

December Events

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

Fredericktown

12/15 - School Family Meeting, 5-6 p.m.

New Hope Early Education Center

12/17 - Policy Council Meeting, 5:15 p.m.

Knox County Head Start thanks the many donations from local vendors for the Shawn Kelly Memorial Party on December 1 and 2, 2015 which included Tim Horton's, Lannings, Smithhisler Meat, McDonalds, Gordon Foods, and Nickles Bakery. Also funding from Harcourt Parish Rummage Sale grant, Rev. Donald Rogan Memorial contributions, the Kelly Family that made the event possible, and Kenyon students that donated during a fund raiser at the dining halls.

The Delta Kappa Epsilon Fraternity who support our staff in year-long planning for the event. Also Kenyon College and their maintenance staff that provided the facility and the set up and removal of the many tables and chairs.

The Archon Society of Kenyon, the Kokosing Singers and the Owl Creek Singers, Santa, and AVI Food Service at Kenyon.

For the 232 children that attended and received a gift from Santa and 184 family members, it was a special night. There were 78 volunteers from Kenyon and 76 KCHS staff members that supported the event. In total dinner was available to 570 people over the two evenings. If you miss out this year, watch for details come next November and register your child for a gift from Santa!

Happy Holidays!

Welcome 2015-16 Policy Council Parents!

KCHS Policy Council is a leadership group made up mostly of current Head Start and Early Head Start parents and community representatives. Similar to a school's parent/teacher organization, it operates with real authority. The Policy Council helps the Board of Directors and the Executive Director to govern the Agency. Members help the leadership of Head Start to understand the ideas and the needs of parents in our program. They also remind us of the parent's perspective when we consider how our program is designed.

Specifically, the Policy Council gives input into and recommends for approval to the KCHS Board of Directors:

- Program development and approval of Policy Council election procedures and bylaws, recruitment, selection, and enrollment priorities
- Funding applications or changes to funding applications
- Budgets for program spending and reallocation of spending

- Programming to meet community and parent needs
- Personnel policies, hiring, and terminations

Please help us welcome these parents, committed to making a difference!

Gary Phalen, Chair –Community Member/ Grandparent
 Chandra Hall, Vice Chair –EHS Home-Based Rep
 Sheila Lambert, Secretary – Community Member
 Clorisha Arndt, EHS Home-Based Rep
 Catherine Griffith, Centerburg Rep
 Hazel Coe, Centerburg Alternate
 Samantha Rettig, Fredericktown Rep
 Samantha Hollar, Fredericktown Rep
 Patricia Dawson, New Hope Rep
 Ilesha Stewart, New Hope Rep
 Patricia Ragor, Northgate Rep
 Leah Hettinga, Northgate Rep
 Courtney Byler, Northgate Alternate
 Hannah Groah, Preschool Home-Based
 Courtney Perkins, Preschool Home-Based Alternate

Interested in Serving?

There are open slots for representatives from Danville (1), New Hope Half-Day Classes (2), Gambier Child Care Center (1) and Family Child Care Partners (1). If your child is in one of these centers, please volunteer to join Policy Council by contacting your child's teacher. It is a great opportunity for you to become more involved in your child's program and learn new skills.

Learning Corner: Toys and Games

Toys and games include puzzles, various table blocks, small construction materials such as LEGO® pieces, board games, and collections of objects (like buttons, bottle caps). When children use toys and games, they explore how things work, use their imaginations, strengthen and control hand muscles, work cooperatively, and solve problems.

What You Can Do at Home

You play an important role by selecting toys and games that are safe, interesting, and appropriate for your child. More importantly, research shows that the most creative children are those who have had adults involved in their play. Here are a few ways that you can be involved in your child's play with toys and games:

Observe. Watch as your child plays and notice his/her abilities and interests.

Play. Follow your child's lead and join his/her play.

Imagine. Keep in mind that there is more than one way to play with a toy. Be creative!



Enjoy. This isn't a time to drill your child or test what he/she knows. Just have fun being together, talking, and playing.

Good toys do not have to be expensive. You might collect various small objects such as buttons, seashells, rocks, and plastic bottle tops. Make suggestions, such as "Put all of the buttons that are the same color in a pile," or "Group all of the beads that are the same size." Encourage your child to tell you about the design he/she is making or to explain why things belong together.

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.

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 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!



Dylan and Sammy enjoy the home center area in their classroom at NHEEC.

Knox County Head Start SCHOOL FAMILY NEWSLETTER-December 2015

As the excitement of the coming holidays and the New Year keep everyone busy, your Knox County Head Start School Family thanks you for sharing your child(ren) with us. Employees work hard every day to bring quality service to your children and to you. We are grateful for the partnership between our families and our staff - teachers, center managers, family advocates, assistant teachers and aides, nutrition staff, custodians and managers in support of your child's education - this partnership truly is the foundation of our program.

I hope that in the hustle, bustle and stress of this holiday season, you will join me in taking time to appreciate the children in our lives. Life brings us many challenges, but if we allow ourselves to view the world through the eyes of our children, they will bring us joy, and teach us lessons about ourselves and about the possibilities in life. The early years of a child's life go by so quickly! I'm going to work this holiday season to appreciate the gifts my children bring to me during this special time in our lives. And when the inevitable stress comes along, I expect I'll be doing a lot of breathing as well!

On behalf of the Knox County Head Start Board of Directors, the Policy Council and employees, we wish you a safe and happy holiday season, and a wonderfully New Year!

- Peg Tazewell, Executive Director



5-Star Rating For All Centers

With the receipt of the five-star Step Up To Quality Award by KCHS' New Hope Early Education Center recently, all six centers are now five-star award centers from the Ohio Department of Job and Family Services - Bureau of Child Care and Development for exceeding state licensing standards and providing high-quality early childhood services. The five-star award is the highest award offered. This award requires extensive training and attention to licensing detail. The Agency is proud of the staff and their efforts and accomplishments.

Connect! Social Media

Facebook
 Knox Head Start
 Centerburg Head Start
 Danville Head Start
 Fredericktown Head Start
 Gambier Child Care Center
 Northgate Head Start

Twitter
 @KnoxHeadStart OR
www.twitter.com/knoxheadstart

Pinterest
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YouTube
 Search for Knox County Head Start

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 Search for Knox County Head Start

Celebrating 25 Years of Honoring Shawn Kelly

Shawn Kelly Memorial Holiday Party
Gund Commons, Kenyon College
December 1-2, 2015

Supported by Delta Kappa Epsilon fraternity and Kenyon College





Thank You to Our Many KCHS Volunteers!

On behalf of the Knox County Head Start School Family, I want to thank our amazingly dedicated volunteers who have so generously spent time working in our centers during the first part of our school year. We are truly fortunate to have had the support of many students and other community members in doing the work that goes into making our program so successful.

Your time and energy is valuable, and your willingness to contribute that to Knox County Head Start shows your commitment to the well-being of the children, families, and community we serve. We do great things, but we can't do it without you! The contributions you have made -- supporting the staff with children in the classrooms, assisting staff and parents at center events, translating materials for dual language families, work-

ing with us on various maintenance and administrative projects, and helping to make our Shawn Kelly Memorial Holiday Party a joyous celebration -- have really made a difference; all the efforts of volunteers like you are a vital part of our School Family. Thank you for all you do! We look forward to great things to come as we work together in the New Year.

Would You Like to Volunteer?

If you are interested in becoming a KCHS volunteer, please contact Tamara Anderson at 740-397-1344 or tanderson@knoxheadstart.org.

We'd love to tell you more about the variety of opportunities that exist.



Don't Miss Out!

FREE Income Tax Prep and File!

Get your taxes prepared for free and get more money back! Don't pay to have your taxes prepared or lose a percentage of your return in fees.

In partnership with United Way and The Ohio Benefit Bank, you will be able to complete your tax return and e-file with your refund available in as few as 8 days!

Watch for the hot pink flyer in early January with full details!

Healthier Holiday Baking and Cooking

The holiday season is upon us and with that comes the baking and cooking that we usually only do at this time of the year. We have come to associate certain cookies, cakes, pies, and special dishes with the holidays. I thought it might be good to know some things that can be substituted in our recipes that will make them just as tasty but healthier because they will have less calories and fat.



Original Ingredient	Substitution	Other Changes Needed
White flour - 1 cup	Whole wheat flour - 7/8 cup	None
Oil or butter - 1 cup	Unsweetened applesauce - 1/2 cup Oil or butter - 1/2 cup	If you can't tell the difference in the finished product, next time increase the applesauce and decrease the oil/butter in equal amounts.
Oil or butter - 1 cup	Mashed bananas - 1 cup	None
Eggs - 1 whole egg	2 egg whites or 1/4 cup egg substitute	None
Rice Krispies - 1 cup	Brown puffed rice - 1 cup	None
Regular frosting/icing	Marshmallow fluff	None
Regular frosting/icing	Meringue (3 egg whites, 1/4 teaspoon cream of tartar, 3/4 cup regular sugar). In large bowl, beat egg whites and cream of tartar with electric mixer until foamy. Gradually add sugar, beating until mixture forms stiff peaks.	None
Sugar - 1 cup	Unsweetened applesauce - 1 cup	Reduce the amount of liquid by 1/4 cup for every cup of applesauce used.
Sugar - 2 tablespoons 4 tablespoons 6 tablespoons 8 tablespoons (1/2 cup) 16 tablespoons (1 cup)	Vanilla extract - 1/2 teaspoon 1 teaspoon 1 1/2 teaspoon 2 teaspoons 4 teaspoons	Don't substitute for more than half the sugar the recipe calls for. Example: if the recipe calls for 2 cups sugar, use 1 cup sugar and 4 teaspoons vanilla.
Sugar - 1 cup	Stevia liquid - 1 teaspoon Stevia powder - 2 tablespoons	Stevia is a natural sweetener but can be very expensive.
Sugar or Oreo cookie crust	Graham cracker crust	If making your own crust, use the same amount of crushed graham crackers instead of crushed cookies the recipe calls for.
Milk, whole - 1 cup	Reduce fat or skim milk - 1 cup	None
Evaporated milk - 1 cup	Evaporated skim milk - 1 cup	None
Cream - 1 cup	Evaporated skim milk - 1 cup	None

This is just a small list of the most common items that are used in baking. There are also other things that can be substituted in holiday cooking and meal planning that are healthier because of the reduced fat and calories. Again the list below is just a small one of the most common items. Don't forget items on both lists can be used in everyday baking, cooking, and meal planning, not just at the holidays. But because we seem to do more cooking and baking, and, let's face it, usually *more eating* during the holidays (because of all the goodies), this seemed like a good time to provide the lists. Wishing everyone a joyous and healthier holiday season.

Original Ingredient	Substitution
Bacon	Canadian bacon, turkey bacon, smoked turkey
White bread	Whole grain bread
Bread crumbs, dry	Rolled oats or crushed bran cereal
Butter, margarine, shortening, or oil to prevent sticking	Cooking spray or nonstick pans
Cream cheese, full fat	Fat-free or low-fat cream cheese, Neufchatel, or low-fat cottage cheese pureed until smooth
Fruit canned in heavy syrup	Fruit canned in its own juices or water, or fresh fruit (recipes will let you know if fresh fruit cannot be used)
Ground beef	Extra-lean ground beef, ground chicken or ground turkey breast
Lettuce, iceberg	Arugala, chicory, collard greens, dandelion greens, kale, mustard greens, spinach, or watercress
Mayonnaise	Reduced-fat, reduced calorie mayonnaise, or reduced-calorie mayo-type salad dressing (Miracle Whip)
Meat as main ingredient	Three times as many vegetables as the meat on pizzas or in casseroles, soups, and stews

Original Ingredient	Substitution
Oil-based marinades	Wine, balsamic vinegar, fruit juice, or fat-free broth
Pasta, enriched (white)	Whole wheat pasta
Rice, white	Brown rice, wild rice, bulgar, or pearl barley
Salad dressings	Fat-free or reduced-calorie dressings and flavored vinegars
Seasoning salt, such as garlic, onion, or celery salts	Herb-only seasonings, such as garlic powder, onion flakes, celery seed, or use finely chopped herbs or garlic, onion, or celery
Soups, creamed	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes, or tofu for thickening agents
Sour cream	Greek yogurt
Syrup	Pureed fruit, such as applesauce, or low-calorie, sugar-free syrup
Table salt	Herbs, spices, citrus juices, rice vinegar, salt-free seasoning mixes or herb blends
Yogurt, fruit-flavored	Plain low-fat yogurt with fresh fruit slices
Ice cream	Frozen yogurt



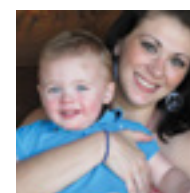
Mark Your Calendars: Parent Trainings

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



Conscious Parenting - January 19-February 23, 6-8 p.m., NHEEC

In this fun and informative six-week training, parents come together for two hours one night a week to learn about Conscious Discipline®, the highly effective classroom management program used by Knox County Head Start. Parents learn how to increase cooperation, turn conflicts into cooperation and help their children learn to self-regulate by focusing on improving emotional safety and building stronger relationships with their children, as they use the Seven Skills of Conscious Discipline. While parents learn and practice these new strategies together, they often find they are able to utilize these helpful skills in other areas of their life as well as becoming more effective parents. Dinner, free child care, and a \$5 gas card are provided, as well as a \$50 Walmart card for attendees who complete all six sessions.



The Magic of Connecting - March 15, 6-8 p.m., NHEEC

In this fun, two-hour training, parents will learn why building a healthy connection with their infant and toddler is important to all areas of their child's development and about the essential ingredients that are necessary in building those healthy relationships. Participants will explore some of the things they may already be doing that are contributing to their healthy connection with their child and learn new ways they can enhance their connection by doing "I Love You Rituals" with their child throughout their daily routine. Dinner, free child care, and a \$10 gift card for all attendees.



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. Dinner, free child care, and a \$10 gift card for all attendees.

Attendees receive dinner, child care, and gift card. Must register by calling Belinda at 740-397-2840.