

Upcoming Events

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

All Centers

9/2 - First day of class

9/7 - Labor Day (no classes)

9/11- Classroom Family Event

New Hope Early Education Center

9/17 - Policy Council Meeting, 5:15 p.m., Conference Room 30/31

Home-Based

9/14 - Early Head Start PAC Time, Riverside Park, 9-11 a.m., breakfast will be served

9/21 - Early Head Start PAC Time, Riverside Park, 9-11 a.m., breakfast will be served

9/28 - Early Head Start PAC Time, Northgate Head Start, 4-6 p.m., dinner will be served

Gambier

9/10 - Open House, 4-6 p.m.

Upcoming Parent Trainings

9/15 - "Conscious Parenting," six-week training, 6-8 p.m. (see details on page 3)

9/23 - "Understanding Your Child's Temperament," one-night training, 6-8 p.m. (see details on page 3)

FREE Community Events

9/4 - First Friday, downtown Mount Vernon, 6-9 p.m.

9/6 - Free concert, Ariel-Foundation Park, bring your own chairs, 6 p.m.

9/5 - Brown Family Environmental Center 20th Anniversary Celebration. Music, ice cream, performances and more. 9781 Laymon Road, Gambier, 6:30-9 p.m.

9/9-12- Fredericktown Tomato Show (www.tomatoshow.com)

10/2 - First Friday, downtown Mount Vernon, 6-9 p.m.

What is a School Family?

Welcome to our KCHS School Family. We are excited to share some of the things we do to help your child learn important social-emotional skills. We are committed to utilizing Conscious Discipline® for managing our classrooms. This begins by building a strong, healthy School Family.

Why do we call ourselves a School Family?

According to Dr. Becky Bailey, the School Family allows all seven of the skills of Conscious Discipline to work together to help children and adults be the best they can be. The connection and support that a "family" provides allows us to feel connected, which allows our brains to be cooperative, caring, loving, ready to learn, and to do our best. As you visit your child's center, look for some of the following things support the School Family:

Being a S.T.A.R. - This stands for Smile, Take a deep breath, And Relax. Taking three deep breaths when we are upset is something we do daily in our classrooms. We practice being a S.T.A.R. even when we are not upset.

Safe Place - A place children are encouraged to go when feeling upset. It allows children to begin to learn self-regulation. (It is not a time out.) Each

safe place has pictures and structures to help children identify and manage emotions.

Noticing - We focus on the behaviors that we want more of. We do this by noticing children when we see these behaviors. "You DID it! You remembered to ask for a turn. That was helpful!"

Friends/Family Boards - Used in the classroom to help children share with their School Family the people important to them in their home family.

Wishing Well - Helps children learn empathy and feel cared for. It includes well wishes from the heart when children are absent, when they share something troubling, or if they are experiencing a difficult moment.

Celebrating - Allows the School Family to focus on behaviors that we want more of. We celebrate new babies and birthdays, but also smaller accomplishments like working together to clean up toys.

If you have questions these strategies, ask your child's teacher. To learn more, please join us in one of our two six-session Conscious Parenting training series, offered this fall (see page 3) and January.

Curriculum Corner: Dramatic Play

Dramatic play is central to children's healthy development and learning in early childhood. Our classrooms include an area designed to inspire creative and imaginative play. Children explore by pretending to be someone or something different from themselves. When children engage in dramatic play, they deepen their understanding of the world and develop skills that will serve them throughout their lives.

Examples:

- A child may pretend to be a mom cooking in the kitchen or a dad getting ready to leave for work in the morning.
- Playing grocery store, library, restaurant, bus driver or office
- Putting on a puppet show

What you can do at home:

You can encourage pretend play at home by simply playing with your child and providing some simple props. Draping a sheet over a table creates a house or a hideout. A large, empty cardboard box can become almost anything: a pirate ship, a doghouse, a castle, or a train. Dramatic play requires only your imagination! Here are some simple ways to encour-

age your child's learning through dramatic play:

- During baths, offer plastic boats, cups, and rubber dolls and pretend together.
- Save empty food cartons, make some play money, and play store.
- Read stories together and act out different parts.
- Collect some old clothes for dress up and make believe.
- Say to your child, "Let's pretend we're going on a train ride. What do we need? Tickets? Suitcases? Do you want to collect the tickets?"

When you engage in pretend play with your child, you are teaching important skills and strengthening relationships that are the foundation for all learning.



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!



Welcome to the KCHS School Family!

Welcome to the 2015-2016 school year, a year we hope will be one of growth, fun, and learning for your child, you and your family, and all Knox County Head Start (KCHS) employees.

We call ourselves a School Family at KCHS to signal that we intend to celebrate what's best about healthy families - a place in which children and adults are cared for, supported, and challenged to learn and grow. We believe the School Family model helps to create the kind of classrooms your child should enjoy, and the organization we strive to become.

We build our classrooms and centers around the School Family to help us to learn and practice the skills of Conscious Discipline. You can learn more about Conscious Discipline on page four of this newsletter, on page 28 in the School Family Guide, or from your child's teacher or home educator. You might also be interested in attending a Conscious Parenting class, with information on page 3 about fall classes.

We hope in the coming year that you and your child will feel a part of our School Family in many ways, and we commit to:

- Welcoming you in our centers and at events, and respecting you as the first

and most important teacher of your child.

- Helping your child to feel loved and supported in our classrooms, finding joy in learning, making new friends, solving conflicts together with teachers and classmates, and building the skills to live a happy and healthy life.
- Providing lots of opportunities for you to meet other parents and explore new ideas that will support your healthy development through School Family Meetings, health and parenting trainings, financial skills trainings, and more!
- Connecting you and your child with activities and resources in the Knox County community to build an engaged community.

The KCHS School Family is anchored in a team of committed employees who work hard to provide the best education, care, and engagement for your child and family.

Thank you for trusting us with your precious child, and please do partner with us to create a healthy and productive year for you and your family.

- Peg Tazewell, Executive Director

Centerburg

☆☆☆☆☆
119 South Preston Street
Centerburg, OH 43011
740-625-9500

Danville

☆☆☆☆☆
808 East Street
Danville, OH 43014
740-599-7122

Fredericktown

☆☆☆☆☆
124 High Street
Fredericktown, OH 43019
740-694-1188

Gambier Child Care Center

☆☆☆☆☆
119 Meadow Lane
Gambier, OH 43022
740-427-2519

New Hope Early Education Center

☆☆☆☆☆
11700 Upper Gilchrist Road
Mount Vernon, OH 43050
740-397-1344

Northgate

☆☆☆☆☆
20 Northgate Drive
Mount Vernon, OH 43050
740-397-3454

Bedtime Routines and School



A new school year has started and we know the challenges that brings. One of those can be that bedtime routine and making sure your child has enough sleep for his/her school day. Just let me say that this is a problem that most parents have struggled with at one time or another.

The amount of sleep needed is different for different ages:

Infants 3-11 months old require 14-15 hours (this includes naps during the day)

Toddlers 1-3 years old require 12-14 hours (this includes naps during the day)

Preschoolers 3-5 years old require 11-13 hours (this includes naps during the day)

Studies have shown that children who don't get enough sleep have more trouble focusing. They have trouble paying attention in school because they can't focus. Children form their

memories best when they sleep. When they sleep well at night, they remember the lessons from the day before better. Children may also have more impulsive or defiant behaviors when they haven't had enough sleep. Studies have shown that not enough sleep not only affects development, behaviors, and emotions it has also been linked to greater numbers of overweight children. Setting a bedtime routine and doing it every night will make bedtime a calm and peaceful time instead of a wild and hectic time.

An easy bedtime routine to follow is THE FOUR Bs

Bath – should be calm and relaxing not a crazy splash session.

Brushing teeth – it will help keep those teeth clean, healthy, and strong.

Books – reading a book helps relax them and encourages them to read.

Bed – tuck them in so they feel safe and secure.

Some other simple ideas to keep in mind when setting a bedtime routine:

- A half hour before bedtime should be a winding down time.
- Stick to a bedtime and let them know a half hour before that time and then 10 minutes before that time.
- Try your best to keep the same meal-times and playtimes (routines are good for children)
- Limit food and drink close to bedtime. Make sure their drinks are caffeine free.
- Make sure the bedroom is quiet and cozy for sleeping.
- Use their bed only for sleeping not watching TV or playing.
- Let the child choose the PJs they want to wear (keep the choices between two), or the stuffed animal they want to sleep with (keep the choices between two).
- Consider playing soft, soothing music.
- Tuck them in snuggly so they feel safe and secure.

I hope that these tips help you get your children to bed with less fuss and arguments and that their school time is a learning and pleasant experience.

If you would like to read more about this subject you can check out these web sites:

- www.helpguide.org
- www.kidshealth.org
- <http://scrubbing.in/why-sleep-deprivation-can-affect-your-childs-performance-in-school/>

If you have any questions or want more information about this topic or any other health-related topic, please contact:

Candy Thomas, LPN
Health Services Specialist
740-397-1344, ext.335
cthomas@knoxheadstart.org

Upcoming Parent Trainings

Knox County Head Start has several parent training opportunities available this fall. Mark your calendars and sign up today!

Conscious Parenting - Starts Sept. 15

In this six-week training, you will learn the Seven Skills of Conscious Discipline® that can be useful in any discipline challenge. You will learn strategies that will help you teach your child self-regulation skills as well how to build a more positive connection that will result in increased cooperation.

Dates: Sept. 15, 22, and 29, Oct. 6, 20, and 27 from 6-8 p.m. Child care and dinner provided. Attendees receive a \$5 gas card each night. Complete all six sessions, receive a \$50 Walmart Gift card.

Understanding Your Child's Temperament - Sept. 23, 6-8 p.m.

Your infant/toddler already has his/her own unique temperament. Learn how to better understand your child's temperament, how it impacts his/her behavior, plus ways for you to respond that will be helpful for both you and your child.

Child care and dinner provided. Attendees receive a \$10 gift card. If transportation is needed, request this when registering.

For more details, please visit www.knoxheadstart.org. Call Belinda at 740-397-2840 to pre-register. *Funding for these trainings made possible by United Way of Knox County.*

New KCHS Website!



We are excited to announce that KCHS has a brand new website. We believe that it will be a great resource for parents and community members. Among some of its new features are:

- Calendar of events
- Fully electronic forms for employment and enrollment
- Links to each center with contact info
- Links to all of our social media outlets
- Descriptions and dates for upcoming trainings
- Links to a variety of community and parenting resources
- And much more!

Take the time to explore and become familiar with the site. This will be your parent hub, along with Facebook, for all things KCHS.

As always, we are open to suggestions for additional items you'd like to see on the site and welcome ideas for improving. Contact Carrie Haver at 740-397-1344, ext. 201, or chaver@knoxheadstart.org.



Free Community Hot Meals

Sunday, 5-6 p.m.

St. Paul's Episcopal Church, 100 E. High Street

Monday, 5:30-6:30 p.m.

First Presbyterian Church, 102 N. Gay Street

Tuesday, 5:30-6:30 p.m.

First Congregational Church, 200 N. Main Street

Wednesday, 5:30-6:30 p.m.

First Church of the Nazarene, 807 Coshocton Avenue

Thursday, 5:30-6:30 p.m.

The Salvation Army, 206 E. Ohio Avenue

Friday, 5:30-6:30 p.m.

Gay Street United Methodist Church, 18 N. Gay Street

Saturday, 5:30-6:30 p.m.

Seventh Day Adventist Church, 425 S. Edgewood Drive

Food Pantries

ACTS, 474 Wooster Road, once every 30 days, Thursdays, noon-3 p.m.

Apostolic Christian Church, 1635 Old Delaware Road, first and third Thursday, 12:30-3 p.m.

Church on the Rise, 7512 Newark Road, third Saturday, noon-2 p.m.

First Church of the Nazarene, 807 Coshocton Avenue, third Saturday, 9-11 a.m.

Interchurch, 306 W. Gambier Street, once every 30 days, 10-11:30 a.m. and 1-3:30 p.m.

The Salvation Army, 206 E. Ohio Avenue, once every 30 days, 9 a.m.-noon and 1-3:30 p.m.