



The Head Start Herald

From the ACHR Child Development Program - 950 Shelton Mill Rd, Auburn, AL



September 2019 - Darden Center

Volume 19 Issue 9

September Happenings



Lending Library Information

- 2 HOLIDAY - ALL CENTERS CLOSED -LABOR DAY
- 3 Child Booklets—Healthy and Strong—sent home. Please read this booklet over and over with your child.
- 10 Darden Head Start and Early Head Start Lending Library - See more info this page right column.
- 11 Focus First Vision Screenings— All Centers Head Start & older EHS. Accurate vision screening, using special camera; photo read by professional. PLEASE SEND CHILD ON THIS DAY!
- 16 PARENT MEETING—Darden Families—5:00 p.m.

Did you know every Head Start/Early Head Start classroom has a lending library of about 50-60 books? Did you know your child can borrow books? It is time to start using it. "RAGS Bags" are cloth carrying bags to keep the books your child borrows clean. RAGS stands for Reading, Activities, and Growth for Success. RAGS bags and lending library books go out **Tuesdays** and must be returned by the following Monday. IF your child returns the book and bag on time, s/he will be able to take home a different book. Bags also include things like Field Trip Permissions so please check & as needed sign & return forms each week.

Policy Council Corner

See page 2 for information about Head Start Policy Council and Center committees. We hope you will consider becoming a part of these important service areas. Don't miss important messages about Head Start and ACHR. "Like" us on Facebook (ACHR-Alabama Council on Human Relations). Look for our logo. We communicate via Facebook, newsletters and informational handouts sent home with your children.

Please find time to read the book with your child. If you and your child wish, also choose book (s) you have at home and read some more. This helps meet Kiwanis Club guidelines (they give books for classroom libraries, and some for your child to keep). It should be fun for your child and you, and it helps meet in-kind requirements. Remember, volunteer time helps our program.

New ACHR.com Web Site

The new site went "live" August 11. We appreciate those of you who made comments on test versions. You are welcome to comment about things you would like to see. There is an ACHR Family Section which includes the newsletters and the menus. The password is *achrFamily*. Branching Out, our community resource manual, is on the web site now (under Information). Many people have said they want it on line. If you need a hard copy, Please ask your Family Engagement Advocate. We will add new pictures now and then, so keep checking. You may see your child's classroom.

Please **remember to return books & bags**. Your child will be able to borrow books for the rest of the year. And remember to do RAGS activity sheets. The activities reflect school readiness goals that your child's teacher is working on in the classroom. (see *Hand in Hand*) and are an important way to support your child's learning. If he/she forgets, remind him/her to choose and check out a book. When the year is over, we need ALL books and bags returned for children to enjoy next year. Participation will be rewarding for you, your child and ACHR.

Sunshine Shop

The Sunshine Shop is open **BY APPOINTMENT ONLY**. NO walk-in appointments. You must have a referral from your Family Engagement Advocate, Home Based Parent Educator, or Case Manager. No more than one shopping trip a month per family. Appointments can be re-scheduled IF we were notified in advance the first appointment time had to be cancelled.

Unless someone is referred by an agency outside Head Start, shopping is for *HS/EHS parents/guardians only; please bring ID*. When the amount of goods allow we will also accept referrals from our community partners.

Appointment times will be scheduled beginning on the hour as follows: Mon., Weds, and Fri. 9-12 & 1:00—3:30. Sunshine Shop is behind Darden) at 301 Avenue E, Bldg. B.

Getting Involved!

Children love it when you are interested in their lives and activities. We want you to experience your child's education with them! Have your child draw a picture about their week at Head Start and then tell you about the picture.

Encourage your child to talk about what s/he learned, friends made, and the activities they did. Your child will love sharing with you and it will be great quality time.



HAVE A GREAT IDEA FOR OUR NEWSLETTER OR THE WEBSITE? PLEASE SHARE IT!

If you would like to send a short general interest item (about twice the size of this box!) for publication in ACHR'S *Head Start Herald* or an idea for the website, please email alma.gholston@achr.com to share your idea. We welcome ideas and articles from parents!

**Health Topics (Health
Nutrition/Dental/
Safety/Disabilities/
Mental Health)**



Help Your Child Learn to Take Risks

From Woman's Day 3/9/04

What! Let children take risks? They might get hurt! Their feelings might get hurt. True. But they may have a different kind of hurt if they don't learn to take *appropriate* risks. "Teaching children to take risks is as important as teaching them to walk," says Bill Treasurer, author of Right Risk. "Too often parents create a protective bubble around their kids, hoping to prevent scrapes and disappointments." Oh yes, we certainly do that as parents. It saves time and also shows we are "good, caring parents" – right? Can't we just wrap them up and keep them safe until they grow up? What is a parent to do? Here are some ideas.

Know your child. Think about what is age-appropriate; what your child is ready to do. If you don't know, ask your child's teacher or center educator. What a good question that would be for a parent meeting.

Allow mistakes. Of course, it is easier on us if children don't make mistakes. If a child puts her shoes on the wrong feet, we have to wait while the shoes get switched. But we all make mistakes. And each of us learns from those mistakes. Expecting perfection keeps kids from trying challenges. If they don't try new things (challenges), they can't learn. We adults need to let children know that in many cases, it is OK to try and fail. This does *not* apply to things like crossing streets! In some areas the consequences of making a mistake are life-changing. Help your child learn the difference in a reasonable challenge (walking up steps at three) and one that is not (crossing a street alone at five).

Focus on building confidence. Help your child remember past successes. Give her what she needs to succeed, such as proper teaching, materials (safe, child-proof scissors instead of your sewing scissors), and sometimes a watchful presence. Don't talk about assumed fear. ("You know you are afraid of lizards!) This makes your child more fearful. For example, if your child is ready to climb the climber but is too cautious, stand near-by so you can encourage him and, if need be, steady him. And, make it clear that climbers are for climbing on – countertops are not!

When the outcome isn't what was hoped for, praise the courage it took to try. ("I'm sorry you scraped your knee skipping. Good for you for trying.")

Teach by example. Instead of hiding your own fears, share fears you've overcome. That shows courage, and also lets your child know that each of us is afraid sometimes, but we can get past it.

Heat Advisory

We are continuing to have hot weather. Please be careful. Be sure you and your child drink plenty of water every day. (Not soft drinks).



Use fans or air conditioning to keep air circulating in your home. Wear loose fitting, light weight, light-colored clothing. *Don't leave a child, pet or elderly person in a car, even for just a "few minutes."* A car can rapidly heat to over 100 degrees! Even on mild, cloudy days temperatures can rapidly reach life-threatening levels. Use seat belts but be careful when the car has been in the sun. The buckles get hot and can burn.

Things to Know, Remember and Do

Lee County Literacy Coalition
Financial Literacy Workshops
Control Your Money

Two session workshop offers basic financial information, such as creating a budget, how to track spending, managing a checking or savings account, and using credit wisely. FREE.

To register call 334-705-0001 or email info@leecountyliteracy.org

Sept.	18 - 19	10:00 AM - 12 Noon
Oct.	16 - 17	5:00 - 7:00 PM
Nov.	13 - 14	10:00 AM - 12 Noon
Dec.	5 - 6	5:00 - 7:00 PM



Location: East Alabama Medical Center Education Center
2027 Pepperell Parkway, Opelika, AL



**Fall Homecoming Parades! FREE!
Auburn University Homecoming Parade!**

AU Student Government Association
Downtown Auburn September 13, 2019 6:00 PM

Auburn High School Homecoming Parade and Pep Rally!
Magnolia Avenue & College Street

September 26th, 2019 5:00 PM until 6:00 PM

The parade will feature the AHS marching band, cheerleaders, football team, homecoming court and school organizations.

**Members for Center
Committees & Policy Council Needed!**

Would you like to play an important role in Head Start/Early Head Start? You can do that by accepting a position on the Center Committee or on the Policy Council. Center Committees consist of parents with children presently enrolled in the program. They work with the center staff and Family Engagement Advocates on center needs. The Policy Council consists of parents and community representatives who work on issues related to the program. Groups meet once a month at 5:30 p.m. on a day agreed upon by members. Members will be elected to both groups at the first Parent Meeting at each center. Parent Meetings for each center will start in September – check upcoming newsletter for dates. We look forward to seeing you there!



Job applications being accepted for



Teachers—MUST have 4 yr. degree in ECE or HDFS with infancy & preschool, or AA in Child Development and reliable transportation.

Teacher Assistant—MUST have CD Certificate or CDA

Intern—Must be in college working toward CDA, CD Certificate, or AA/Child Development

Bus Aide—Must be at least 19 years old, with high school diploma or GED. Must be able to get on and off bus several times each morning and afternoon & love to assist young children.

Accountant — 3+ years hands-on experience in general ledger accounting., budget preparation, financial statements, some payroll experience. Must have degree in field, preferably accounting.

Office Manager—Minimum of HS diploma, excellent computer skills, must have experience in supervision & running office.

Applications can be picked-up at all centers—return to main office (Frankie B. King Center) at 950 Shelton Mill Road (Come to back of building— far left). EOE.