



**ASHTABULA COUNTY
HEAD START
EARLY HEAD START**

4510 MAIN AVENUE
ASHTABULA, OHIO
44004-6988
TELEPHONE: 440-993-7716
1-800-676-7016

VOLUME 18 ISSUE 3

Stephanie Patriarco
Director

Barb Elliott
*Associate Director of
Systems*

This Newsletter is published during the program year, by and for the parents and staff of Ashtabula County Head Start 2009 - 2010
Editor: Carol J. Taggart

In This Issue -

From Program Health Coordinator.....1

Nutrition Station.....2

Rainy Day Activities3

Policy Council Meeting Minutes4-5

Staff Spotlight.....6

Creative Children...7

THOUGHTS

Thousands of candles can be lit from a single candle, and the life of the candle will never be shortened. Happiness never ceases by being shared.

Chinese Proverb

The Head Starter

From The Program Health Coordinator: Debbie Budy

Spring Cleaning

Spring cleaning doesn't have to be such a chore, especially when you get motivated by knowing that the following cleaning activities will help to keep your kids safe.

Medicine Cabinet:

Your medicine cabinet is not meant to be a storage area for all of the medicines that your child has ever been prescribed. For whatever reason, parents do seem to end up having left-over or half used prescriptions in their medicine cabinet. Spring cleaning is a good time for a medicine cabinet clean out to get rid of them and any expired over the counter medicines that you may have.

Smoke & CO Detectors:

If you didn't replace the batteries in your smoke alarms and carbon monoxide detectors at the start or end of daylight savings time, now is a good time to do it. It is also a good time to test your smoke alarms and CO detectors, although you should be doing that each and every month.

You can also use this time as a reminder to review and rehearse your family's fire escape plan. If your family has not made a fire escape plan this will be a good time to start.

Broken Toys:

Many parents use spring cleaning as an excuse to go through and get rid of toys that their children no longer play with and you can also use it as a time that you check the toys that they do still play with and get rid of those that are broken and can't be repaired. When considering toy safety, you should be especially watchful for:

- Splinters or sharp edges on wooden toys
- Weak or loose parts that could fall off and become a choking hazard
- Broken pieces
- Leaking batteries
- Loose screws and bolts, especially on things like playground equipment and ride on toys (bicycles, scooters, skateboards, etc.)
- Loose or exposed wires in electrical toys

Childproofing:

Even if your home is well childproofed, with latches on cabinets, gates on stairs, and covers on doorknobs, you do have to regularly inspect them to make sure they are still working properly. Cabinet and drawer latches and locks are especially prone to wear and tear, which may allow your child to get in them and to any unsafe items you have in them.

Recalls:

You should always be watching for reports and alerts about recalled products, but if you don't, spring cleaning time is a good time to check and see if any toys or household products in your home have been recalled.

Car Seats:

Checking your child's car seat to make sure it still fits and is installed properly is another thing that you should be doing much more often than when you are doing your spring cleaning, but it is a good time to think about it all the same. Is your child ready to move up to a booster seat? Is he ready to move out of a seat and to use regular seat belts?

Spring 2010



Nutrition Station: Submitted by, B.J. Roosa, Nutrition Manager



Dear Parents,

At the Head Start main office, in the resource center, there are several child friendly cookbooks to look over with your child's teacher during home visits. There are great new ideas for breakfast, lunch, dinners, and many healthy snacks.

Just ask your visiting teacher to sign out a cookbook or bring it on a scheduled visit.

I am always available to discuss any concerns and/or questions you may have. You can reach me at 993-7716.

Happy Snacking,
B.J. Roosa

SERVING MEALS FAMILY-STYLE

Young children grow more independent everyday, wanting to make decisions for themselves. Serving family-style meals is a great way to allow children the freedom to make decisions and develop their own personalities. Family-style meals can be defined as meals in which child-size tables are set with plates and utensils. Food is passed in small containers for children to serve their own plates. Children may pour their own beverages from small pitchers. The positive effects of this type of meal service for children include: building lifetime skills, taking part in the entire meal from preparation to clean-up, and enjoying a meal setting that is comfortable and relaxing.

Positive aspects of family-style meal service

The family-style meal service offers many advantages to children's developmental process by enhancing:

- Motor skills
- Language
- Self-esteem
- Social skills
- Table manners
- Independence

Children develop these skills through interaction with adults and other children.

Motor skills are developed by children serving plates themselves and passing food dishes to others. Social skills and language may be developed through light conversation at the table. The adult at the table can encourage language development by talking about the food provided, where it comes from, good eating habits, and proper table manners. The family-style meal service provides a comfortable and relaxing atmosphere where children feel free to talk with each other.

Family-style meals may also have a very positive effect on the picky eater. When children sit together and serve themselves, the picky eater may see others accepting foods and want to try the foods as well. The adult may need to encourage the picky eater to taste the food.

Introducing family-style meals

To help familiarize children with the family-style meal service, allow them to pretend to eat at a table with other children during play or center time.

- Provide a table and play dinnerware; show the children the proper way to set the table, keeping food safety in mind (if the cup falls on the floor, it must be washed).
- Discuss with children the proper way to serve food themselves, taking proper amounts and a variety of food, what to do in case of spills, cleaning up after the meal, table manners, and etiquette.
- Reinforce etiquette such as using "please" and "thank you" and being aware that everyone has been served before eating.

Using family-style meals

Children enjoy helping with "grown-up" activities. Let them assist with each of the four components of family-style meals as it will boost their self-esteem. The four components are:

- Table setting
- Self-serve
- Food preparation
- Cleanup

Begin with something simple like table setting. Then allow children to help with a small snack, and always encourage them to clean up after themselves.

Remember these tips when using the family-style meal service:

- Child should wash hands before helping with the meal and sitting down to eat. The adult can model this behavior by washing hands with the children.
- Children should never handle raw meats. Allow them to arrange prepared food on a tray, mix the salad, or set the table.
- Be careful of cross-contamination. Make sure that surfaces have been properly cleaned before children arrive to help. And, hands should be washed after handling each food item.
- Make sure that sharp knives have been put away.
- Wash hands after clean-up.

* From the National Food Service Management Institute, The University of Mississippi

RAINY DAY ACTIVITIES:

Arrange stuffed animals and dolls around a blanket or old tablecloth for a “teddy bear” picnic. Give each animal or doll a bib and a pretend cup of “beary” juice as well as a honey graham.

Build a tent from kitchen chairs and blankets, then climb inside and pretend it’s a cave, a castle, or a circus tent.

Cut an empty egg carton in half lengthwise. Each half becomes a caterpillar to be colored or painted. Add pipe-cleaner antennae, and then have caterpillar races. Afterwards, read Eric Carle’s picture book *The Very Hungry Caterpillar* (Philomel).

Dance to old Beatles tunes, or to anything with a good strong beat. Use silky scarves to twirl and toss while dancing.

Enjoy old or new photo albums. Tell stories of the “olden days” (before your children were born) or relive more recent memories.

Fold old newspapers into different shapes; squares, triangles, and pentagons. Make hats or giant paper planes.

Get out your old guitar, ukulele, or kazoo and have a sing-along. Make your own instruments with a shoe box and rubber bands, or a comb and tissue paper.

Hunt for a pair of shoes or slippers from everyone in the family and play “shoe store”. (Children can try on every pair to see which ones they like)

Investigate Margaret Wise Brown’s picture book - *Goodnight Moon* (Harper-Collins) to see just where that young mouse is on every other page.

Jump onto beanbag chairs or huge pillows. Award homemade Olympic gold medals for “the longest jump”, “the silliest jump”, and the “smallest jump”.

Kick small pillow or little beanbags into empty laundry basket or carton for a mini-soccer game.

Listen to the beat of some music. Tap out rhythms with wooden spoons on a shoe box or plastic container. Make up songs about rainy days.

Make a car, bus, or boat out of an oversize empty cardboard box. Draw a map and go on a pretend journey.

Nestle into the couch with a bunch of blankets and read some favorite books.

Open a new box of crayons; and draw a picture to send to Grandma and Grandpa.

Play a game of “What if...?” (What if cows could fly? What if your pet could talk? What if it never rained?)

Quietly lie on the floor and listen to the sounds outside the window. Make up stories about where the animals and birds go on rainy days.

Roll out some homemade dough or modeling clay and cut out shapes with cookie cutters.

Stir up a pretend meal with wooden spoons and plastic bowls.

Take out some infant clothes (shorts, shirt, shoes, hat and mittens) to dress a favorite stuffed animal.

Up end a box of blocks and build the tallest of towers. Then knock it down and try again.

Visit a favorite friend or relative by telephone. Make plans for a real visit soon.

Write a letter to Grandma and Grandpa or an aunt or uncle, or to the President. Preschoolers can dictate and provide picture, and parents can be the scribes.

X-amine old magazines for pictures of people. Kids can make up stories about their favorite ones, and parents can cut them out and paste them onto construction paper to make a people book.

Yearn for a day without rain and make a plan for exactly what you want to do. Write it down, and save it for a sunny summer day.

Zoom around an obstacle course made of old pie tins or empty plastic containers.

The above suggestions were adapted by the Wisconsin Children’s Trust Fund.



POLICY COUNCIL MEETING MINUTES January 26 , 2010

Quorum count - 6

Meeting was called to order at 4:35 PM by Chairperson, Jeff Baker

Jeff read the meeting minutes of December 15, 2009. Motion to accept minutes as read was made by Abbey Watts and seconded by Jeanie Cooper. Motion passed.

Committee meetings: Jeff Baker, Chairperson read Committee Reports:

Family and Community Partnerships:

Staff present: Becky Coder and Tina Wright

Policy Council Members present: Kim Johnson, Jennifer Patrick and Jeff Patrick

Visitors present: Sopharith Baker

Issues discussed:

- HEAP applications,
- Kent State Economics Survival 101,- Embarq phone assistance, -Winter Crisis Program, -211 flyer.
- In process of reevaluating Mental Health agencies to refer to for mental health concerns.
- Monthly topics sent home - are they helpful?
- Many resources available on many topics in office, handouts, activity books.

Had open discussion on "Play".

Motion to accept & approve report made by Abbey Watts and 2nd by Jennifer Taggart. Motion passed and carried.

Health and Education:

Staff present: Gloria King, Debbie Budy, Rick Whitney, Cynthia Bobbitt, Debbie Good, Patty Palmer, Bonnie Diggs, Carla Broughton

Policy Council Members present: Jennifer Taggart, Brenda Monteith, Jeanie Cooper, Anna Noe

Visitors present: Denise Smothers

Issues discussed: Discussed - February is dental health month. Parents took a Brush-Up on Healthy Teeth Quiz which we all worked together with. Gloria spoke about the make-up schedules for classrooms and as a reminder there is no transportation. A parent discussed about getting a phone call when self transport was implemented because of bad weather. The back-up number wasn't called and her child was waiting to be picked up. She requested to please use alternate numbers.

Motion to accept & approve report made by Brenda Monteith and 2nd by Jeanie Cooper. Motion passed and carried.

Governance:

Staff present: Barb Elliott

Policy Council members present: Jeff Baker, Melanie Kirk, Abbey Watts

Issues discussed:

- Personnel report: One separation - Bianca Monterubbio
- Self Assessment - plan is now to submit with Head Start grant.
- Enrollment as of this date is at 374
- Early Head Start target date to begin is April 1, 2010 for 72 Infants, toddlers & pregnant women
- Head Start grant expected to be approved.

Motion to accept & approve report made by Jennifer Taggart and 2nd by Melanie Kirk. Motion passed and carried.

Fiscal Report:

Fiscal report was given by Steve Cervas - report passed out to members.

Presentation on "Bullying in Preschool" was made by Melinda Kapalin from LARC. She also passed out handouts to parents.

A drawing for a gift card was won by Sopharith Baker.

Jeff Baker asked for a motion to adjourn the meeting. Motion made by Jennifer Patrick and seconded by Brenda Monteith. Meeting adjourned. Next Policy Council meeting will be February 23, 2010.

POLICY COUNCIL MEETING MINUTES Tuesday, February 23, 2010

Quorum count - no quorum - informational meeting only.

Meeting was called to order at 5:20 PM by Chairperson, Jeff Baker

Committee Meetings:

Family and Community Partnerships:

Staff present: Becky Coder, Carla Broughton and Bonnie Diggs

Policy Council Members present: Kim Johnson

Issues discussed: Read by Kim Johnson

- Partnerships with County Libraries - 1/2 hour a week doing literacy that ties in with each teacher's lesson plans. Want families to get familiar with librarians. (Performance Standard 1304.41(a)(2)(vii))
- Head Start, Body Start Grant and Health & Safety Grant
- Playground Grant driven project - equipment will arrive next week-weather permitting.
 - Geo Dome
 - Kid Center
 - 5-pod walk-on
 - Rubber nugget flooring & fence
- Additional lighting and security cameras
- Playground layout per industry standards
 - distance between equipment
 - easy flow
 - also will have a trike path
- Discussed the brochure "The Miracle of Head Start" in kind matching.
- Introduced Creative Curriculum book - Chap. 16 Outdoors "How Outdoor Play Promotes Development"

Health and Education:

Staff present: Gloria King, Rick Whitney, Patty Palmer,

Policy Council Members present: Brenda Monteith, Anna Noe

Issues discussed: Read by Brenda Monteith

- B. J. Roosa discussed Serving Meals Family Style and the positive aspects of eating together. Also discussed about chatting with children at mealtimes and creating a climate for communication.

Governance:

Staff present: Stephanie Patriarco

Policy Council members present: Jeff Baker

Issues discussed: Read by Jeff Baker

- No personnel report
- Enrollment as of this date is at 371
- Head Start Grant begins 4-1-2010 -waiting for approval-made adjustments for T/TA plan.
- Head Start/Early Head Start committee representative to be appointed to Community Action Board - needs Policy Council approval
- Discussed having Parent Work Sessions (3-10-2010) -2nd Wed. of each month from 10:00 AM - 11:30AM -Provide transportation only-no child care
- Board and Policy Council Training on March 2, 2010 from 4 to 6 PM

Jeff said we need suggestions on how to get parents to come for these work sessions. Also would like to start a Father's Initiative Group and a Mother's Initiative Group so we can have more parent involvement.

Fiscal Report:

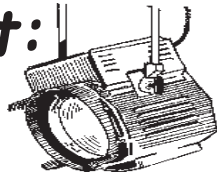
Fiscal report was given by Barb Elliott

A drawing for a gift card was won by Brenda Monteith.

Jeff Baker introduced Maureen Patrick from our Regional Head Start office in Chicago.

Jeff adjourned the meeting. Next meeting will be March 23, 2010- 4:30 to 6:00 PM.

Staff Spotlight:



Meet Teacher:

Name: Jenyne Reney Wallace

Family: I have been married to my husband, Michael for 19 years and we have two daughters, Shaute' and Danyelle.

Hobbies & Interests:

I love to sing Gospel Music. My family likes to hike and camp in the summer and we like to watch scary movies on the week-ends.

Favorite part of job:

I love to watch the children grow and learn throughout the year.

Goals:

My goal is to visit Hawaii for my 20th Wedding Anniversary!



Meet Transportation Support Specialist and Kitchen Aide:

Name: Yvetta Flack

Family: Married 38 years to Raymond. We have 3 sons and 5 grandchildren ages 1 and 1/2 to 15 years old. Then there's Max, our Shitzu/Yorkiea spoiled rotten pup!!

Hobbies & Interests:

I love being on the computer, reading, time with my family, shopping of course....yard sale..ing, and needle work.

Favorite part of job:

Mostly the people I work with and hearing the children say "Miss Vetta" I love your food!"

Goals:

I hope to continue being of service and hopefully making a difference in someone's life.



CREATIVE CHILDREN:

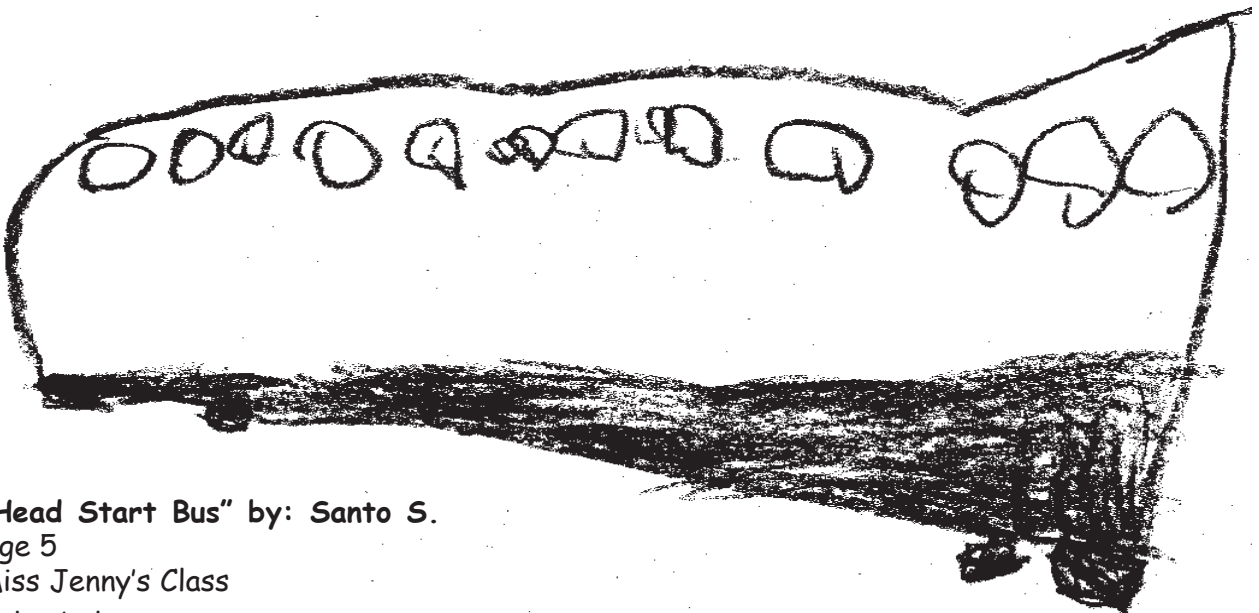


Picture by: Carol
Age 4
Miss Diane's Class, Orwell

mo 55 1119



Picture by: Messina
Age 5
Miss Diane's Class, Orwell



"Head Start Bus" by: Santo S.
Age 5
Miss Jenny's Class
Ashtabula



For Information Call 993-7716

Ashtabula County Head Start
Ashtabula County Community Action Agency
4510 Main Avenue
Ashtabula, Ohio 44004-6988