



Early Childhood News

Welcome to the Early Childhood Program

CAC of Pike County
Early Childhood Program

September/October 2011

When your children start school, they already know how to walk, talk, and get things they need by asking for them. They learned this at home from you. Children naturally love to learn because they want to make sense of the world around them.

Remember when they started to walk? Those first steps were pretty wobbly, but you didn't say "No, don't do it that way, you'll fall." You smiled and applauded their accomplishment. Children learn best in a kind and supporting environment. They learn through discovery and play.

Parents often worry that their child's early school experience doesn't look structured enough if there aren't any workbooks, ditto sheets or coloring pages.

Our program encourages children to learn through play and their personal interests to develop age appropriate skills. Children follow a daily routine so they know what is going to happen next. They also have rules so they know what is expected of them. Teachers will share your child's developmental screenings and progress with you throughout the year so you can see how

your child is growing and learning.

Home-based children will also learn age appropriate skills with the help of the teacher and the parent working together for the child.

If you have questions about your child's classroom routine, educational experience, or home visit, please contact Janice Caughlan, Education Services Manager, or Rhonda Taylor, Early Head Start Supervisor, for questions about the infant and toddler environments.



Welcome Parents

Helping your child realize the value of education is extremely important. Your presence at school is one way to show your love and encouragement.

Our school strives to create an inviting atmosphere in which children are given

the opportunity to learn and develop at their own age levels. We encourage all parents to make time to visit your child's classroom to share a talent or hobby, to volunteer in the classroom or ride the bus.

Parents can also be a part of the decision making process

by being a member of the parent committee or Policy Council.

Feel free to contact Stephanie Remy, Parent Involvement Coordinator, if you have any questions about getting involved in the program.

Inside this issue:

Welcome New Staff	2
Classroom News	2
Parent Events	2
Separation Anxiety	3
Understanding Classroom Environments & Home Visits	3
Healthy News	4
Lunch Menu	4

Welcome New Staff

The Early Childhood Program would like to welcome the following new staff:

Courtney Humphrey-Center Teacher/FSW at the Piketon site

Shelley Holschuh-Center Teacher/FSW at the Idaho site

Jessica Clark, Megan McPherson, & Tracy Pederson-Early Head Start Home Visitors

Doris Webber, Kelly Hopkins, Hayley Brabson, & Sandy Irvin-Child Care Aide Substitutes

Debby Carroll-Center Aide/Driver

Stephanie Jones-Meal Time Aide

The Early Childhood Program would like to congratulate the following staff who changed to new positions:

Gina Lykins-Head Start Home Visitor

Jennifer Beekman-Center Teacher/FSW at the Piketon site

Chasity Kerns-Child Care Center Aide

Paula Amburgey-Early Head Start Assistant Teacher

Nikki Havens & Laranda Johnson-Center Aide/Drivers



Classroom News

The Parent Newsletter and the Parent Handbook are located on the CAC website along with other information about the Pike County Community Action Committee departments. The website is located at www.pikecac.org.

Vision, speech, hearing and developmental screenings for children will be held on Monday, September 12 and Tuesday, September 13 during school

hours. Teachers will share your child's screenings results during home visits.

Dental screenings for children who have not seen a dentist yet will be held at the Piketon and Idaho sites on Tuesday, October 18 and Wednesday, October 19. Parents must sign a release for your child to be seen and send in a copy of your medical or insurance card.

Head Start Home-Based Socializations will be held at the Piketon site on Friday, September 23, October 7, and October 28 from 9:30-12:30.

Early Head Start Home-Based Socializations are at the Idaho site every Thursday from 12:00-2:00.



Parent Activities and Events

The Idaho and Piketon sites will be having an Open House on Tuesday, September 20 from 5:30-7:00 pm.

Policy Council members will be elected for the 2011-12 school year at the parent meeting and Bus Pedestrian and Volunteer training on Tuesday, October 4 from 5:30-7:30 pm at the Idaho site and at the Piketon site on Thursday, October 6 from 5:30-7:30 pm. Parents should choose to attend at the site closest to their home. Babysit-

ting will be provided if you call ahead of time.

Policy Council members who are elected to serve will have voting rights to program decisions such as hiring and approving grant applications. Members also receive updated program information, lunch, a \$10.00 gas card, and babysitting is provided.

Policy Council meetings will be held on Friday, September 9 and Friday, October 14 at 12:00 noon at the

Community Action Agency.

The Incredible Years Parenting training sessions will be held on Friday, October 7 and 21 from 10:00-12:00 noon at the Community Action Agency for parents who have children that attend the Piketon and Eastern sites or are in the home-based option.

Sessions will be held every other Friday for six weeks. Sessions for the Idaho parents will start in February.

Separation Anxiety

Many parents have experienced their child crying and clinging to them when they get them on the bus or drop them off at school. Saying good-bye is difficult for children as well as the parents.

Parents who have a child who cries when they leave should make the good-bye as short and sweet as possible and walk away. Don't sneak away. This causes children to mistrust parents and cause more anxiety. Children usually stop crying and start playing a few minutes after parents leave.

Parents can also try a good-bye ritual such as giving their child three kisses or hugs and telling them to keep them in his pocket for times he misses them. Pictures of family are also nice to give to your child so they can pull them out when they get lonely.

Parents who have children who dawdle in the morning or complains he/she doesn't want to go to school, should act excited and positive when talking about their day. Parents should never allow their child to stay home just because they don't want to go because it may cause problems later when they enter public school.

Parents should prepare their child for school the next day by allowing their child to pick out their own clothes and talk about what will be happening at school. Parents can also take the time to come to school with their child on occasion for support. Staying consistent is the key to having a happy and independent child that will benefit them all through their school years.



Understanding Classroom Environments and Home Visits

Every Early Childhood Program has a different schedule, but most provide similar kinds of activities and materials that are designed to meet your child's interests and abilities. Our classrooms use the High/Scope Curriculum.

Learning centers are divided into several different areas of the classroom that focus on the skills that children are acquiring. They may include a dramatic play area, art area, block area, science and math area, book and writing area, and a puzzle area.

Mealtimes are a time for children and adults to socialize, learn manners, learn about nutrition and self-help skills.



Small group time is when children are divided into smaller groups with a teacher to do activities together or to have planning or recall time. Smaller groups give children more individual attention and a chance to interact with other children.

Outside time gives children the opportunity to use their bodies to run, climb, and jump, have more freedom to be loud and active, explore their natural environment, and develop gross motor skills.

Circle time is when all the children sit together in a circle to enjoy singing, stories, or a special activity.



The **home-based program** is when a home visitor comes to your home on a weekly basis to do activities with the parent and the child.

The activities planned to do each week are carried out with the parent and the child until the next home visit. Activities are based on the child's developmental level using the Portage Curriculum (Head Start) or the Parents As Teachers Curriculum (Early Head Start).

Children in the home-based programs have the opportunity to attend two socialization experiences a month at school. Early Head Start socializations require the parent to attend.

Children who are in the center-based program will also have home visits throughout the year so teachers can assist families with goals and share educational information.

CAC: 740-289-2371
Idaho: 740-493-3385
ECFC: 740-289-1681
Eastern: 740-226-6402
Email: stremy@pikecac.org
CAC website: www.pikecac.org



We welcome any suggestions for the menu or articles for the newsletter. Send in your ideas with your child's teacher or bus driver by end of each month. Newsletters come out every other month.

September Menu

Eastern children will follow their school menu.

Monday, September 12

Breakfast- Total Cereal, Juice, Milk

Lunch-Ham & Cheese Macaroni Casserole, Bread, Kale, Mandarin Oranges & Pineapples, Milk

Snack-Mixed Fruit, Cottage Cheese, Milk

Tuesday, September 13

Breakfast- Cheese Omelet, Toast, Juice, Milk

Lunch-Country Fried Steak, Roll, Whipped Potatoes, Melon Cup, Milk

Snack-Pizza Snack, Juice

Wednesday, September 14

Breakfast-Peaches, English Muffins, Milk

Lunch-Hamburger on Bun, Sugar Snap Peas, Stewed Apples, Milk

Snack-Bread Pudding, Milk

Thursday, September 15

Breakfast-French Toast, Juice, Milk

Lunch-BBQ Chicken, Roll, Green Beans, Creamy Hash Browns, Milk

Snack-Crackers, Juice

Friday, September 16

Breakfast-Cheerios, Milk, Juice

Lunch-Ravioli, Bread, Salad, Fruit, Milk

Snack-Pancakes, Milk

Healthy News

No Obstacle

For some fun exercise, help your child build an obstacle course. Use empty boxes to scoot around, a table to crawl under, a large cardboard box to wiggle through, and a pile of pillows to dive into.



Single Servings

Keep portable snacks handy and hold your food budget down by buying items in bulk and making your own single-serve bags. Check portion sizes on nutrition labels of cereal, baked crackers, or nuts, and fill zipper bags with one serving each. Then your child can grab a nutritious snack quickly.

Know Their BMI

Find out your child's Body Mass Index which is the number that measures height against weight and lets you know if your child is at a healthy weight. You can ask your pediatrician to figure it out at your child's next visit.

Monday, September 19

Breakfast-French Toast, Juice, Milk

Lunch-Chicken Patty, Roll, Peas, Red Skin Potatoes, Pineapples, Milk

Snack-Cheerios Cereal, Milk

Tuesday, September 20

Breakfast-Toast, Cheese Omelet, Juice, Milk

Lunch-Ham & Cheese Roll-Up, Crackers, Vegetable Soup, Jello w/Pears, Milk

Snack-Strawberry Banana Smoothie, Crackers

Wednesday, September 21

Breakfast-Waffles, Juice, Milk

Lunch-Fish, Bread, Baked Beans, Macaroni Salad, Banana, Milk

Snack-Cinnamon Toast, Milk

Thursday, September 22

Breakfast-Mini Wheat Cereal, Juice

Lunch-Roast Beef & Gravy, Bread, Oven Baked Potatoes, Tropical Fruit Blend, Milk

Snack-Crackers, Juice

Friday, September 23

Breakfast-Oatmeal, Toast, Juice, Milk

Lunch-Macaroni & Cheese, Bread, Peas & Carrots, Apple Crisp, Milk

Snack-Deviled Eggs, Crackers, Juice

Monday, September 26

Breakfast-Pancakes, Juice, Milk

Lunch-Cheeseburger on Bun, Steak Fries, Peaches, Milk

Snack-Cornflakes Cereal, Milk

Tuesday, September 27

Breakfast- Toast, Boiled Egg, Juice, Milk

Lunch-Turkey & Gravy, Bread, Mashed Potatoes, Pears, Milk

Snack-Strawberry Smoothie, Crackers

Wednesday, September 28

Breakfast-Bagel w/Cream Cheese, Bananas, Juice, Milk

Lunch-Chicken Fingers, & Dip, Bread, Potato Salad, Watermelon, Milk

Snack-Pizza Snack, Juice

Thursday, September 29

Breakfast-Total Cereal, Juice, Milk

Lunch-Ham, Bread, Vegetable Blend, Pineapples, Milk

Snack-Triscuit Crackers, Bean Dip, Juice

Friday, September 30

Breakfast-Oatmeal, Toast, Juice, Milk

Lunch-Chicken & Noodles, Bread, Green Beans, Mixed Fruit, Milk

Snack-Fruit Yogurt Shake, Crackers, Cheese Wedge