

Upcoming Events

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

All Head Start offices will be closed on Friday, July 3, for the Independence Day holiday.

New Hope Early Education Center

7/16 - Policy Council Meeting, 5:15 p.m., Conference Room 30/31

7/17 - Social Studies Classroom Event (at pick up time)

7/23 - School Family meeting, 4:30-6 p.m.

July will be the second round of Family Advocate visits. Thank you to all parents for your participation and support!

Gambier

7/9 - Ice Cream Social, 5:30-7 p.m.

Fredericktown

7/17 - Social Studies Classroom Event (at pick up time)

Health Fairs

Each year, KCHS wants to help you ensure your child is up to date with his/her health screenings. KCHS will offer Health Fairs throughout June and July. Someone will contact you to schedule an appointment for the date/location that works best for you (if needed for your child).

6/30 - Fredericktown, 11 a.m.-2 p.m.

7/14 - Danville (at the Sanctuary), 11 a.m.-3 p.m.

7/21 - Northgate, 1-5 p.m.

Community Events

7/3 - July First Friday, Downtown Mount Vernon, 6-9 p.m.

7/4 - Ariel-Foundation Park Grand Opening with Fireworks, 1-10:30 p.m.

7/26-8/1 - Knox County Fair, Knox County Fairgrounds

8/13-16 - Dan Emmett Music & Arts Festival, Downtown Mount Vernon

OHSAI Update: A Parent's Perspective

By Donald Bovinett, Jr.,
Head Start Parent, Policy Council Vice Chair

The Ohio Head Start Association, Inc. (OHSAI) held its 50th anniversary celebration and conference the first week of June. This conference was a continuation of the leadership conference held in November 2014.

One of the sessions I attended talked about motivational interviewing. The technique is not aimed at the hiring process, but rather at teaching staff and parents how to talk to someone feeling overwhelmed or unsure. I'm really happy I was able to go, as the conference provided some guidance in areas that, as a parent, I simply had not had a chance to explore. So, I am very thankful that I was given the opportunity to improve my leadership skills.

As a way to give back to the organization that has provided me with these opportunities; I applied for, and was accepted into, the Parent Ambassador program. This program provides training on parent advocacy and is aimed at helping parents feel empowered

to tell others about their story, their experience and how Head Start has improved their lives. One of the goals of the program is to help parents in the group meet elected officials on a local, state and federal level. Many elected officials do not get the chance to talk to Head Start parents, as many of us are extremely busy and usually don't have time for ourselves, let alone anything else. However, I have committed to advocating on behalf of Head Start so that everyone can have an opportunity to grow and flourish from the services that Head Start provides.

Do you have a story that you want to tell? Do you want to develop your leadership skills? I was once "just a parent," but was given the opportunity to be much more. You, too, can do this. You can take the step beyond that, and get to see, from a parent's perspective, the effort and the end result of an organization that cares deeply about providing care to young children. And I'll tell you, from here, it looks pretty good.

If you're interested in taking that step, please contact me at donald.bovinett.jr@gmail.com for more information.

Summer Garden Project: GCCC and Fredericktown



These students have been working hard in the early part of summer to prepare the soil; weed; plant; and watch their fruits, vegetables, and flowers grow!

See more photos on Facebook pages for GCCC and Fredericktown Head Start.

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

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KNOX COUNTY HEAD START

SCHOOL FAMILY NEWSLETTER
JULY 2015



This young gentleman is having fun during outdoor time at New Hope Early Education Center.

Seven Benefits to Using Routines with Kids

Article from AhaParenting.com.

Why do kids need routines and structure? Because routines give them a sense of security and help them develop self-discipline.

Children's fear of the unknown includes everything from a suspicious new vegetable to a major change in their life. Unfortunately, children are confronted with change daily, which is a growth opportunity, but also stressful.

The very definition of growing up is that their own bodies change constantly. Babies and toddlers give up pacifiers, bottles, breasts, and cribs. New teachers and classmates come and go every year. They tackle and learn new skills and information at an astonishing pace.

Children, like the rest of us, handle change best if it is expected and occurs in the context of a familiar routine. A predictable routine allows children to feel safe, and to develop a sense of mastery in handling their lives. As this sense of mastery is strengthened, they can tackle larger changes.

Unpredictable changes erode this sense of safety and mastery and leave the child feeling anxious and less able to cope with life. Of course, many changes can't be avoided. But that's why we offer children a predictable routine as a foundation in their lives.

While helping children feel safe and ready to take on new challenges and developmental tasks would be reason enough to offer them structure, it also teaches kids how to constructively control themselves and their environments.

1. Routines eliminate power struggles. You aren't bossing the child around. This activity (brushing teeth, napping, turning off the TV to come to dinner) is just what we do at this time of day. The parent stops being the bad guy, and nagging is greatly reduced.

2. Routines help kids cooperate. Routines help kids cooperate by reducing stress and anxiety for everyone. We all know what comes next, we get fair warning for transitions, and no one feels pushed around, or like parents are being arbitrary.

3. Routines help kids learn to take charge of their own activities. Over time, kids learn to brush their teeth, pack their backpacks, etc., without constant reminders. Kids love being in charge of themselves. This feeling increases their sense of mastery and competence. Kids who feel more independent and in charge of themselves have less need to rebel and be oppositional.

4. Kids learn the concept of "looking forward" to things they enjoy...
...which is an important part of making a

happy accommodation with the demands of a schedule. He may want to go to the playground now, but he can learn that we always go to the playground in the afternoon, and he can look forward to it then.

5. Regular routines help kids get on a schedule. Which means they fall asleep more easily at night.

6. Routines help parents build in those precious connection moments. We all know that we need to connect with our children every day, but when our focus is on moving kids through the schedule to get them to bed, we miss out on opportunities to connect. If we build little connection rituals into our routine, they become habit. Try a snuggle with each child when you first see them in the morning, or a "recognition" ritual when you're first reunited. You are building security, connection, and cooperation.

7. Schedules help parents maintain consistency in expectations. If everything is a fight, parents end up settling: more TV, skip brushing teeth for tonight, etc. With a routine, parents are more likely to stick to healthy expectations for everyone in the family, because that's just the way we do things in our household.

The result: a family with healthy habits, where everything runs more smoothly!



Picnic and Summer Food Safety

So far, summer has been warm but also very wet. With the Fourth of July coming, I am sure there will still be lots of cookouts and picnics to celebrate the holiday. I thought this would be a good time to review some cookout and picnic food safety.

Washing Hands

Make sure to wash your hands before serving food and after handling raw meat. If soap and water are not available, you can use hand wipes or hand sanitizer. Also remember to wash the hands of your little ones before they eat. You never know where those hands have been.

Clean Coolers

Make sure your coolers are clean. Wash them out before you use them so you always start with a bacteria-free place for your food.

Reusable Grocery Bags

If you use reusable totes/bags to carry your groceries, wash them out regularly. Bacteria can be carried in your reusable bags and transferred to produce you carry in them.

Wash Fruits/Vegetables

Wash fruits and veggies in cool water before eating. Remember to wash fruits/veggies before you slice/peel them so your knife doesn't transfer bacteria onto your fruit/vegetables.

Defrosting Meats

Defrost meat in the refrigerator 1-2 days before you need it. Don't leave it out overnight to thaw; it can allow bacteria to grow.

Pack a Safe Picnic

Raw meats/poultry should be in a separate cooler surrounded by ice. If you have a long drive, put your cooler in the air-conditioned car, not in the hot trunk.

Separate Raw and Cooked Foods

Be sure to use one plate for the raw food/meat and another plate for the cooked food/meat.

Meats

Bring out only the amount of raw meat that will fit on the grill at one time. That way the rest of the meat stays cold until you are ready to cook it.

Drinks

If you have drinks you want to keep cold, put them in a different cooler from your food; you know this cooler will be opened frequently. That way your cooler with the food is opened as little as possible and stays really cold.

Leftovers

Cooked or raw meats and salads should not be left at room temperature for more

than two hours. If the temperature is above 90 degrees, your time to leave food out is only an hour. Remember certain condiments need to be kept cold too, such as salad dressings and mayo.

These are just a few things to keep in mind when planning a picnic or cookout. By following these simple steps, you can have a fun and safe summer with lots of safe delicious food.

*Candy Thomas LPN
Health Services Specialist*



Key Elements in Connecting with Your Child



EYE CONTACT

Get down on the child's level to achieve eye contact for a brief moment. When eyes meet, a wireless connection is created between the orbital frontal areas of the prefrontal lobes. From this connection, we download inner states into one another. The eyes contain nerve projections that lead directly to key brain structures for empathy and matching emotions. As soon as you have eye contact, download calm, "There you are. You're safe. Breathe with me. You can handle this." "Mirror neurons ensure the moment someone sees an emotion on your face, they will at once sense the same feeling within themselves." - Daniel Stern

PRESENCE

Being present in the moment means your mind and body are in the same place. Your mind is free from chatter. You are still enough to see the beauty in the child. Pres-

ence is about acceptance as we join together to share the same moment. The present moment is where joy lies. Relax into it.

TOUCH

Touch is the only sense we cannot live without. The skin and brain are made up of the same embryonic tissue. The skin is the outside layer of the brain. Touch creates a hormone that is essential to neural functioning and learning. If we want smart, happy kids, then we need to provide more appropriate, caring touch.

PLAYFULNESS

Playfulness helps build bonds and creates a biochemistry in the brain for dopamine. Dopamine says, "Pay attention, stay focused." Playful situations strengthen the dopamine system, increase attention spans and, boost social development.

Job Opportunities at KCHS

Family Advocate

The Family Advocate will engage in a process of collaborative partnership building with parents to establish mutual trust and to identify family goals, strengths, and necessary services and other supports by completing the Family Strengths Assessment. Additionally, they will support teachers in the initiation of Family Partnership Agreements, upon completion of the Family Strengths and Needs Assessment within the first 60 days of class, with all families identifying family goals, responsibilities, time-tables, and strategies for achieving those goals and document progress in achieving goals and identify supports necessary for success. The Family Advocate will maintain communication with families, often in-person and in the family's home, and revise goals as necessary throughout the year.

This position requires a 4-year degree. Applicants with degrees in Social Work, Sociology, Psychology, Human Services, or related fields will be considered. Additional training or experience working with families and/or children preferred.

Center Manager

The Center Manager will float between the Danville and Northgate Centers supervising the staff at both centers as well as the Head Start Home Educators (total of 11 staff). This is a 42 week per year position with the opportunity to apply for unemployment over the summer months. The purpose of this position is to ensure quality services are provided to each child and family in the Head Start facility, by overseeing daily activities at the center level and by planning, organizing and ensuring the

delivery of all program systems in compliance with federal, state, and local mandates. Each child and all members of the child's family, both related and not related, will be treated with respect and confidentiality will be maintained at all times by the person in this position.

Acceptable Experience: Minimum of Associate Degree in Early Childhood Education or related degree, Bachelor's Degree preferred. Will consider applicants with equivalent combinations of experience, education and training. Experience supervising others preferred.

Preschool Home Educator

The purpose of this position is to bridge the gap between home instruction and classroom instruction in preparation for enrollment in a traditional classroom setting or kindergarten, by providing an environment supporting school readiness and social well-being in accordance with the Head Start Program Performance Standards, developmentally appropriate practices as defined by the National Association for the Education of Young Children, and the Ohio Administrative Code Child Care Center Rules. Each child and all members of the child's family, both related and not related, will be treated with respect and confidentiality will be maintained at all times by the person in this position.

Prefer Child Development Associate (CDA) credential with a minimum of six courses in early childhood development and education or Associate Degree. Non-credentialed candidates must be willing to commit to further education and to achieve, at minimum, a CDA within one year of hire.

Preschool Lead Teacher

Knox County Head Start is seeking a qualified early education teacher for the full-day, full-year Head Start preschool classroom. The position supports the early literacy, numeracy, social and emotional development of preschool children and prepares them for kindergarten. The teacher will implement lesson plans through Creative Curriculum and implement Conscious Discipline® in the classroom, administer developmental screenings regularly assessing child's progress, and partner with parents in support of children's development. The teacher will take an active role in training and developing assistant teachers and teacher aides in the classroom.

The successful candidate will have at minimum of an Associate degree in Early Childhood Development/Education; a bachelor's degree is preferred. The successful candidate will possess strong computer skills and/or data entry experience.

Interested applicants should contact Julie Mickley, HR Director, Knox County Head Start at 740-393-6988, or mail completed resumes and applications to Human Resources, KCHS, PO Box 1225, Mount Vernon, OH 43050, or emailed to jmickley@knox-headstart.org.

Applications may be downloaded at www.knoxheadstart.org or picked up at the administrative offices at 11700 Upper Gilchrist Road, Mount Vernon, OH 43050.

Head Start parents will be given preference for open positions for which they apply and qualify.

KCHS is an Equal Opportunity Employer and does not discriminate in hiring or enrollment.