

April Events

Some of these dates and times are tentative. Stay tuned on Facebook or the website (www.knoxheadstart.org) for changes.

Centerburg

4/20 - Family Fun Night "Science," 5-6:30 p.m.

Danville

4/27 - Kindergarten Transition Meeting, 3:15 p.m.
4/27 - Family Fun Night "Science," 4:15 p.m.

Fredericktown

4/8 - Classroom event for aunts, uncles and special friends, at pick-up time
4/26 - School Family Meeting, 5 p.m.

New Hope Early Education Center

4/25 - Combined Board and Policy Council meeting, KCCC, 5:15 p.m.
4/28 - Family Fun Night "Art Show," 5-6 p.m.

Northgate

4/26 - Family Fun Night "Science," 5-7 p.m.

Parent Training

See details for these events inside.

4/12 - "Handling Your Toddler's Fusses and Fits," New Hope Early Education Center, 6-8 p.m.

4/13 - Six-week training, starts April 13, "Active Parenting of Teens/Teens in Action," Gambier Community Center, 6-8 p.m.



Community Events

4/3 - Free concert, Tribute Quartet, Utica Church of Christ, 6 p.m.

4/4 - Velvet Ice Cream Ye Olde Mill opens for the season

4/20 - Chautauqua, actor Greg Patterson portrays Jack Benny, The Place@The Woodward, 7 p.m., free but donations accepted

4/17 - Earth Day Festival, Kenyon Athletic Center, 10 a.m.-2 p.m.

4/20 - Wolf Run Bird Walk, Wolf Run Regional Park (Yauger Rd.), 8 a.m.

4/20 - Career Fair, Knox County Career Center, 9 a.m.-1:30 p.m.

4/20 - Chautauqua, actor Susan Kahl portrays Julia Child, The Place@The Woodward, 7 p.m., free but donations accepted

4/22 - Earth Day Full Moon Hike, Wolf Run Regional Park (Yauger Rd.), 8:30 p.m.

4/27 - Bird Walk, Honey Run Highlands (Millersburg Rd.), 8 a.m.

Kindergarten Registration Info

Please contact the appropriate school and get scheduled to complete kindergarten registration for your child. Registering in the spring is much easier than waiting until late summer because your child may have to complete additional paperwork, get a physical or dental exam, and/or finish up immunizations. If you register in the spring, you have the summer to complete these items. Don't wait until August! **Watch for more information soon on upcoming KCHS kindergarten transition meetings with parents and teachers.**

MOUNT VERNON CITY SCHOOLS			
Columbia	May 13	By appointment only	740-393-5975, ext. 6100
Dan Emmett	May 2	By appointment only	740-393-5950
East	May 6	By appointment only	740-393-5985
Pleasant Street	May 11, 12	By appointment only	740-393-5990
Twin Oak	May 4, 5	By appointment only	740-393-5970
Wiggin Street	May 3	By appointment only	740-427-4262
COUNTY SCHOOLS			
Centerburg	April 12, 14	By appointment only	740-625-6488
Danville	April 5, 7	Walk-ins	740-599-6116
East Knox	May 4, 5	By appointment only (pre-register by April 4)	740-599-7000, ext. 3002
Fredericktown	April 29	By appointment only	740-694-2781

Learning Corner: Outdoor Play

We take children outdoors every day so they can run, jump, swing, climb, and develop their muscles. We talk about the things they see, hear, touch, smell, and feel so they are aware of changes in weather, seasons, plants, and animals.

What you can do at home:

Fresh air and exercise are very important to your child's health and to yours. Try to spend time with your child outdoors every day except when the weather is dangerous. Take walks in your neighborhood, go to parks, and explore the natural world. Watch what your child notices and show that you are also interested.

Children love to collect things and then play with them. They sort them, make patterns with them, and pretend with them. Bring along a container or plastic bag when you go outdoors so that your child can collect treasures (seeds, leaves, and rocks) along the way and bring them home to examine. You can plan special activities outdoors. Here are some ideas:



- Bring drawing paper and crayons outside so your child can draw what he/she sees.
- Take a pail of water and large brushes so your child can paint the sidewalk or fence.
- Bring colored chalk, which is perfect for sidewalk art.
- Play catch with balls of all sizes.
- Bring bubble-blowing solution and wands of various shapes.

Make time each day to be outdoors with your child, exploring, and making discoveries.

KNOX COUNTY HEAD START, INC.

This newsletter is produced by Knox County Head Start for parents and caregivers. If you have ideas for the newsletter, please contact Carrie Haver at chaver@knoxheadstart.org.

Knox County Head Start, Inc., 11700 Upper Gilchrist Road, Mount Vernon, OH 43050
740-397-1344, www.knoxheadstart.org

An Agency Supported by The Community Foundation of Mount Vernon & Knox County and The United Way of Knox County.



Connect with us!



Gambier Child Care Center students share a book about dogs and colors during Show & Tell time.

Important Parent Info for Spring

From the desk of the Executive Director...

It is hard to believe spring break is over and the end of the half-day preschool year is approaching. There are several things for parents to do to help us wrap up the program year:

Medical/Dental Follow Up

For those children that need dental, medical, vision or hearing follow up, we work to support you and your child in getting that follow up. The dental follow up is the biggest challenge here in Knox County; however, if we work together, we can help you to get the services your child needs. For those that have the medical card, help with transportation is available. Your Family Advocate or teacher can help you locate a dentist to care for your child and you can get money for gas if you have a car or even contact your Medicaid provider and they will send someone to pick you up and take you to the appointment and bring you home. Transportation services are available for any service covered under the medical card.

Kindergarten Transition

There are more than 125 children transi-

tioning from KCHS this year to kindergarten and you may have been hearing about the kindergarten transition meetings at your center. It is important to attend those meetings to learn about any changes in the registration process and the expectations for kindergarten. The center staff will support your family throughout the transition process so that it will be smooth and successful for your child. We are excited for those moving on, not only to kindergarten, but the children headed to preschool from our infant/toddler program. It is a big step and, though change can be hard, it is an exciting part of life! Your family's advocate and the teaching staff will work with you to lessen the stress that comes with change and make this a positive experience for everyone.

We Passed Federal Review!

Our staff have been learning a new tracking system this year which has created extra stress for them. Also this year, we are pleased to have completed the Head Start Key Indicators-Compliant (HSKI-C) Review which we successfully passed! Policy Council members met with the reviewers and we want to express our appreciation for their commitment of time speaking on

behalf of our programming. We will receive the Environmental Health and Safety Review on April 12 and 13. A reviewer will visit all six centers to ensure compliance with required regulations and a safe program for your child.

Tell People About Head Start

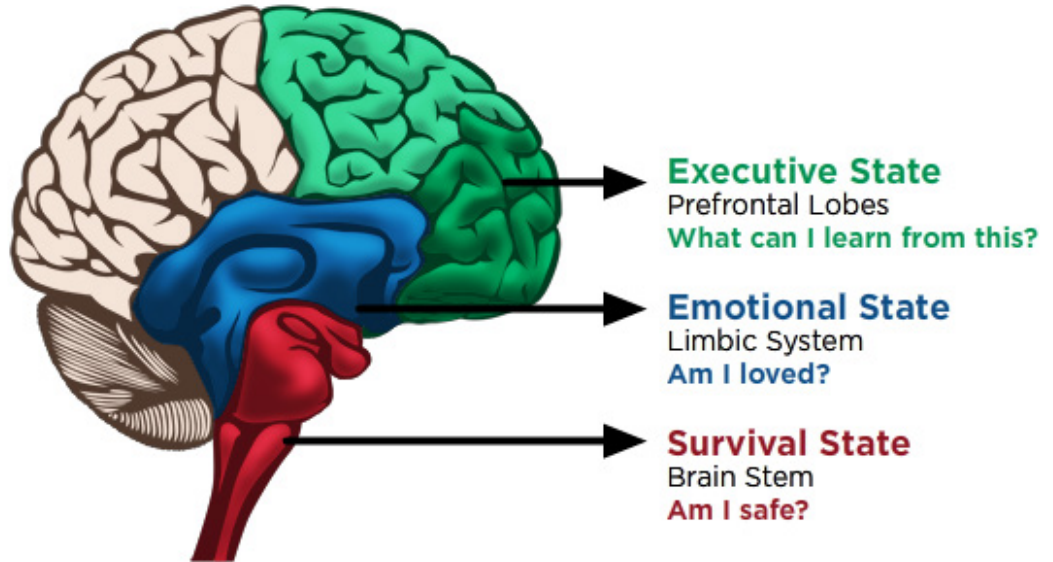
Enrollment has been a challenge the past several months and we want to encourage parents to help us by talking with your friends, family members, and neighbors that have children that will be 3 years of age before August 1 and not yet 5 years old, to complete an application for preschool services. They can locate a pre-enrollment application on the website at www.knoxheadstart.org or call 740-397-1344 and have a pre-application completed over the phone.

Upcoming Events

We appreciate the great attendance at family events this year and encourage you to watch for flyers on the upcoming family event in April and the end-of-the-year event in May or June at your center. Your attendance at these events is important for your family and means so much to center staff and our entire School Family.

Conscious Discipline® Brain State Model

The **Conscious Discipline Brain State Model** becomes a frame for us to understand the internal brain-body states that are most likely to produce certain **behaviors in children** and in ourselves. With this awareness, we learn to consciously manage our own thoughts and emotions so we can help children learn to do the same. The goal of this model is not to turn into neuroscientists, but to provide a simplified brain model as a means for **increasing our self-awareness** so we can respond consciously to the needs of the moment.



Research, as well as life experience, tells us **our internal emotional states dictate behavior**. When we feel grumpy, we tend to become easily frustrated and curt with others. When we feel grateful, we tend to be generous and thoughtful. When we feel upset at our children, we see ourselves behaving, disciplining and speaking much like our parents did to us when they were upset. The Conscious Discipline Brain State Model helps us understand how all this happens and how we can change it.

Survival State

Our internal state allows us to draw upon certain skills. In a survival state where we feel triggered by threat, these skills are flight, fight or surrender. We can't think clearly to add 45 plus 68 when a tiger is chasing us. In the modern world, the tiger may be a disrespectful child, but our brain's evolutionary skill set is the same: fight, flight or surrender.

The only way to soothe the survival state is through the creation of SAFETY.

Emotional State

Similarly, an upset emotional state is triggered by the world not going our way. It limits our ability to see from another's point of view. This upset, unconscious state keeps us on autopilot so our words and tone match those of key authority figures from our

childhood. We revert to disciplining the same ways we were disciplined, even if we know these behaviors to be ineffective or hurtful.

The only way to sooth an upset emotional state is through CONNECTION.

Executive State

However, if we learn to regulate and integrate our internal state to be one of relaxed alertness, we are able access our own brilliance. We are empowered to change and make wise choices. An integrated executive state frees us from past conditioning, attunes us to the feelings and experiences of others, enables us to remain focused enough to set and achieve goals, and allows us to consciously respond instead of automatically react to life events.

The executive state is the optimal state for problem solving and learning.

Conscious Discipline empowers us to be conscious of brain-body states in ourselves and children. It then provides us with the practical skills we need to manage our thoughts, feeling and actions. With this ability to self-regulate, we are then able to teach children to do the same. By doing this,

we help children who are physically aggressive (survival state) or verbally aggressive (emotional state) become more integrated so they can learn and use problem-solving skills (executive state). When we understand the brain state model, we can clearly see the importance of building our homes, schools and businesses on the core principles of safety, connection and problem-solving.

Conscious Discipline® is a social-emotional curriculum used throughout Knox County Head Start - with our children and with our employees.

It was developed by Dr. Becky Bailey and leads teachers, providers, schools, and programs through a transformational process that promotes permanent behavior change. The change is from an unconscious, traditional, compliance model of discipline to a conscious, relationship-based, community model.

Learn more at www.ConsciousDiscipline.com

Can Your Family Benefit from WIC?

The Knox County Health Department tells us that more Knox County families could be taking advantage of what WIC offers!

What is WIC?

WIC stands for **Women, Infants, and Children**. It is a free state-wide nutrition program that helps income-eligible women and their children by offering breastfeeding education and support, supplemental nutritious foods; nutrition education and counseling; and screening and referrals to other health and social services.

The WIC program improves pregnancy outcomes by providing or referring to support services necessary for full-term pregnancies; reduces infant mortality by reducing the incidence of low birth weight (infants under 5 ½ pounds are at greater risk of breathing problems, brain injuries and physical abnormalities) and provides infants and children with a healthy start in life by improving poor or inadequate diets.

Who is eligible for WIC?

Women who are pregnant, breastfeeding, or have a baby less than six months old; and infants and children up to five years old; who meet WIC income guidelines; and, live in Knox County.

What are the income guidelines?

In order to be eligible for WIC, the gross countable income of the economic unit, of which the applicant/participant is a member, must be less than or equal to the Ohio WIC program income guidelines for economic unit size provided in the chart below. WIC income guidelines are updated each year.

How can my family apply for WIC?

Call the Knox County WIC office at 740-392-2200, ext. 2256, to schedule an appointment to meet with a WIC staff member. The WIC office/clinic is located at the Knox County Health Department.

What do I need to bring to the appointment?

- Proof of income (current pay stub, current Medicaid Card or approval letter for



Healthy Start, Ohio Works First or Food Assistance)

- Proof of address (utility or credit bill, or Ohio driver's license)
- Proof of identity for you and any applicants (birth certificate, driver's license, Medicaid card, crib card or shot record)
- All family members applying for WIC services should come to the appointment
- If pregnant, bring a doctor's statement showing due date
- Children's shot records



Parent Survey Coming Soon

Parents/families of half-day children will soon be asked to fill out a survey for Knox County Head Start. Your feedback on this survey is very important. It helps KCHS to improve its services to families and children.

You will be asked to do this at your Head Start center. Please take a few moments to let us know how Head Start is doing and what is important to you.

If you complete the survey, you will be entered into a drawing for a \$50 Walmart gift card. Thank you in advance! Your opinion matters to us.

WIC Income Eligibility Guidelines

Economic Unit	Annually	Monthly	Twice Monthly	Biweekly	Weekly
1	\$21,755	\$1,815	\$ 908	\$ 838	\$ 419
2	29,471	2,456	1,228	1,134	567
3	37,167	3,098	1,549	1,430	715
4	44,863	3,739	1,870	1,726	863
5	52,559	4,380	2,190	2,022	1,011
6	60,255	5,022	2,511	2,318	1,159
7	67,951	5,663	2,832	2,614	1,307
8	75,647	6,304	3,152	2,910	1,455

Watch for info about end-of-the-year celebrations soon!



You're Invited...

KCHS invites you to attend these upcoming parent trainings, funded by United Way of Knox County:

"Handling Your Toddler's Fussing & Fits"

April 12, 6-8 p.m., NHEEC

Disciplining your toddler or two-year old can be very challenging. Your sweet little baby has grown to be a lively toddler and is starting to exert his/her independence. Often, a toddler's strong feelings are expressed through tantrums and power struggles. What is a parent to do? In this two-hour interactive training, parents will learn how to handle "the fussing and the fits" by learning about what typical toddler behavior looks like, ways to avoid engaging in power struggles, and how to set up your toddler and yourself for success as you travel through this developmental stage together.



Attendees receive dinner, child care, and gift card. Must register by calling Belinda at 740-397-1344, ext203.

Save \$1,000 in One Year

You could be \$1,300 richer this time next year? Fifty-two weeks and a little bit of self-discipline is all it takes. Cut out this Savings Challenge, put it on your fridge, and check off each week as you save. For more information on Woodforest Bank or starting a savings account, contact Tamara Anderson (tanderson@knoxheadstart.org or 740-397-1344).

52 Week Savings Challenge

WEEK	DEPOSIT AMOUNT	ACCOUNT BALANCE	✓
1	\$1.00	\$1.00	
2	\$2.00	\$3.00	
3	\$3.00	\$6.00	
4	\$4.00	\$10.00	
5	\$5.00	\$15.00	
6	\$6.00	\$21.00	
7	\$7.00	\$28.00	
8	\$8.00	\$36.00	
9	\$9.00	\$45.00	
10	\$10.00	\$55.00	
11	\$11.00	\$66.00	
12	\$12.00	\$78.00	
13	\$13.00	\$91.00	
14	\$14.00	\$105.00	
15	\$15.00	\$120.00	
16	\$16.00	\$136.00	
17	\$17.00	\$153.00	
18	\$18.00	\$171.00	
19	\$19.00	\$190.00	
20	\$20.00	\$210.00	
21	\$21.00	\$231.00	
22	\$22.00	\$253.00	
23	\$23.00	\$276.00	
24	\$24.00	\$300.00	
25	\$25.00	\$325.00	
26	\$26.00	\$351.00	
27	\$27.00	\$378.00	
28	\$28.00	\$406.00	
29	\$29.00	\$435.00	
30	\$30.00	\$465.00	
31	\$31.00	\$496.00	
32	\$32.00	\$528.00	
33	\$33.00	\$561.00	
34	\$34.00	\$595.00	
35	\$35.00	\$630.00	
36	\$36.00	\$666.00	
37	\$37.00	\$703.00	
38	\$38.00	\$741.00	
39	\$39.00	\$780.00	
40	\$40.00	\$820.00	
41	\$41.00	\$861.00	
42	\$42.00	\$903.00	
43	\$43.00	\$946.00	
44	\$44.00	\$990.00	
45	\$45.00	\$1,035.00	
46	\$46.00	\$1,081.00	
47	\$47.00	\$1,128.00	
48	\$48.00	\$1,176.00	
49	\$49.00	\$1,225.00	
50	\$50.00	\$1,275.00	
51	\$51.00	\$1,326.00	
52	\$52.00	\$1,378.00	

Visit www.woodforest.com for details regarding our checking and savings accounts!



10th Annual Knox County EARTH DAY FESTIVAL

Sunday, April 17 • 10^{am} - 2^{pm}
 Kenyon Athletic Center • 221 Duff Street, Gambier, Ohio
 Free Admission • Free Parking

RIDE THE BIKE TRAILS TO THE FESTIVAL
 BIKE MAINTENANCE WORKSHOPS: 11^{AM}, NOON, 1^{PM}
 WIN A FREE BIKE FROM Y-NOT CYCLING!
 SHRED DAY + ELECTRONIC WASTE RECYCLING
 LOCAL ARTISANS' & FARMERS' MARKETS
 KIDS' ACTIVITY ZONE & FARM ANIMAL VISITS
 LIVE MUSIC BY GOSLEE REED & KEAN
 FREE HEALTH SCREENINGS
 EARTH DAY CHALLENGE 1/2 MARATHON & 4-MILER, 8^{AM}

Healthy People • Healthy World
 Earth Day Festival • Knox County, Ohio

To find out more about:
 • Bike riding to the event, give-away bags, and bike rentals (for a small donation)
 • Free document shredding and electronic waste recycling (at Gambier Community Center)

Visit KENYON.EDU/EARTHDAY

PRESENTED BY:
 Brown Family Environmental Center, Kenyon College • Knox County Recycling & Litter Prevention
 Knox County Health Department • Knox County Park District • OSU Extension

SPONSORED BY:

KNOXPAGES.COM LOCAL NEWS LOCAL PEOPLE
 NEWS
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DKMM • First-Knox National Bank • Knox County Recycling & Litter Prevention
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 Siemens Energy, Inc. • United Way of Knox County • YMCA

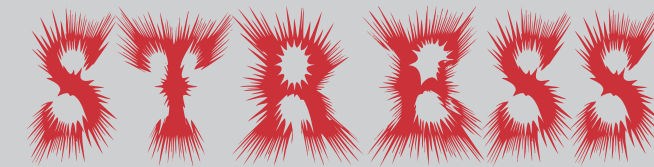
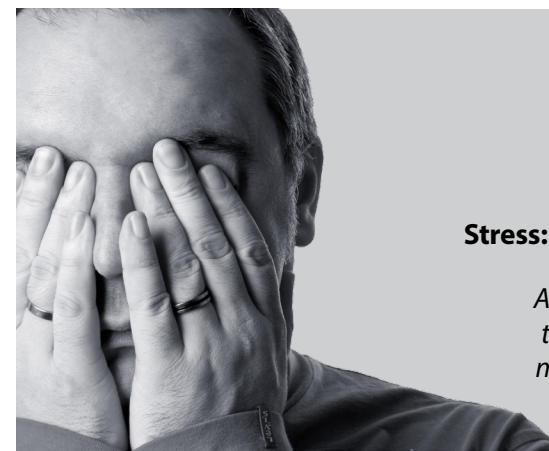
Jeld-Wen • Kiwanis Club of Mount Vernon • Pak Mail Mount Vernon
 Philander Chase Conservancy • Robert Reneé Uniforms

Free Books for Your Child!

Did you know? Knox County children can receive one free book monthly until the age of 5 from Dolly Parton's Imagination Library.

Imagination Library was founded by Dolly Parton in 1996 to provide free books to the children in her home county in eastern Tennessee. Since then, her Imagination Library has mailed 25 million books to children in the U.S., Canada, and the United Kingdom. United Way of Knox County has offered this program to Knox County Children since June 2010. Quality early learning increases success in school, graduation rates, workforce readiness, job productivity, and community engagement. Each month, almost 1,700 Knox County children receive an Imagination Library book delivered right to their home. Over the past six years, nearly 83,000 books have been mailed to local children!

Call United Way of Knox County at 740-397-5721 or fill out and mail or drop off the online registration form found at www.uwayknox.org/imagination-library-1.



Stress: a state of mental tension and worry caused by problems in life, work, etc.

April is Stress Awareness Month, a time to think about ways to relieve some of the stress in our lives. Everyone has stress and we can all use ideas on how to make life a little less stressful. So here are 10 tips to help relieve stress, some to use in the moment and some to better your day.

Resources: WebMD.com and Beliefnet.com. Don't let this list overwhelm you. You don't have to do everything. Just pick something that works for you. Relax, let go of some stress, and enjoy the good things in your life. For more information about reducing stress, contact Candy Thomas, LPN, KCHS Health Services Specialist, at 740-397-1344.

IN THE MOMENT

- Focus on now.
 - Don't dwell on the past and the disappointment of what was.
 - Don't worry about future and the fear of what might be.
 - Enjoy now and the good things that are happening.
- Talk to yourself.
 - Take a deep breath and gather your thoughts.
 - Be confident you are good at what you do, and tell yourself that.
- Remove the stress.
 - Find the cause replace it with something positive.
 - Take the kids outside to run and play while you watch and relax.
- Have a positive outlook.
 - Times can be stressful but know they will get better.
 - There's a good and bad to everything. Concentrate on the good.
- Crank up the tunes.
 - Music at work can help.
 - Blow off steam by dancing or singing to your favorite music.

BETTER YOUR DAY

- Make-up your mind to get or stay healthy
 - Exercise.
 - Start eating a healthier diet.
 - Get that check-up you've been putting off.
- Make a change.
 - Clean out closets or drawers.
 - Clear away clutter at work.
 - Any small change can make a difference.
- Just breathe.
 - Start or end or day with breathing.
 - Take 10 minutes to just breathe and relax.
- Help someone else.
 - Sometimes just a smile and listening is more helpful than you know.
 - Look around and see who needs a hand up, and then offer yours.
- Crank Up the Tunes
 - Listen to soothing music and relax.
 - Blow off steam by dancing or singing to more up-beat tunes.

Free Six-Week Class for Teens and Parents

Wednesdays, April 13-May 18, 6-8 p.m.
 Gambier Community Center (115 Meadow Lane)

Teens in Action

Teens - you have the power to shape your future! This course is about learning how to take control of your own life because your future is not a matter of chance but a matter of choice.

This six-session program can help you make the most of being a teenager and figure out where to go from here. Each session is packed with activities, videos, and discussion on topics that really matter. You'll learn:

- The secret to gaining freedom
- Communication skills that work in any situation
- How to solve problems creatively
- How to get along with all kinds of people

Active Parenting of Teens

See the difference in your teen! Get the latest information on communicating with your teen, direction with discipline, and insight into today's teen issues.

More than 3 million parents have taken an *Active Parenting of Teens* video-based course. Sign up today to see the difference in your teen:

- More cooperation
- Better behavior
- Improved grades
- Greater confidence
- Happier life for all of you!



Additional details:

Dinner is provided for families during the class. Families receive one \$5 gas stipend per class session. Parents receive one \$25 gift card for completion of all six sessions. Teens receive one \$25 gift card for completion of all six sessions.

Funding provided by:



Register by calling Tamara Anderson at 740-397-1344, ext. 208, or emailing tanderson@knoxheadstart.org.