



The Head Start Herald

ACHR Child Development Program— 950 Shelton Mill Road, Auburn, AL



October 2019

Volume 19 Issue 10

October Happenings



Ideas For Parents

- 1 Winter Menu begins (menus are on achr.com under ACHR Family; pwd@achrFamily). Please contact your Family Engagement Advocate if you need a paper copy.
- 2 King/Edelman HS Lending Library starts. Return books and bags each Monday!
- 4-5 Training for Team Leaders (Parent Committees and Policy Council—King Center)
- 8 Training—Self Assessment—King Center 2:00. Parents needed and welcome
- 15 Darden HS CLOSED—HS Staff n training.
EHS/Wrap Open
- 18 Edelman & King HS CLOSED—HS staff training.
EHS open

Halloween Safety Tips for Kids and Adults (Most of these are good tips ANY time)

- Walk on the sidewalks.
- Look both ways before crossing the street.
- Cross the street only at corners.
- Don't hide or cross the street between parked cars.
- Wear light-colored or reflective-type clothing.
- Plan your route and share it with your family.
- Carry a flashlight to light your way.
- Keep away from open fires and candles.
- Be cautious of animals and strangers. Visit homes that have the porch light on.
- Accept your treats at the door and never go into a stranger's house.
- Use face paint rather than masks.

Policy Council Corner

Thank you Parents for attending the recent Center Committee (Parent) Meetings. We were able to get Team Leaders for all Centers. Attendance was good at each center, however, we want it to get even better.

We will have our annual training on **Friday, Oct 4: 5:30 pm and Saturday Oct 5; 8:30 am. Childcare, travel and food will be provided. Mable Jones, the Jones Connection, will facilitate** the training. Parents elected as Team Leaders are:

Darden—Kimberly Kimbrough, Chise Core, Tiffany Johnson, Shandrika Smotherman, and Juamkiba Green.

Edelman—Ebony Stewart, Nadine Scott, Shavaun Franklin, DeMarrius Brown, Jakoya Robinson and Lakisha Battle.

King—Jaeston Zellars, SaKeisha Miller, Marissa Welch, Sharee Hutchihs, Masia Fernandes, Kimberly Frazier, Christie Toney, Taleshia Core, Carmen Banks, Ramir Reed-Hobbs, Dana Nicole Beavers and Starkillia Martin.

Cleo Day, Family Engagement Advocate, will assist Sandra Aldridge, Parent Engagement Coordinator with Team Leaders.

We are looking forward to having a great year with lots of parents engaging in center activities as well as informational workshops. **Thank you for trusting us with your "Heart"!**

Sunshine Shop

Shopping at the Sunshine Shop is available with a referral from your Family Engagement Advocate, Home Educator, or the Emergency Services Case Manager. Shopping time can be scheduled after referral.

Thanks to many donors, we have many items for parents to choose from. Look forward to seeing you!

If you have items to donate, please let us know. Everyone can help someone have access to things they need.

Things to Do this Month

1. Join ACHR's Nutrition and Exercise Program

The Life program (Learning Information about Food and Exercise) is starting for the fall. If you would like information about nutrition or exercise or would like to participate in one of our FREE exercise classes at the centers, please contact Natalie at natalie.stephens@achr.com or call extension 335.

2. Check out ACHR's Website

A copy of this newsletter will be posted in the ACHR Family section. You also will find some "extra" articles, information and pictures now and then. Please let us know what you would like to see.

3. Do the RAGS (Reading, Activities and Growth for Success) activities with your child & return complete forms.

This supports what your child is learning in the classroom so he/she learns faster. AND it helps us keep our program because it provides some required in-kind.

4. Volunteer in the center or on a field trip, or call your Family Engagement Advocate (FEA) and join our Self Assessment team.

5. Make an appointment to visit with your FEA and set goals for your family and yourself this year.

Your FEA will help you find ways to work on those goals.

6. Teach your child about RESPONSIBILITY. That is the character word for this month. Help your child learn to regularly do one small thing for the family—like set the table or pick up his toys.

Health Notes—Halloween—Ways to Balance it with Health

Halloween is fun for most children. You get to dress up, play like you are someone else and get lots of candy and sweets.

But, for some families, the sweets are a problem. Children who are diabetic, overweight, or who become hyperactive when they eat sugary foods don't need all those sweets. So, what to do?

For one thing, not all candies are equal. In general, for children over 3, candies with nuts and chocolate, like Kit Kats and peanut M&M's, which contain fat and protein, are better choices than ultra-sugary ones like candy corn and Skittles. (Peanuts can cause choking in small children.)

There are ways other than candy and sweets to see that children have a wonderful time. Try shifting the focus to other activities: visiting a pumpkin patch, carving a pumpkin, roasting its seeds, making costumes, decorating the house, bobbing for apples and, yes, trick-or-treating.

If children come home with more sweets than you are comfortable with, try trading the candy for less sugary candy or for small toys.

October is Breast Cancer Awareness Month Five Things to Tell Friends About Breast Cancer

Source: healthMD.com

Tell your friends, your family - any women you care about. You could save a life.

- Smart strategies to reduce your risk of cancer include regular physical activity, maintaining a healthy weight, and limiting alcohol intake to no more than one drink a day.
- Survival rates are high for women diagnosed in the early stage of breast cancer when it is small and has not spread. At 20 start monthly breast self-exams and regular breast exams by your doctor. Get an annual mammogram beginning at 40.
- Through early detection and improved treatment, more women than ever are beating breast cancer.
- *All* women are at risk for breast cancer even with no family history of disease.
- The two greatest breast cancer risk factors: being a woman and growing older.

Fall Menus

Menus are **posted on achr.com** (ACHR Family. Password [achrFamily](http://achr.com)). If your child has a food allergy or a religious exemption documented in our center, an alternate item will be provided when disallowed food is on the menu. If one or more centers have to make a substitution to the menu for the day, you will be notified via a text and/ or on the Facebook page. (Please Like us on our page ACHR-Alabama Council on Human Relations). If you have questions or would like a paper copy please contact your center's health staff.

CHILD FRIENDLY OCTOBER FUN!

Fall Family Fun Day October 5, 10:00 am-2:00 pm \$1

Kreher Preserve & Nature Center 2222 N. College -Auburn

\$1 donation to KPNC – children 3 and under are free.

Celebrate fall with music, nature hikes, animal encounters, face painting, and crafts. *Food and drinks available for purchase.*

Overflow parking — north parking lot with well-marked, 0.4-mile hike to amphitheater (golf cart shuttle if needed).

Trunk or Treat Friday, October 18th 6:30 pm –8:30 pm (EST)

Greystone at Riverchase 5295 Riverchase Drive, Phenix city, AL

Alternative to going door to door for trick or treating. We will have a bouncy house, DJ and the local fire department here for entertainment. If you want to go, check their Facebook page first—just in case.

Auburn Downtown Trick or Treat Th, Oct. 31 6-8:00 pm

Alternative to door-to-door trick-or-treating includes downtown merchants providing treats for children and music.

Trick-or-Treat night in Opelika—Th, Oct. 31 5:00-8:00pm

ACHR Positions Open



Accountant - to assist CFO. Degreed with experience in general ledger, payroll, preparation of budgets and financial statements; proficient computer skills. Accounting degree; Nonprofit experience preferred.

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

Positions below require good skills with children/families, computer, written & oral communication and most require college degrees as listed. Preference to qualified bilingual (especially Spanish speaking) applicants.

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 morning and afternoon & love to assist young children.

How to Apply

If you or someone you know are interested in any position listed above, stop any of our centers—return applications to main office (Frankie B. King Center) at 950 Shelton Mill Road (Come to back of building— far left). You may email a resume/vita to alma.gholston@achr.com and follow with an application. EOE