



The Head Start Herald

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



January-February 2020

Volume 20 Issue 1

Happenings

- Jan. 8-10 Bus Evacuation and Pedestrian Safety Day - Edelman
- Jan. 20 **HOLIDAY-CLOSED, NO SCHOOL--MLK BIRTHDAY**
- Jan. 27 **Parent Meeting - Darden 5 p.m.**
- Jan. 28 **Parent Meeting - Edelman 5 p.m.**
Pictures—King Center
- Jan. 29 Pictures—Edelman Center
- Jan. 30 **Parent Meeting - Frankie B. King Center 5 p.m.**
Pictures - Darden Center EHS and HS rooms A-D
- Jan. 31 Pictures - Darden Center HS rooms E-O
- Feb. 3 - **Reading Challenge**—Children bring home 1 book per night. Read book, return book and bag!
- Feb. 6 **Parent Café (NEW!)-** Thursdays - 11:45-12:45 at Darden Gym – learning with lunch provided.
- Feb. 17 **HS Closed - Training Day - EHS/Wrap Open**
- Feb. 25 Regular Lending Library Resumes - Return books and bags Friday
- March** Home Visit Month – teachers will contact to schedule
- Mar16-20 **Spring Break-HS Closed ALL; EHS & WRAP Closed M-Tues for Training. EHS & Wrap Open W-F (18-20)**



Policy Council Corner

Happy New Year! I know this is going to be an exciting year. I hope your New Year's resolution is to devote more volunteer time to Early/Head Start. Just some quick reminders:

- 1) PC Meeting, Thursday, Jan 16.
- 2) Center Committee (Parent) Meetings: **See Calendar** above. We want to see you there. The focus is Health & Safety.
- 3) At the Darden and King meetings, we will elect a member to our Community Action Partnership of Lee County (CAP- LC). This Board monitors the agency's LIHEAP & CSBG programs. It meets 4 times a year, 11 a.m. -1 p.m. at King Center; lunch is served.
- 4) Special thanks to all parents and staff who made our participation in the Christmas parades in Auburn and Hurtboro a success. The floats were wonderful and our babies were beautiful. I know this is a time they will never forget.
- 5) If you are not registered to vote, check with your Family Advocate for information. This is a really big year for you to participate in your country's government.
- 6) When you get your Census information, please complete it. The count is important. Federal funds are allotted to programs that help people (LIHEAP etc.) based on the census.

Sunshine Shop Schedule

Open by appointment after referral from Family Engagement Advocate, Home Visitor, or other caseworker. To schedule if you have a referral, call 334-8336; ask for Sharon.



Ideas For Parents

Character Traits -Why do we Focus on Them?

Forbes.com, sciencedirect.com, powerofpositivity, age of Montessori

The City of Opelika has had a series focusing on a character trait each month. There are references to the words on billboards, signs, in schools. . . . Why are they doing this? Because if a person learns positive character traits, that person is more likely to be successful in school and in employment. Learning to be respectful, to focus, to be honest, to be on time etc., are important traits for life.

Some character traits also affect our health. For example, research shows that if we are grateful (November's trait was gratitude) we are likely to have better health, fewer aches and pains, be happier and have less depression. Other studies show that being grateful improves sleep and self esteem. Are there negative character traits? Of course—cowardly, controlling, hostile, greedy. . . . But let's not focus on those. Instead, lets work together to teach our children positive character traits, because it is important to their well being.

Character trait for **January: Integrity**—Being honest and having strong moral values. Integrity includes a lot of areas: taking responsibility for actions; putting others' needs first; offering to help others in need; giving others the benefit of the doubt; being honest in all things; showing respect, reliably doing the right thing. This is a VERY important part of leadership. One way to explain it to a child is "Doing the right thing, even when no one is looking." Of course, adults need to model that behavior. See achr.com for more.

Character trait for **February: Loyalty**—faithful and committed to something or someone. For example, you might not *like* a family member, but you might continue to be around or help that person because of loyalty to family.

ACHR Positions Open



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

Health Notes

Healthy Eating for Children Ages 1-6

ACHR Nutrition Staff



HELP FOR TAXING MOMENTS! Volunteer Income Tax Assistance (VITA) Program

Often parents wonder how fast their children should gain weight. A child should triple in weight between birth and one year. At age two, cut down the fat in your child's diet. Children are at risk for heart disease as well as adults. During years two to six, weight should only increase 5 to 6 pounds per year. At about six years, growth will slow and eating habits change. As they try to become more independent, preschool children try to make their own food decisions. Arguing with them or trying to force them to eat will make them even more determined to have their way. You are responsible for when, where and what your child has to eat. Let your child decide how much and whether to eat.

Serve new foods, even if your child has turned them down before. It takes time for a child to decide it is good to eat. Just as learning a new word takes many repetitions, so does learning to like a new food. Try the same food served in different ways (steamed, baked, raw [like spinach or broccoli], with a sauce or a dip, combined with another food or alone, sliced in different ways . . .). Serve a variety of foods and food groups each day. Lead by example. Children are influenced by their parent's (and other adults') eating habits. If the adults' meals consist mostly of fried foods and sweets, then likely that is what the child will like best.

One way to get your child on a lifetime track to healthy eating is to make meal time a *team* effort. Let your child help with grocery shopping, meal planning, and even cooking meals. You and your child can learn to read the food labels on food packages. Learn the "My Plate" and how it works. Learn the food groups. Learn what size a serving is for each age group in your household. Portion sizes are important. If you and your child eat the servings as shown in most ads and served in most restaurants, you both will gain weight fast! Remember—*food companies and restaurants are in the business of selling food*. That is how they make money.

Serving example: Bread group (See achr.com for more)

One slice of bread is 1 adult serving; ½ slice of bread is 1 serving for a 3 & 4 year old; ¼ slice of bread is 1 serving for 1 & 2 year olds. You read that right. ½ slice is a whole serving for 3 & 4 year old children. Often a child will not eat much or not be hungry at times. Do not force a child to eat. This causes unhappiness. It can cause eating disorders and even obesity. Children will eat when they are hungry. Include snacks when you think about what/how much a child eats.

Avoid giving fatty or sugary snacks (including juice) between meals. Sugary, fatty foods make it less likely your child will be hungry at mealtime. If you have concerns your child is not at the proper weight, check with our RD or your child's doctor.

Visits to the Dentist for Toddlers—Why??!!

It is recommended that children begin visits to the dentist at 12 months. One of our staff asked a pediatric dentist -why? He laughed. He said he shows the child the office, some of the equipment and makes friends. The next visit is similar. By the time the child's teeth need to be cleaned or work is needed, it is a lot easier for both the child and the dentist. That makes sense!

So please take your toddler for dental visits. It is a good thing to do for your child, the dentist, and probably for you, too.

Starting February 3rd, ACHR will offer free help with taxes. ACHR's VITA program runs through April 15th, 2020. The IRS informational site states—"The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$54,000 or less, persons with disabilities, the elderly and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals."

- Assistance is by appointment *only*.
- Hours: M-Th 9:30 am-12:30 & 1:30-3:30 pm.
- Call 821-8336 to schedule an appointment.

WHAT YOU NEED TO BRING

1. Photo identification
2. Social Security (SSN) cards for you, your spouse & any dependents
3. Birth dates for you, spouse, and any dependents
4. Wage and earning statements Form(W-2, W-2G, 1099-R, 1099-Misc with Box 7 checked) from all employers for you & your spouse.
5. Statements from banks or financial institutions (Form 1099-DIV, INT, 1099-B, Schedule K-1)
6. All Forms 1095-A, B or C, Affordable Health Care Statements, and Health Insurance Statements.
7. Health Insurance Exemption Certificate, if received.
8. Totals paid to daycare providers and daycare provider's Tax ID Number (TIN), (SSN), Employer Identification Number (EIN).
9. Copy of last year's federal and state returns, if available.
10. Copies of income transcript (IRS and state), if applicable.
11. Proof of bank account routing and account numbers for direct deposit (such as a blank check).
12. Electronic filing requires both spouses be present on married-filing-joint return *to sign the required forms*.

Just a Word—Please don't pay for tax filing/fast returns. VITA sites and IRS Walk-In Sites can file electronically at no cost to you and are just as fast.

Welcome to Our New Family Engagement Staff Member

Tina Evans recently joined the ACHR Family as our Family Engagement Supervisor. She has worked on behalf of families at various agencies and as a home provider and is a parent and foster parent. She says she likes challenges, learning new skills and wants to work with and help families meet their goals. We look forward to working with her.

Good Used Tires Available for the Asking

Through one of our staff members, a generous person has donated several sets of good used tires to the agency. Most are pairs. There a very few sets of four. If your tires are in bad shape and you would like to see if what we have will fit your vehicle, please call 821-8336; ask for Michelle Cosper.