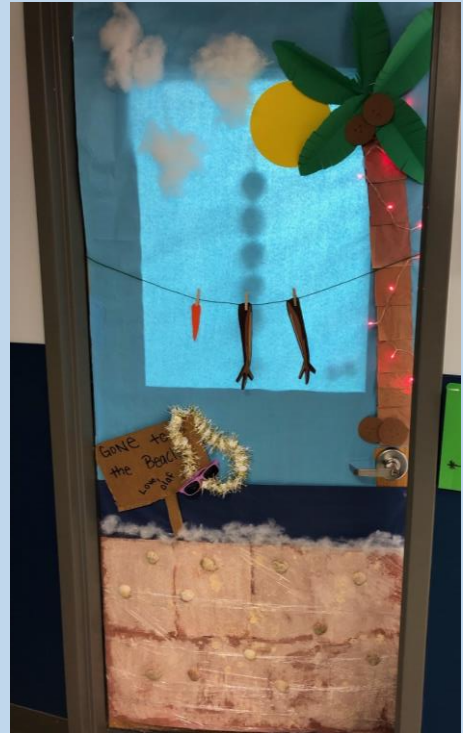
Missouri Valley worked on their fine motor skills, classifying skills, and patterning while making a strawberry- banana candy cane.



Leadership team members, Shari, Dianne, and Jan reading to Red Oak, Atlantic, and Mapleton centers!



Winter door decorating Top 5:



Upcoming Events/ Dates to Remember

January 3rd- Classes resume

January 9th- 12:30 Dismissal

January 16th- Holiday

January 23rd- All Staff Professional Development Day

January 30th- 12:30 Dismissal

Staff Birthdays...

January 2nd- Jennifer Duff

January 2nd- Jodie VanHouten

January 13th- Madison Young

January 17th- Patricia Haberberger

January 19th- Marisol Flores



**If you notice that I have missed you, or someone else's birthday, please let me know. That means it is not in our Child Plus system correctly. Thanks for your help!

Remember YOU make the newsletter! If you have any pictures, hero stories, thoughts, or things to share in the newsletter, please submit to Danni Segebart by January 26th, 2023.

Open Positions:

Council Bluffs Early Head Start Teacher(s)

Family Advocate Denison

Family Advocate Council Bluffs

Behavior Intervention Support Specialist

**IF YOU KNOW OF ANYONE INTERESTED, ENCOURAGE THEM TO APPLY AT

[HTTPS://WWW.WESTCENTRALCA.ORG/CAREERS](https://www.westcentralca.org/careers)