

Head Start Job Openings

LONG-TERM SUB

KCHS has an immediate opening for a long-term classroom substitute to work as a Lead teacher through May 2015. Becoming a substitute with KCHS is the first step in joining our school family and substitute employees will be given preference when full-time positions become available. The role of the substitute is to support the classroom staff in promoting healthy development in young children; including physical, cognitive, and social-emotional development in support of school readiness.

EARLY HEAD START TEACHER

KCHS has an immediate opening for an enthusiastic and positive Early Head Start Lead Teacher at the New Hope Early Education Center. You will provide high-quality infant and toddler care in a full-day, full-year classroom. Prefer a degree in Early Childhood Education or a related field, with direct experience. Prefer a CDA, Associate or higher degree in child development, early childhood education, or a related field.

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

Applications may be picked up at Knox County Head Start administrative offices, 11700 Upper Gilchrist Road, Mount Vernon or downloaded from our website www.knoxheadstart.org. Resumes may be mailed to Human Resources, Knox County Head Start, Inc., P. O. Box 1225, Mount Vernon, OH 43050, or e-mailed to jmickley@knoxheadstart.org.

Knox County Head Start is an Equal Opportunity Employer and does not discriminate in the hiring of staff or enrollment of children.

Upcoming March Events

If you have questions about any of the following activities, please talk with your center manager or teacher. Stay tuned on Facebook or Twitter for schedule changes.



- 3/2 Read Across America Day
- 3/2 Home-Based Socialization, 10 a.m.-12 p.m.
- 3/2 Home-Based Collaboration Meeting, 1-3 p.m., New Hope
- 3/3 Conscious Parenting Class, New Hope, 6-8 p.m.
- 3/9 Home-Based Socialization, 10 a.m.-12 p.m.
- 3/9 Health Fair (SEE BELOW)
- 3/16 Early Head Start PAC Time, 4-6 p.m.
- 3/18 New Hope School Family Meeting, 4:30-6 p.m.
- 3/19 Policy Council, 5 p.m.
- 3/20 School Readiness Classroom Event: Mathematics (Centerburg, Danville, Fredericktown, and Northgate)
- 3/23 Home-Based Socialization, 10 a.m.-12 p.m.
- 3/23 Northgate School Family Meeting, 2-4 p.m.
- 3/24 Centerburg School Family Meeting, 5-6:30 p.m.
- 3/25 Fredericktown School Family Meeting, 4:30-6:30 p.m.
- 3/26 Danville School Family Meeting, 5-6:30 p.m.
- 3/30 Early Head Start PAC Time, 4-6 p.m.
- 3/30-4/2 Spring Break for half-day staff
- 4/3 Good Friday, KCHS Closed

Wellness Fair Coming March 9



Join us at the New Hope Early Childhood Education Center on Monday, March 9, from 2:30-5:30 p.m., in the gym. Talk to hospital staff at this FREE event regarding health issues:

- Blood pressure checks
- Breast health
- BMI
- Nutrition
- Walking
- General wellness

There's Still Time for Taxes

Get your taxes prepared for free and get more money back! In partnership with United Way and The Ohio Benefit Bank, appointments are being taken from now until April 15. Any family that makes less than \$65,000 a year can get their taxes done at no cost.

Refunds can be available in as few as eight days! Call 740-397-5721 to schedule an appointment.



KNOX COUNTY HEAD START

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

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

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Connect with us!



Attendance Matters When it Comes to Learning

Wow, this has been another challenging winter, and it's not over yet! I've lived in Knox County for 18 years now, and this winter and last rank as two of the three most difficult I've experienced. We are doing our best to make the right calls around school closings and delays, but there are times when there doesn't seem to be a good answer, especially if weather begins too close to the start of a bus route. Please bear with us and hope to see signs of spring soon!

We are working to identify days missed by each classroom and, for those children in half day Head Start classrooms, we will be adding days to the end of the school year in May. This might take classes in some centers into the week of May 18 (classes were originally scheduled to end on May 13). We'll update parents as soon as we have schedules in place.

This winter has challenged our attendance, especially when classrooms have had to self-transport, or when

older school-aged siblings of children in our full day, full-year classrooms are home. There are many absences that are unavoidable due to illness or transportation issues. Please be aware, however, that Head Start is required to maintain an attendance level of 85 percent across both preschool Head Start and Early Head Start for infants and toddlers. We also know, that for preschoolers, attendance 90 percent of the time or better is important for the best preparation for kindergarten. To meet 90 percent enrollment, a child would need to miss twelve or fewer days in the entire school year.

When we compare our information about how children are developing from our Teaching Strategies GOLD assessment system, it is clear that children who miss more than 12 days aren't learning as much. There are two concerns here: first, that children won't be ready to be as successful as possible in kindergarten; and second, that children aren't developing the good habit of being in their seat at school almost every day.

Good to Know

KCHS is required to maintain **85%** attendance in preschool and Early Head Start programs.

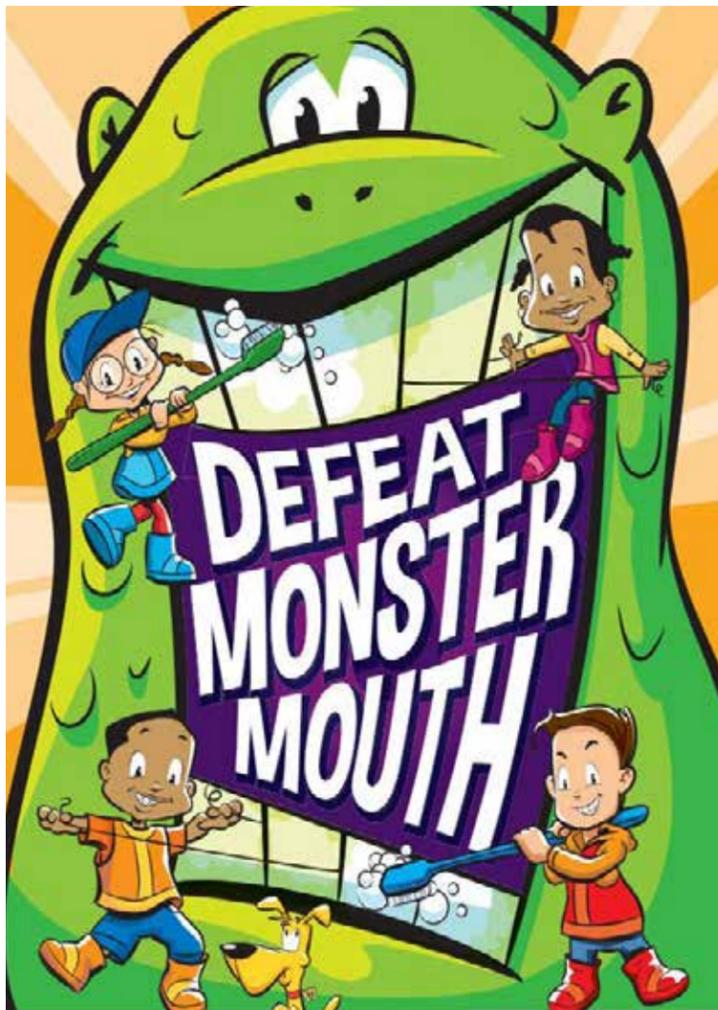
For preschoolers, a **90%** attendance rate boosts preparation for kindergarten.

To meet **90%** attendance, a child needs to miss **12** or fewer days in a school year.

Help us to best help your child by being sure he/she gets to school!

As the winter winds down, please help us do our best for your child by doing your best to get your child to school as much as possible. We want to do everything possible, with you and your family, to be sure that your child will be happy, healthy, and learning well in kindergarten!

I wish you well.
- Executive Director Peg Tazewell



5 Easy Steps for Good Teeth Brushing

- 1 Put a small dot of toothpaste on the toothbrush.
- 2 Put water from the faucet on the toothbrush.
- 3 Brush the teeth:
 - Top teeth
 - Bottom teeth
 - Front teeth
 - Back teeth
 - Outside of teeth
 - Inside of teeth
- 4 Spit the toothpaste into the sink (you don't have to rinse your mouth; the toothpaste that stays helps fight cavities). Rinse the toothbrush with water.
- 5 Put the toothbrush away and **smile** to show all those healthy, bright, and clean teeth.

The Importance of a Healthy Mouth

February is Oral Health Month so we thought it might be a good time to talk about a healthy mouth and brushing teeth. We as adults and parents can help children and ourselves build good oral health and tooth brushing habits starting now.

These easy steps can help a smile last a lifetime:

- Brush at least twice a day with fluoride toothpaste, especially after breakfast and before bed.
- Floss daily (parents should floss for children under age eight). Limit the number of snacks. But when you do snack, try to stay with healthy ones such as fruits/vegetables. Stay away from soda pop and sugary snacks.
- See the dentist twice a year. **Remember, baby teeth are**

important! They save space for permanent teeth, help the permanent teeth come in straight, help the child chew food easily and properly, help the child speak more quickly and clearly, and set them up for a lifetime of bright healthy smiles.

A child will learn from us... we need to set a good example. Let's set an oral health and tooth brushing routine for ourselves and our children will follow.

If you have any questions or would like additional information please contact Candy Thomas, LPN, Health Services Specialist, at (740) 397-1344, ext. 335, or cthomas@knoxheadstart.org.



March is Nutrition Month!

Be watching as we send home some information, activities, and items throughout the month to help you and your family experience proper nutrition. We want to help you better understand the importance of having nutritious eating and physical activity habits which help maintain a healthy weight and reduce risk of disease.

Information about the Measles Vaccine

On February 3, the American Academy of Pediatrics (AAP) released the following statement by its CEO/executive director, Errol R. Alden, MD, FAAP:

A measles outbreak has grown to more than 100 people in 14 states. As public officials discuss the outbreak and the immunizations that could have prevented it, the American Academy of Pediatrics urges each of them to research the issue first, using credible, science-based sources of information. It is incumbent on public officials to speak from the facts when shaping public perception and policy. This is crucial when it comes to our children's health and safety.

Getting the measles vaccine is much safer than getting the measles infection. Numerous peer-reviewed research articles have documented the safety record of the measles, mumps and rubella (MMR) vaccine, which is one of the most effective vaccines we have available today. A vaccine, like any medicine, is capable of causing side effects, but usually these are mild, such as pain or swelling at the injection site and a fever that lasts a day or two. The risk of the measles vaccine causing serious harm is extremely small—less than one in a million people who receive the vaccine will experience a severe reaction. In fact, these reactions are so rare it is hard to tell whether they

are due to the vaccine. But we do know that of people who get measles, 1 or 2 in 1,000 will die.

More information about MMR vaccine is available at <http://www2.aap.org/immunization/> and www.HealthyChildren.org.

Reminder from KCHS School Family Guide:

Immunizations are vaccines or "shots" that protect children from serious illnesses. Immunizations are important for your child's health. Head Start staff can provide you with a schedule of when immunizations are due. Children will not be allowed to attend a center-based program unless immunizations are current. Immunizations may be waived by the administrator for religious reasons upon submission of the parent or guardian's written request for exemption or for medical reasons upon submission of a physician's or certified nurse practitioner's written request for exemption.

Schedule Vaccines

Childhood immunizations are offered at the Knox Co. Health Department by appointment. Call 740-399-8009 or visit 11660 Upper Gilchrist Road in Mount Vernon.



We're Proud of Our Parents!



Above (L-R): Congratulations to our Policy Council Vice-Chair Donald Bovinette, Jr., and Executive Director Peg Tazewell on being sworn in as OHSAL (Ohio Head Start Association). Donald is a new parent representative to the board, and Peg enters her eighth year on the board.

Below: In March, 38 parents will "graduate" from our Conscious Parenting program, prepared to better interact with their child and build their child's confidence and problem-solving skills.



Above: We're also celebrating our Active Parenting class members who have been working so hard to become better parents to their school-aged children. Way to go!