



Early Childhood News

Welcome to the Early Childhood Program

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 or educational experience, please contact **Janice Caughlan, Education Service Manager at 289-2371.**



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/guardians to make time to visit your child's classroom to share a talent or hobby, or to volunteer in the classroom. Please schedule your day ahead of time with your child's teacher or bus driver.

Parents must sign in at any of the school's front office when coming in for any reason.

Feel free to contact **Stephanie Remy, Parent Involvement Coordinator at 289-2371** if you have any questions.

CAC of Pike County
Early Childhood Program

September/October 2013



Inside this issue:

Community Day	2
Classroom News	2
Policy Council	2
Separation Anxiety	3
Understanding Classroom Environments & Home Visits	3
Healthy News	4
Lunch Menu	4

Community Day

The Recovery Council is having a family-oriented carnival event to educate the community about the effects of alcohol and drugs.

Community Day: Paying It Forward will be held on Saturday, September 28 from 11:00 am to 5:00 pm at the Walnut Street Park in Waverly. There will be games, inflatables, a dunking booth, raffles, food, scavenger hunt, and entertainment. Please bring canned or non-refrigerated food items to trade in for tickets to use on concession items and games. Food will be donated to the food pantry. Money will only be accepted for raffles.

Friday, September 27, Fun in the Sun will be held at the Waverly Park from 11:00 am to 2:00 pm.



Home Base Socializations

Early Head Start Home-Based Socializations will be scheduled from 10:00 am-12:00 noon and Head Start Home-Based Socializations will be scheduled from 9:30 am-12:30 pm. Both socializations will be scheduled two Fridays a month. Socializations will be held at the Piketon Community Action Agency. Parents are encouraged to attend socializations as this is a time for children to interact with other children.

Early Head Start Home-Based families will be going on a field trip to a farm on Friday, September 13 from 12:00 noon-2:00 pm. This is a different time than is regularly scheduled. Other dates are Friday, September 20 & 27 from 10:00-12:00 at CAC.

Head Start Home-Based Socializations are Friday, September 20 & 27 from 9:30-12:30 at CAC.

Upcoming Parent Events

The Early Childhood Program is excited about the openings of four new classrooms at the Western and Scioto Valley schools. Parents are reminded that the Idaho site is no longer used by our program. Be sure to keep the list of addresses and phone numbers of your child's school in case you need to get a hold of the teacher, bus driver, or other staff.

Thank you to all the families that attended one or more of the Open Houses that were held in August.

All preschool children are asked to get a dental exam. If you are unable to schedule an appointment or if your child has never been to the dentist for a screening or a cleaning, ask your child's teacher about scheduling them at the Piketon Family Health Center the week of October 7 and the week

of October 21. Parents will need to send a copy of their health insurance and sign a permission slip for your child to be seen.

Newly elected parents to serve on the Policy Council should plan to attend the orientation on Friday, October 11 from 9:30-11:30 am and the first meeting at noon at CAC.

Parent meetings and trainings will be scheduled throughout the year.

Policy Council



Policy Council members who are elected to serve will have voting rights on program decisions such as hiring and approving grant applications. Members also receive updated program information, lunch, mileage stipend, and babysitting. Meetings are usually held on the second Friday of the month at 12:30 pm at the Community Action Agency on Pike Hill.

If you are interested in becoming a parent representative on the Policy Council for the 2013-14 school year, please try to attend the next Policy Council meeting on Friday, September 13 at 12:00 noon at the Community Action Agency. There will be a parent meeting from 1:30-2:00 pm following the Policy Council meeting so new members can be elected. Newly elected members will start their service on October 11, 2013 through October 2014.

If you are unable to attend the parent meeting and want to serve on the Policy Council, please send in a letter or an email asking to be nominated and why by September 13.

Please call me at 289-2371 by September 11 if you plan to attend the meetings or if you would like more information about Policy Council.

Thank you,

Stephanie Remy, Parent Involvement/
Human Resource Coordinator

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 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 a chosen home-based curriculum. 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
Jasper: 740-289-2425
Western:740-493-2881
ECFC: 740-289-1681
Eastern: 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 CAC

Children attending the public school classrooms will follow that school's menu.

Monday, September 9

Breakfast- Total Cereal, Juice, Milk

Lunch-Cheeseburgers, Baked Beans, Broccoli, Applesauce, Milk

Snack-Pancakes, Milk

Tuesday, September 10

Breakfast- English Muffins, Peaches, Milk

Lunch-Chicken Leg, Bread, Peas, Peaches, Milk

Snack-Ham Sandwich, Juice

Wednesday, September 11

Breakfast-French Toast, Juice, Milk

Lunch-Pork Tenderloin, Bread, Au gratin Potatoes, Pineapples, Milk

Snack-Jungle Shake, Graham Crackers

Thursday, September 12

Breakfast-Egg Patty, Toast, Juice, Milk

Lunch-Ham, Cheesy Macaroni, Bread, Green Beans, Mandarin Oranges, Milk

Snack-Oatmeal, Milk

Friday, September 13

Breakfast-Cheerios, Milk, Juice

Lunch-Ravioli, Bread, Tossed Salad, Banana, Milk

Snack-Fruit Salad, Crackers, Milk

Monday, September 16

Breakfast-French Toast, Juice, Milk

Lunch-Chicken Patty, Bread, Mixed Fruit, Baker Potatoes, Milk

Snack-Cheerios Cereal, Milk

Tuesday, September 17

Breakfast-Toast, Cheese Omelet, Juice, Milk

Lunch-Sloppy Joes, Corn, Pineapples, Oatmeal Cookie, Milk

Snack-Strawberry Banana Smoothie, Crackers

Wednesday, September 18

Breakfast-Waffles, Juice, Milk

Lunch-Chicken Nuggets, Bread, Vegetable Blend, Pears, Milk

Snack-Cinnamon Toast, Milk

Thursday, September 19

Breakfast-Mini Wheat Cereal, Juice

Lunch-Roast Beef & Gravy, Bread, Mashed Potatoes, Fruit Blend, Milk

Snack-Juice, Crackers

Friday, September 20

Breakfast-Oatmeal, Toast, Juice, Milk

Lunch-Pork Loin, Bread, Cauliflower & Cheese Sauce, Melon, Milk

Snack-Deviled Eggs, Crackers, Juice

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 23

Breakfast-Pancakes, Juice, Milk

Lunch-Ham on Bun, Potato Salad, Watermelon Cubes, Milk

Snack-Triscuit Crackers, Bean Dip, Juice

Tuesday, September 24

Breakfast- Toast, Boiled Egg, Juice, Milk

Lunch-Meat Loaf, Roll, Broccoli & Cauliflower Mix, Mixed Fruit, Milk

Snack-Peach Smoothie & Graham Crackers

Wednesday, September 25

Breakfast-Bagels, Juice, Milk

Lunch-Beef Noodles, Bread, Mashed Potatoes, Mandarin Oranges, Milk

Snack-Pizza Snack, Juice

Thursday, September 26

Breakfast-Total Cereal, Juice, Milk

Lunch-Pork Loin on Rice, Bread, Peas, Watermelon Cubes, Milk

Snack-Cornflakes Cereal, Milk

Friday, September 27

Breakfast-Oatmeal, Toast, Juice, Milk

Lunch-Turkey Sandwich, Potato Soup, Fruit Blend, Crackers, Milk

Snack-Yogurt Shake, Cheese Wedge, Crackers