



The Head Start Herald

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



March 2020

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March Happenings



Ideas For Parents

Here we go again! Daylight Savings time begins on Sunday March 8th at 2:00 am. Remember to move clocks forward by (1) one hour before you go to bed.

March 16-20 Spring Break—Head Start CLOSED (staff in training)

March 16-17 EHS & Wrap CLOSED—staff in training

March 18—20 EHS and wrap OPEN

March 30 (Monday) Parent Meeting—Darden 5:30

March 31 (Tuesday) Parent Meeting—Edelman 5:30

April 2 (Thursday) Parent Meeting—King 5:30 pm

May 8 (Friday) FINAL DAY/GRADUATION—King and Edelman (change due to weather days)

Washing Hands Correctly Could Save Lives

Viruses and bacteria cause illnesses. According to the Center for Disease Control, handwashing is one of the best ways to prevent the spread of viruses and bacteria. They also report that only 66% of adults wash their hands after using the restroom! Of adults who wash, 95% do not wash their hands long enough to scrub off the germs. How do we know? Researchers check hands with black light (shows germs) before and after washing. Someone counts those germs!

There are concerns of the Coronavirus hitting the US – but we will deal with that later. Meanwhile, this year in the US the flu already has affected hundreds of thousands of people. So far, it has caused death of more than 6,000 people including at least 30 young children.

The best things families can do is **increase the number of times adults and children wash their hands correctly** (see below) AND take yourself or your child to the doctor quickly once flu symptoms occur. In addition, keep hands away from face to reduce transmission.

Washing It is important for adults and children to routinely wash hands *after* using the toilet (or diapering), blowing the nose, caring for a sick child, touching an animal, returning home from shopping; *before* preparing food, eating, or caring for a wound. When washing it is important to wet hands, add soap, rub hands together including between fingers for *at least 20 seconds* (Happy Birthday song sung twice) and then rinse well.

Flu Symptoms (*not everyone has all symptoms*)

- Fever or chills *in some people*
- Cough (can be severe)
- Sore throat.
- Runny or stuffy nose.
- Body aches.
- Extreme fatigue (tiredness)
- Headache (can be severe)
- Vomiting or diarrhea (more common in children)

Policy Council Corner

Parents, We hope your Early/Head Start experience has been an exciting and useful experience for your child(ren) and your family.

The PC did not have it's February meeting because of the weather. We will meet on March 5 at 5:30 p.m., in the King Center. We expect all members to be present and on time.

ACHR is sponsoring a **Free Babysitters Certification training** at King Center in Auburn. To register for the certification training, youth must be 12 - 15 years of age. The youth do not have to be in a family enrolled in Head Start. To be certified they must be on time and attend all of both training sessions. Sessions are April 25 and May 2 from 8:30 a.m.—2:00 p.m. Lunch will be provided. Deadline to register is April 20.

To request a registration form or ask for information, email Sandra Aldridge at: sandra.aldridge@achr.com. Space is limited. We hope to hear from you soon.

April 2020 - Census Time! Please Be in the Count

The US Constitution mandates the Census Bureau (CB) to count every person living in the 50 states, District of Columbia, and five U.S. territories. **You are required by law to participate.** The CB is *required by law to protect your answers.* The CB uses responses to produce statistics. It *does not* disclose any personal information.

An accurate count is critical. It determines how much funding local communities receive for key services. It impacts LIHEAP funds and sometimes E/HS slots. Money goes to hospitals, fire departments, schools, roads, and other resources based on census data. State and local officials use census counts to draw boundaries for congressional, state legislative, and school districts. It determines how many representatives each state gets (there are 410 total – divided by census count). **When you receive the form, please fill it out**, either hard copy or on line. If you need help, go to www.2020census.gov.

**NOW ACCEPTING APPLICATIONS FOR
2020-2021 HS/EHS School Year
Also for current year if slots open
Applications available at all centers and
our central office for all program options**

Sunshine Shop Schedule

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.

Health Notes

The Opelika Character Word of the Month is **DISCIPLINE!**

PORTION SIZES FOR HEALTHY LIVING

Many parents think their children need a lot more food than they actually need. At Head Start and Early Head Start we are serving approved portion sizes of fruit, vegetable, meats, and grains. The menus parents receive every year list the portion size that your child is served in the classrooms. (1.5 ounces meat ¼ c fruit and vegetables, 1 piece or ¼ cup of grains for Head Start students ages 3 - 5).

In our centers approximately 59% of our children are at a healthy weight for age; 8% are underweight for age; 12% are overweight for age; and 18% are severely overweight for age. It is one of the missions of Head Start to provide good nutrition to our children. Because of the high number of overweight and underweight children we serve; we try to be very careful about feeding the correct amounts (not overfeeding or underfeeding) and providing healthy foods at meal times. If your child is considered to be overweight or underweight, s/he is still receiving the same portion sizes as a child that is a normal weight.

All of our Head Start and Early Head Start children are very young. We want them to learn to eat correct portion sizes to help them eat in a healthy way throughout life. If we help them chose the right portion sizes now, then they will be more likely to choose to continue to eat the right amount of food choices later in life. We want to encourage you to feed your children the correct portion sizes of healthy foods at home too! Here are the correct portion sizes for your young children:

Food Group	1-2 year olds		3- 5 year olds	
	Cups	Serving/day	Cups	Servings/day
Fruit	1/4	2 - 3	1/4 - 1/2	3 - 4
Vegetables	1/4	2 - 3	1/4 - 1/2	2 - 3
Grains	1/4; 1/2 sl.	6 - 11	1/3; 1/2 sl	6 - 11
Meat	1/4 or 1oz	2	1/3 1.5 oz	2
Milk	1/2	2 - 3	1/2	2 - 3

Remember most of the time, grains should be whole grains—brown rice, whole wheat bread or pasta. It takes a little getting used to for some of us, but after awhile it is easier.

The sizes may seem too small for your child. You may need to use a measuring cup set at first (we do). These are recommended portions for continuing the healthy growth of a child, no matter what we see on the commercials! Remember, they want to sell more food. We want healthy children and adults.

If you have any questions or concerns about portion sizes, or have other questions about foods, please contact Natalie Stephens, our Registered Dietitian. Together we can continue to help our children learn good health habits!

Positions Open—Degrees Required see achr.com

- Teachers—both HS & EHS
- Home Visitor EHS
- Teacher Assistants—HS
- Janitor—King Center (no degree required)

Applications available at centers and our central office.

Discipline: *to train people to obey rules or code of behavior (often thought to involve punishment to correct). Also coaching, educating. (Webster’s Dictionary)*

Many adults want “freedom.” They think real freedom is doing what you want, when you want to. If we act that way, and model that for our children, we can leave our children open for trouble. If we let them run where they want, when they want, they can run in front of or off of something that will hurt them. Same for climbing, handling tools they should not (such as a sharp knife), etc. As they get older, it can become even more of a problem.

Real freedom takes self-discipline. Self-discipline can enable us to learn the skills that we need to succeed (such as becoming a master woodworker, a journeyman plumber, a teacher, a doctor – a good parent; learning to spend money and use resources wisely). Having self-discipline also can help us stay out of trouble. It can help us avoid smoking, drugs, too much alcohol, going into debt, driving too fast for the situation. . . . Those things can cause poor health, jail time, or even death. That is not freedom.

ACHR classrooms use the Conscious Discipline (CD) curriculum. CD helps children learn to stop and think, to consider their options and to solve problems. Some elementary and even high schools are beginning to use this curriculum with good success. CD even can help adults.

Do you want to learn more? To help your child learn to have real freedom? Maybe even help yourself? If so, 1) pay attention to information your child brings home – the Star, the Drain, etc.; learn to use those techniques at home. 2) attend the Parent Café offered at Darden Center. 3) view on-line videos about CD (go to YouTube and search for conscious discipline). 4) call your center and ask the Educator or Family Engagement about other options.

Need Good Contact Information - Important

Some of you have been wonderful about keeping your contact information up-dated as you changed jobs or phone numbers. Thank you!

Others have forgotten to up-date their information. We need to be able to get in touch with you if your child is sick or injured at school. We have had children with a temp of 102 throwing up but not even one contact phone number worked. They were contagious to others - and miserable. Please don't let this be your child.

The parent agreement you signed at orientation says "When information changes (including home phone number, cell phone number, work phone, emergency contact number, address, income, family size or location of pick up or drop off for child), I will notify the center or my family engagement advocate/home visitor immediately. ***If staff needs to contact me and cannot because information is not up-to-date, I understand DHR may be called.***"

Please up-date your contact information immediately. If you have already done so - thank you!!