



Early Childhood News

Welcome to the Early Childhood Program

CAC of Pike County
Early Childhood Program

September/October 2010

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.

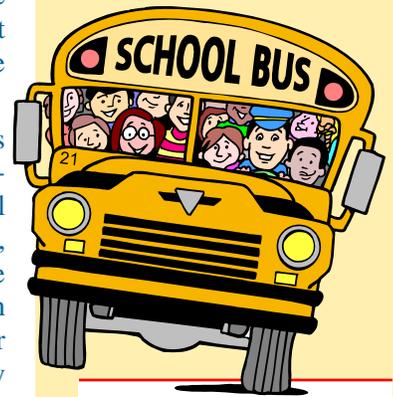
Parents often worry that their child's early school experience doesn't look structured enough if there aren't any workbooks, ditto sheets or coloring pages.

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 Service 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 volunteering in the program.

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Welcome New Staff

Julia Dunham-Piketon Preschool Full Year/Full Day Teacher at Piketon.
Robin Doll-EHS Center Teacher
Early Head Start Home Visitor-Sarah Moore.
Center Teacher/FSW-Casey Catanzaro, Courtney Holbrook, April McDonald & Alicia Ward.
Bus Monitors-Dorothy Holbert & Laranda Johnson
Meal Time Aides-Chasity Kerns & Mary Ann Williams.
Tiffany Benson-Enrollment Clerk.

Looking for Work?

A special volunteer will be featured in the parent newsletter. Our program has hired several of our parents as child care and meal time aides after they volunteered and earned in-house hours. Volunteers are welcome anytime, but if you are looking for work and need to learn job skills, CAC may be able to help.

The Community Action Committee of Pike County also offers Workforce Connections that is free of charge. This program can assist you in finding a job, help with training, unemployment benefits, résumé's, etc.

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.

The Early Childhood Program now has one bus monitor located at the Piketon site and one at the Idaho site. The Eastern site has two bus

monitors. In the past, the Early Childhood Program has been offering a Wal-Mart card incentive program to volunteers who ride the bus. This year volunteers who are interested in earning the gift card will need to schedule to ride the bus at the Idaho and Piketon sites. Riders must be able to ride one hour to and one hour from school to earn the gift card. The buses must have a second adult on all buses after

seven children are present.

Just a reminder that all parents who volunteer in the program or attend program activities will earn a ticket for the monthly prize drawing.



Parent Activities and Events



The Idaho and Piketon sites will be having an Open House on Tuesday, September 21 from 5:30-7:00 pm.

Policy Council members will be elected for the 2010-11 school year at the parent meeting and Bus/Volunteer training on Tuesday, **October 5** at Idaho and Thursday, **October 7** at Piketon from 5:30-7:30 pm. Parents should choose to attend at the site

closest to their home. Babysitting 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.

Meetings will be held on Friday, September 17 and Friday, October 15 at 12:00 noon at CAC.

Parenting Classes will be offered to all parents at the Piketon and Idaho sites on the following dates. October 13 @ Piketon 10:00 am-12:00 noon.

November 10 @ Idaho 10:00 am-12:00 noon.

February 9 @ Piketon 1:00-3:00 pm.

March 9 @ Idaho 1:00-3:00 pm.

Review the parent involvement section of the parent handbook for details.

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.

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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

Monday, September 13

Breakfast- Total Cereal, Juice, Milk

Lunch-Cheeseburger on Bun, Corn, Mandarin Oranges, Milk

Snack-Pancakes, Milk

Tuesday, September 14

Breakfast- Cheese Omelet, Toast, Juice, Milk

Lunch-Ravioli, Bread, Salad, Pears, Milk

Snack-Cottage Cheese, Peaches, Milk

Wednesday, September 15

Breakfast-Peaches, English Muffins, Milk

Lunch-Fish Square, Bread, Curried Spring Vegetables, Applesauce, Milk

Snack-Jungle Shake, Graham Crackers

Thursday, September 16

Breakfast-French Toast, Juice, Milk

Lunch-Turkey w/Dressing, Roll, Whipped Potatoes, Green Beans, Tropical Fruit, Milk

Snack-Cantaloupe Cubes, Crackers

Friday, September 17

Breakfast-Cheerios, Milk, Juice

Lunch-Ham Salad on Bun, Potato Salad, Carrot Chips, Ambrosia Salad, Milk

Snack-Mixed Fruit, Cottage Cheese, 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 20

Breakfast-French Toast, Juice, Milk

Lunch-Chicken Nuggets, Bread, Peas, Scalloped Potatoes, Peaches, Milk

Snack-Cheerios Cereal, Milk

Tuesday, September 21

Breakfast-Toast, Cheese Omelet, Juice, Milk

Lunch-Baked Steak & Gravy, Roll, Lima Beans, Mashed Potatoes, Banana, Milk

Snack-Strawberry Banana Smoothie, Crackers

Wednesday, September 22

Breakfast-Waffles, Juice, Milk

Lunch-Ham & Cheese on Bun, Sliced Tomatoes, Pickles, Pineapples, Cookie, Milk

Snack-Cinnamon Toast, Milk

Thursday, September 23

Breakfast-Mini Wheat Cereal, Juice

Lunch-Meat Loaf, Bread, Cauliflower, Mashed Potatoes, Pears, Milk

Snack-Sunshine Shake, Crackers

Friday, September 24

Breakfast-Oatmeal, Toast, Juice, Milk

Lunch-Chicken Pot Pie, Bread, Spinach, Oranges, Milk

Snack-Deviled Eggs, Crackers, Juice, Milk

Monday, September 27

Breakfast-Pancakes, Juice, Milk

Lunch-Cheeseburger Mac Bake, Bread, Peas & Carrots, Applesauce, Milk

Snack-Total Cereal, Milk

Tuesday, September 28

Breakfast- Toast & Jelly, Juice, Milk

Lunch-Fish Square on Bun, Corn, Oven Fries, Watermelon Cubes, Milk

Snack-Fruit Yogurt Parfait, Water or Milk

Wednesday, September 29

Breakfast-Bagel w/Cream Cheese, Juice, Milk

Lunch-BBQ Pork Tenderloin, Bread, Hash Brown Potatoes, Brussel Sprouts, Jello w/Fruit, Milk

Snack-Pizza Snack, Juice

Thursday, September 30

Breakfast-Total Cereal, Juice, Milk

Lunch-Chicken Drumsticks, Bread, Summer Squash, Green Beans, Tropical Fruit, Milk

Snack-Wheatables Seven Grain Crackers, Bean Dip, Juice