



# HEAD START HAPPENINGS NEWSLETTER

WEST CENTRAL COMMUNITY ACTION  
NOVEMBER 2022

## A word for the Director

Happy November! Another busy month has come and gone, did you celebrate Head Start Awareness month? Check out some of the ways your peers celebrated in the Head Start Happenings section of this newsletter. I just want to give a huge shout out to you all for working hard on those community connections and getting them involved with the agency and within your classrooms! Keep sharing these picture and stories!

October is always a busy month on the management end of things. This month, our 45 day deadline came for some of those requirements (health, family assessments, etc). Great job to everyone involved in ensuring these Head Start Program Performance Standard is met. Also, October is the month that our grant is finalized and submitted to the Office of Head Start after approval from the Policy Council and Governing Board. This grant is due on November 1<sup>st</sup> and Keith and I were able to get it finalized and submitted last week. For those of you newer to Head Start, our Federal Funding operates in 5 year grant cycles and each year you have to submit a grant for continued funding. On February 1<sup>st</sup>, 2023, we will begin our fifth year of this grant cycle (pending approval).

Finally, as we enter into November and a time to be grateful and thankful, I want to urge you to reflect what you are thankful for. Times now are tougher than they have been in a long while and some days it feels like there is no end in sight. I challenge you this month to find one thing each day that you are grateful for and tell someone! Today, the day after Halloween with a one and three year old at home, I am thankful for coffee ☺ What about you?

Danni Segebart, Director

## Education News:

October has flown by and we are onto November, what a busy month it has been! October, no doubt we accomplished a lot! The Leadership Team and Education Teams have been busy working on continuous promotion of staff wellness, attending CHILDPLUS Training, attending Leadership Conference, and continuing to assess our 2021-2022 school year's data to make program improvements as needed.

A few reminders for the month of November, I wanted to remind you of the upcoming Teaching Strategies GOLD deadline for teachers as the GOLD Resource Guide states is as follows: All GOLD data should be entered by November 10<sup>th</sup> and finalized by November 18<sup>th</sup>. The FALL data is incredibly important as it gives an in depth look at our children's development and learning and is the base line data for our children's growth over the entire school year. The leadership and education teams also use this data to see areas of need for staff training and development as well. Please do your very best to enter accurate anecdotal notes and score based on the children's developmental progressions. Teaching Strategies GOLD data measures the children's growth, if a child is scoring lower than they are supposed to according to the milestones, it is not necessarily a reflection of a teacher's teaching, but an area of need for growth and individualization for a child. It is okay that children are not achieving all milestones



this is an opportunity to teach those skills more intentionally to bring them up to the same level as their peers. If you are struggling with GOLD reach out to your supervisor for support and guidance.

Lastly, I wanted to share that there was an error in the teacher calendars and the door decorating challenge, the pictures are actually due to Shari Boucher and Jill Mastin on December 9, 2022 not November 9, 2022. Sorry for the confusion, that was my fault. I continue to see amazing things and I am proud to work for Head Start and all of you who are so dedicated to making difference in the lives of the children and families we serve each and every day. Your hard work does not go unnoticed, we see you, believe in you, and root for all of you every day☺ As a program, we will continue to grow and develop, and I want you all to know I truly am thankful for each one of you. This program would not be where it is without you, and I hope you all know how important your role is in the lives of the children and families we serve.

Jennifer Duff, Education Manager

## **From the Nurse's Desk...**

Since there seems to be a love of coffee (and a few tea lovers) I thought I would share this review of benefits of coffee vs tea.

Do you start your mornings with a potent dose of caffeine from a freshly brewed cup of Joe? Or do you prefer a slightly less caffeinated nudge from a warm and gentle cup of tea? Whatever your preference, scientists have found that regularly drinking coffee or tea can provide a variety of health benefits. But how do coffee and tea compare in a head-to-head matchup?

Did you know that your morning coffee includes a dose of fiber? That might not sound like much. But it's more fiber than you'll find in orange juice, which has about a half. You'll still need to eat plenty of fruits and vegetables to get the recommended amount.

Score one for coffee.

The caffeine in both coffee and tea will help you concentrate. Studies show that caffeine can improve your attention span, vigilance, alertness and reaction time. But too much caffeine can lead to jitteriness which can end up hurting your performance. So, which is better, coffee or tea? Both beverages had similar effects on alertness and cognitive performance. But the tea had one big advantage over coffee: It had enough caffeine to aid performance, but not so much that it disrupted sleep.

Score one for tea!

Coffee and tea are good sources of polyphenols which are plant compounds. Studies suggest that polyphenols can lower your risk of developing chronic diseases, and they are "rocket fuel" for beneficial bacteria that make up trillions of microbes that live inside our guts. Coffee has significantly more polyphenols than green tea.

This round goes to coffee.

According to large population studies, coffee and tea both appear to be good for your heart, lowering risk for heart disease and stroke.

It looks like this round is a draw.

Many studies over the years have found that coffee drinkers have lower rates of cancer. Regular coffee drinking may offer some protection against colorectal, prostate, liver, endometrial, oral and breast cancers. So far, studies haven't found a link between tea consumption and cancer prevention.

This round goes to coffee.

A meta-analysis of research that included more than 1 million people found that those who drank up to four cups of coffee daily had a 25 percent lower risk of developing diabetes. The data is not so clear for tea. Ultimately experts say the

evidence that coffee may be at least somewhat protective against diabetes is stronger than it is for tea.

Another win for coffee!

If you want a smooth and gentle beverage that might even melt some stress away, then look no further than tea — or as is has been called, “balm for the soul.” Long story short, if it’s relaxation you’re after, then a cup of tea is your safest bet.

Another round goes to tea.

Coffee and tea lovers, rejoice! Coffee and tea drinkers tend to live longer than people who don’t drink either beverage.

This round is a draw.

There is one final category in the tea and coffee comparison that should be considered: popularity. It’s been estimated that the world drinks three cups of tea for every cup of coffee. And tea is the second most popular beverage in the world. The first is water.

Which is your favorite beverage?

Dianne Blum & Janice Rosman, Health & Wellness Coordinators

## **Nutrition News**

This guide can help you explore different fruits and vegetables throughout the year. Seasonal produce in your area will vary by growing conditions and weather. Remember, fresh, frozen, canned, and dried: fruits and vegetables are a delicious way to make every bite count!

<https://snaped.fns.usda.gov/seasonal-produce-guide>

### **Learning Manners from Family Style meal time**

Children will learn about the importance of using manners for a successful and enjoyable mealtime. Using Family-style dining in your center will help support independence, social skills, healthy eating and more. Children who are given the opportunity to actively participate in mealtime learn and practice important skills like passing and serving food and drinks, table manners, preparing for meals and cleaning up. They are encouraged to try new foods and to serve themselves appropriate portions.

### **Learning objectives**

Practice setting the table and passing food at mealtime

Name 2 reasons why using good manners at the table helps make an enjoyable mealtime.

### **Supplies you can use to practice**

- Spinners
- Tongs
- Pitchers
- 1 package of Pom Poms
- Manners at the Table Storybook or Henry Helps with Dinner
- Table Setting Place Mats
- Nibbles for Health: Healthy Meals with My Plate ( Ask me for a copy if you don’t have this resource)
- 5210 Healthy Choices Count! Parent Guide

### **Engage – 10 Minutes**

Partner Play- Learning manner “words” – Please, Thank You, You’re Welcome, and May I

- Provide a spinner, bowls, and colored pom poms
- Give each child an empty bowl and tongs
- Place the pom poms in a bowl between the children

- One child spins the spinner and asks the other child for that many items. Example: "May I have 3 pom-poms please?"
- The other child counts out three and places them into their partners bowl. The child receiving says "Thank you" and the giver says "You're welcome". They take turns with the spinner and counting out items for their partner, trying to remember to use their manners.
- Display child-sized pitchers and cups on a table. Have children practice pouring water into cups.

### **Center Play**

- Display tongs, spoons, plates, play food, dry beans, and poms in bowls at a table.
- Have the children practice scooping, grasping and placing food on plates.

### **Sing a transition song to Meal Time:**

"Open, Shut Them". Video of a popular transition song that is useful to help children get Settled before mealtime. <https://kcls.org/content/open-shut-them/>

Open, shut them, open, shut them,  
Give a little clap, clap, clap.  
Open, shut them, open, shut them,  
Put them in your lap, lap, lap.  
Creep them, creep the,  
Creep them, creep them,  
Right up to your chin, chin, chin,  
Open up your little mouth, But do not put them in.

### **Sing a Handwashing Song**

Sing to the tune of "Twinkle, Twinkle Little Star"

Twinkle, twinkle little star  
Look how clean my two hands are  
With soap and water, wash and scrub  
Got those germs off, rub-a-dub-dub  
Twinkle, twinkle little star  
Look how clean my two hands are

"Wash, Wash, Wash Your Hands"

Wash, wash, wash your hands  
While you sing this song  
Rub and scrub, rub and scrub  
The germs swirl down the drain  
Scrub, scrub, scrub your hands  
While you sing this song  
Rub and scrub, rub and scrub  
The germs swirl down the drain

### **"If You're Dirty and You Know It"**

If you're dirty and you know it, wash your hands  
If you're dirty and you know it, wash your hands

If you're dirty and you know it, then your hands will surely show it  
If you dirty and you know it, wash your hands.

### Family Style Dining Resources - YouTube Videos

Family Style Meals in the Childcare Setting – 9 minutes

[https://www.youtube.com/watch?v=nj\\_s89ydnBs](https://www.youtube.com/watch?v=nj_s89ydnBs) Starting Family Style Dining – Part 1 – Guiding Principles – 3 minutes

<https://www.youtube.com/watch?v=aRBzCMGzSvs>

Starting Family Style Dining – Part 2 – Tips for Success – 4 minutes

<https://www.youtube.com/watch?v=Fs0aplAslpk>

Family Style Dining with 2-Year-Olds – 3 minutes Highlights developmental benefits of family style

Dining. <https://www.youtube.com/watch?v=ElpanmnPhAg>

Kristine Lingle, Nutrition Specialist

### Wellness Committee is committed to you!

Happy November everybody! We can't believe that we are in the month of November already. I don't know about anyone else, but October seemed to fly by quickly! We hope all of our classrooms had a great time with "It's My Party." We can't wait to see all the pictures and hear about how everyone's party went! It's always fun to take time and celebrate the little things in life.

Since it's November, the wellness committee wanted to take the time to talk about gratitude, since most of us associate the month of November with reflecting on what we are grateful for. Gratitude is an emotion that grounds us and is a great way to balance out the negative mindset that uncertainty engenders. Did you know that when we express gratitude, our brain releases dopamine and serotonin? Releasing these helps make us feel happier and lighter. Here are some ways we can show gratitude: give a thoughtful gift, offer help to someone who is in need, start a gratitude journal, and take a mindful walk. Taking the time to show someone how you feel about them will also make the person who receives your gratitude feel better. A kind message goes a long way, and is very impactful. We all need some encouragement and support along the way, so make sure to express gratitude to anyone who makes an impact in your life. Also, showing gratitude helps relieve stress. When you make gratitude a regular habit, it can help you learn to recognize good things in your life, despite the bad things that may be happening. Taking the time to feel gratitude may improve your emotional well-being by helping you cope with stress, so remember to take time this month and show some gratitude.

Just a reminder, the final day for the door decorating contest is Dec. 9. It is incorrect on the calendar, so make sure you mark it for the December date instead! We are so excited to see all the creative ideas that everyone comes up with! Also, don't forget that you are able to pay \$1 on Fridays to wear a shirt representing your favorite sports team. Make sure to give your dollar to your supervisors! Then, our supervisors will collect and give them to Jill Mastin. We will also be starting raffles at our next Professional Development meeting in November. These raffles will help fund our Wellness Committee activities, staff appreciation presents, and prizes! We hope everyone has a great November! Don't forget to show a little gratitude!

The Wellness Committee

## Welcoming New Faces

**Mallory Briscoe** joined the Head Start team as a substitute in our Red Oak and Atlantic area. She enjoys spending time with family, loves beaches, and collects shells and other old antiques. Welcome to the Head Start team Mallory!

**Jodie VanHouten** started this month as an EHS Home Based Visitor out of Red Oak. "I was an in home child care provider for 5 years. I love working with children and watching them grow and learn. I am a mother of two kids and I raise my three younger siblings. I enjoy attending all of their sporting events and watching them play! In my spare times I like to work outside in the yard, plant flowers, work in the garden. I enjoy organizing and decorating, painting, crafts, and making flower arrangements. We as a family like to cook big meals and eat together whenever we can." We are so happy to have you Jodie, welcome!

**Urzula Limon** started as a Head Start Assistant Teacher in Denison. "Hi, I'm Urzula. My husband and I have been married for 13 years. We have three amazing boys; Ibrahim 10, Jared 6, Abdreil 2. Yes, I am the only girl in the family! All I can say is my boys are loud, fun, and messy, so when my sister comes to visit it is a relief! I have worked for AEA, Public Health, and Home CCare Medical. I have learned so much from them and I thank them for the opportunity they gave me, now I am ready to work and begin learning more things from Head Start once again!" Welcome BACK to Head Start Urzula ☺



## Head Start Hero's Shout-Out

I did CLASS in Red Oak today and wanted to give them a shout out. First, they started their ball study and brought in a basketball and were talking about the differences in different basketballs and one of the children said she wanted to see what a basketball did so kyanna pulled up a video and showed them all so she did wonderful following their lead and being flexible with her plans of what she wanted to talk about! And there was SO many questions being asked in order to continue the conversation and giving the chance for children to give their opinions and thoughts! Then at centers Melissa was in the block area with some of the kids and she taught them what a ramp was and encouraged them to talk about what they were seeing was happening with the cars speed and distance as they made the ramp taller and encouraged them to keep changing it up and talk about it more! I loved watching all the learning and the teacher involvement in the children's interests!



Missouri Valley Head Start's Super Hero is Dave, the friendly AND fashionable food delivery man! ☺ Thanks for keeping our kiddos fed Dave!



## Head Start Happenings.....



**Denison Early Head Start** hatched Monarch Butterflies! What an amazing experience for the littles ☺



**Lori Glissman & the Atlantic Head Start** received this donation of pumpkins.  
They were used for the October parent meeting for the parent-child activity.





**Missouri Valley Head Start** utilized a painting project to build their classrooms community.



**Red Oak Head Start** had fire pup and his crew visit this month of Fire Safety Prevention Month. Such a great way to get the community engaged and promote a culture of safety.



**Mapleton Head Start** created a Head Start Hero scarecrow for the scarecrow contest. They entered the town scarecrow contest along with the rest of the elementary. The pumpkin pictures are from painting pumpkins with the FFA kids to be displayed at the pumpkin walk held at the high school and also open to the public. Below. They brought the Monona County Conservationist into the classrooms because they were studying trees. The Conservationist read a story about trees and brought in different kinds of leaves and seeds to explore and sort. Lastly, below, Ms. Peg from the library helped us make cow hats and read a story about farm animals and the sounds they make. Way to go above and beyond this month getting your local community involved (and great in-kind ideas ☺).





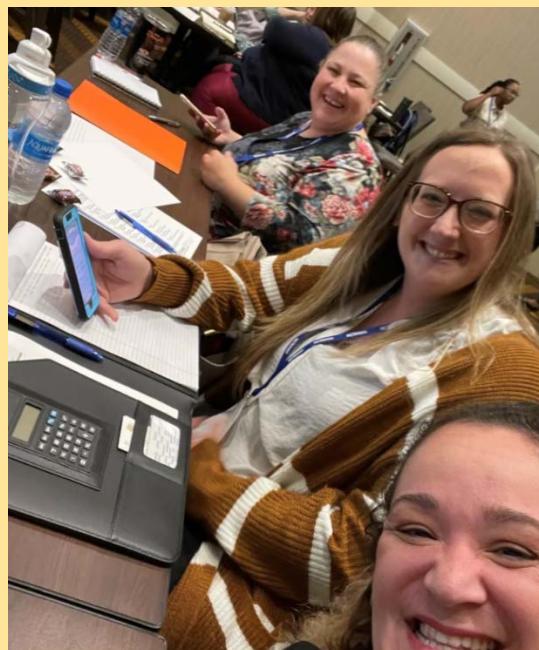
Grandma Carol volunteers in **Red Oak Head Start**. Another excellent in-kind and community engagement opportunity!



**Amber, Lori, & Jodie** had some fun at a recruitment event! ☺ Way to get creative!



Danni, Jen, Jill, Veronica, and Jenny  
were proud to represent WCCA  
Head Start at the Region 7  
Head Start Association Leadership Conference  
in Kansas City.



## Upcoming Events/ Dates to Remember

- November 7<sup>th</sup>- 12:30 Dismissal
  - November 10<sup>th</sup>- GOLD Data Due
  - November 11<sup>th</sup>- Holiday
  - November 14<sup>th</sup>- 12:30 Dismissal
  - November 18<sup>th</sup>- GOLD Finalization Due
  - November 21<sup>st</sup>- 12:30 Dismissal
  - November 23<sup>rd</sup>- No School, Professional Development Day
  - November 24<sup>th</sup>-25<sup>th</sup>- Holiday
  - November 28<sup>th</sup>- 12:30 Dismissal
- \*Parent Teacher Conferences November 7<sup>th</sup>-21<sup>st</sup>

## Staff Birthdays...

November 1- Gretchen Bonsall

November 1- Suzanne Guzman

November 5- Shannon Benjamin

November 17- Tracey Reetz

November 21- Dianne Blum

November 21- Janice Rosman

November 24- Wendy Mueller

November 27- Lori Glissman

\*\*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!



If you have any pictures, hero stories, thoughts, or things to share in the newsletter, please submit to Danni Segebart by  
November 28<sup>th</sup>, 2022

## Open Positions:

Early Head Start Teacher(s)- Harlan

Lead Teacher Head Start- Glenwood

Council Bluffs Early Head Start Teacher(s)

Harlan Head Start Assistant Teacher

Family Advocate Denison

Behavior Intervention Support Specialist

Education Support Coordinator (Atlantic, Red Oak, Glenwood)

\*\*IF YOU KNOW OF ANYONE INTERESTED, ENCOURAGE THEM TO APPLY AT  
[HTTPS://WWW.WESTCENTRALCA.ORG/CAREERS](https://www.westcentralca.org/careers)