

## Upcoming Events

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

### Centerburg

10/28 - Family Fun Night, 5-6:30 p.m.

### Danville

10/1 - School Family Meeting, 4:30-5:30 p.m.  
10/15 - Family Fun Night, 4-6 p.m.

### Fredericktown

10/9 - Classroom Event (at pick-up time)  
10/27 - School Family Meeting, 5-6 p.m.

### Gambier

10/13 - Family Fun Night, 5:30-7:30 p.m.

### New Hope Early Education Center

10/22 - Policy Council Meeting, 5:15 p.m., Conference Room 30/31  
10/28 - Family Fun Night, 5-6:30 p.m.

### Northgate

10/27 - Family Fun Night, time TBD

### Home-Based

10/2 - EHS PAC Time, Fredericktown, 9-11 a.m.  
10/5 - Preschool Class Time, Danville, 1-3 p.m.  
10/12 - Preschool Class Time, Northgate, Mount Vernon Fire Station, 9-11 a.m.  
10/12 - EHS PAC Time, Northgate, 1-3 p.m.  
10/19 - Preschool Class Time, Danville, Danville Fire Station, 1-3 p.m.  
10/26 - EHS PAC Time, Northgate, 4-6 p.m.

### Upcoming Parent Trainings

Starts 10/14 - "Active Parenting," six-week training for parents of school-age children, Gambier Community Center, 6-8 p.m., details at [knoxheadstart.org](http://knoxheadstart.org)

### FREE Community Events

10/2 - First Friday, downtown Mount Vernon, 6-9 p.m.  
10/3-4 - Heart of Ohio Tour  
10/3 - Children's Story Time at Gund Gallery (Kenyon), 10 a.m.  
10/17 - Family Day at Gund Gallery (Kenyon), 10 a.m.-2 p.m.  
10/17 - Fall Festival, Brown Family Environmental Center, 2-5 p.m.  
10/24 - Music and square dance, Ariel-Foundation Park (more at [www.arielfoundationpark.org](http://www.arielfoundationpark.org))

## KCHS Job Openings

### Infant/Toddler Teacher

Opening at the **New Hope Early Education Center** in Mount Vernon. This position provides high-quality infant and toddler care in a full-day, full-year classroom. The teacher will structure a warm, loving, and healthy classroom environment and intentionally create experiences that support the development of infants and toddlers including physical health; emotional, social, motor, language, and cognitive development. The teacher will implement The Creative Curriculum, administer developmental screenings, regularly assess progress, and partner with parents. Prefer a degree in ECE or a related field, with direct care experience in an early childhood setting. A combination of education and experience is acceptable along with a commitment to immediately pursue training in caring for infants and toddlers, and a CDA, Associate or higher degree in child development, early childhood education, or a related field.

### Infant/Toddler Teacher Aide

Opening at the **Gambier Child Care Center**. This position supports high-quality infant and toddler care in a full-day, full-year classroom. Minimum of one year experience working with infants and toddlers and a CDA or willingness to immediately pursue training in caring for infants and toddlers, and a CDA. Recent ECE graduates encouraged to apply.

sue training in caring for infants and toddlers, and a CDA. Recent ECE graduates encouraged to apply.

### Head Start Preschool Teacher, Part-time (30 hours/week, summers off)

Working in a collaborative team environment, this position is primarily responsible for planning, teaching, and providing social service supports to families at **Danville**. The teacher will assess and evaluate children's progress and work with families of enrolled children to complete home visits, set goals, and establish a collaborative partnership that supports both the child's and the family's well-being. Possession of a Child Development Associate credential for preschool and one year of experience in a preschool classroom environment are required; prefer a four-year degree in ECE.

Applications may be completed online at [www.knoxheadstart.org](http://www.knoxheadstart.org) or picked up at the administrative offices, 11700 Upper Gilchrist Road. Mail completed applications/resumes to Julie Mickley, Human Resources Director, KCHS, P.O. Box 1225, Mount Vernon, OH 43050, or e-mail to [jmickley@knoxheadstart.org](mailto:jmickley@knoxheadstart.org). Positions will remain open until filled. KCHS is an Equal Opportunity Employer and does not discriminate in employment or enrollment.

## Curriculum Corner: Block Area

The hardwood blocks you see in our classroom are among our most valuable learning materials. They come in proportional sizes and various shapes. When children build with blocks, they begin to understand math concepts. For example, they learn about volume when they find the number of blocks that fill a certain space. They compare the heights of their buildings and learn about geometric shapes (triangles, square, and rectangles). When they lift, shove, stack, and move blocks, they explore weight and size. Each time they use blocks, children make decisions about how to build structures and solve construction problems.

Children often use blocks to represent the world around them, perhaps a road, a house, or a zoo. As they work together, they learn to cooperate and being to understand friendship. To promote language development and expand children's play, encourage them to talk about what they are doing. Here are examples of what you might say/ask:  
"I see that you made a tall apartment building. How do people get to their floors?"  
"Where do people park their cars when they come to the shopping center?"  
"Would you like to make a sign for your building?"

These questions and comments make children more aware of what they are doing and encourage them to try new ideas.

### What You Can Do at Home

Take an interest in what he/she does at our program. Spend time in our block area to see your child building with and caring for blocks. When walking in your neighborhood, point out the roads and interesting buildings. You may want to purchase table blocks, colored wooden cube blocks, or cardboard brick blocks to have at home. You can also make a set out of milk cartons in different sizes. Store them in show boxes or plastic tubs and put a picture and word label on the container so your child knows where the materials belong. Props such as clothespins, small plastic animals, and cars and trucks will inspire new ideas.



**KNOX COUNTY HEAD START**

SCHOOL FAMILY NEWSLETTER  
OCTOBER 2015

These Centerburg Head Start kids got to enjoy a brand new sandbox on their playground this month.

## Celebrating Parent Leadership: Policy Council

October is National Head Start month, and we are excited to be in our 51st year of service in Knox County. October also is the month of the year we hold elections for the Knox County Head Start Policy Council. Please consider submitting your name and biography into the Policy Council elections at your center or within the home-based option, and help us to make KCHS the best program it can be. (Statement of Intent is due Sept. 30.)

The Policy Council helps us to set the direction of Knox County Head Start. The council:

- Supports KCHS' mission
- Assists in developing program goals
- Reviews and comments on agency plans for providing comprehensive education, health, mental health, and nutritional services
- Addresses parent concerns during an open forum section of each meeting

The Policy Council also reviews grants, program budgets, employee handbooks, and hiring, making recommendations for approval to the KCHS Board of Directors. Every Head Start agency must have an active Policy Council, with 51% of members required to be parents of current Head Start or Early Head Start students. Past parents will sometimes continue their service on the Council as community representatives.

Policy Council members receive training in support of their responsibilities, and may have

opportunities to attend state-wide leadership meetings. Donald Bovinett, Jr., current Policy Council Vice Chairperson, is a member of the Ohio Head Start Association's Board of Directors, and also represents Ohio's parents on the Regional Head Start Board. Donald's involvement led to his being invited to speak at the National Head Start Association's Leadership Conference this month in Washington, D.C.!

The Policy Council typically meets on the third Thursday of each month, from 5:15 to 7:30 p.m. at the New Hope Early Education Center. Dinner and child care are provided, and parents receive a small stipend to offset travel costs. The October meeting will be held on Oct. 22, the fourth Thursday this month, due to a scheduling conflict with the Region V Conference.

If you are interested in submitting your nomination to run for office, please return the Statement of Intent by Sept. 30 to your family advocate or home educator. If you have questions or would like to talk to a current Policy Council member, talk with your family advocate or home educator and we will do our best to connect you with a current member.

Ballots will be sent home on Oct. 5; all enrolled families have the opportunity to vote. Completed ballots are due back to centers by Oct. 13. We will contact those elected to the new Council by Oct. 16.

## Immediate Openings!

KCHS has openings for preschoolers (age 3, but not yet age 5, by Aug. 1, 2015) for full-day preschool and child care at:

**New Hope Early Education Center**  
(11700 Upper Gilchrist Road, Mount Vernon)

and **Fredericktown Head Start**  
(124 High Street, Fredericktown)

- Degreed early childhood education teachers
- Nutritious breakfast, lunch, and snack
- Focus on children's healthy development and kindergarten readiness

We also have immediate openings for our **Home-Based Education Services** for infants, toddlers, preschoolers, and pregnant moms.

- Supports and encourages families
- Guides children's healthy development
- Connects families to community resources
- Provides regular visits with degreed home educator
- Offers group socialization activities with meals and educational opportunities

Pre-enroll by calling 740-397-1344, online at [www.knoxheadstart.org](http://www.knoxheadstart.org), or at our offices.



### 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](mailto:chaver@knoxheadstart.org).

Knox County Head Start, Inc., 11700 Upper Gilchrist Road, Mount Vernon, OH 43050  
740-397-1344, [www.knoxheadstart.org](http://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!





# The Importance of School Physicals

Let's see, bedtime rituals in place? Check. Backpacks/book-bags ready? Check. Back to school paperwork filled out? Check. Doctor's appointment? Really?

If you haven't taken your child in for his yearly school physical or it isn't scheduled, you have missed an important step in getting your child ready for the school year. Not to mention that some schools won't let your child stay in school without one.

Most of the time when the doctor sees your child it's because the child is sick or hurt. By taking the child to the doctor at the start of every school year (or yearly at their birthday), the doctor gets the chance to see your child when he is healthy. The doctor will get to know your child's medical history, any illnesses or injuries he's had in the past, and will be aware of how he is growing and developing. This is why it is important to have a "medical home" (seeing the same doctor), so that doctor follows your child as he is growing.

**You are your child's best support when something is wrong. You see your child every day; don't be afraid to talk to the doctor.**

Yearly physicals are really important for two to five year olds. Children younger than two should see the doctor more frequently. The doctor can make sure they are up-to-date on their vaccinations at these visits (most schools require that they be up-to-date to attend school). The doctor will check their eyes (vision) and ears (hearing). He will listen to their heart and lungs. He will check their height and weight,

to make sure they are growing at a normal rate for their age. He may also do blood tests to check iron levels and lead levels. He may also look in your child's mouth to see the condition of his teeth. The doctor will usually talk to you about safety and diet at these visits. He may find an illness before it gets out of control, because he is seeing your child regularly.

These yearly physicals are also a great time for you to talk to the doctor about concerns you may have about your child. These concerns can be about

physical problems, behavioral problems, or anything else that you may feel just doesn't seem right about your

child. You are your child's best support when something is wrong. You see that child every day; don't be afraid to talk to the doctor.

By getting a yearly physical, you are making sure your child is healthy and ready for school. That is one step of school readiness. A healthy child is able to learn better. When



a child is healthy, they are on the path to becoming a healthy adult.

So when the teacher or school nurse keeps reminding you to take your child in for that school physical it's not just because they have to have the information for the records (although they do). They want your child to be healthy for school, for learning, and to start on a healthy path toward adulthood. So remember, when getting everything ready for school don't forget to make that doctor's appointment. It's just as important as the book bag and the school paperwork.

If you have any questions or need help in finding a "medical home" please contact:

Candy Thomas LPN,  
Health Services Specialist  
740-397-1344 ext. 335



## Sign Up for SchoolConnects!

To receive text messages regarding parent events, center closings, and classroom updates from KCHS, just text the word JOIN to 56360. It is that simple!



## Families are Connecting to KCHS Through Social Media

Since August, 65 individuals/families have "liked"/followed our center pages on Facebook. Ten have joined us on Twitter and several more also follow us on Pinterest. **Are you one of them?**

If not, you may have missed out on some really helpful information for your family, such as:

- Announcements of upcoming parenting trainings and center events for families
- Photo galleries of our children, classrooms, and activities
- Tools to help the hyperactive child
- Get more accomplished around the house with kids at home
- Free webinar on "Managing Emotional Mayhem" in children
- Recognizing vision problems in young children
- Information on FREE community events and resources like Get Healthy Knox County, Farmers Market, and concerts
- Surviving a trip to the grocery store with little ones
- "Financial Friday" posts on improving family finances
- Helping kids to eat more vegetables
- First aid skills every parent should know
- And much, much more!

If you haven't joined us on one or all of our social media platforms, please do! We work hard to bring you content that is meaningful and helpful. Additionally, there are private Facebook groups for parents who have attended or are attending the Conscious Parenting and Active Parenting trainings.

You can find us on Facebook, Twitter, LinkedIn, Pinterest, and YouTube. If you are having trouble finding us, please call Social Media Coordinator Carrie Haver at 740-397-1344, ext. 201.



### SURVEY COMING SOON:

In October and November, we'll be doing a social media survey with our KCHS families to learn more about how you use social media/technology and the types of subjects and information you want to see more of. Please help us by providing feedback!

## Fire Alarms and Escape Planning

October is National Fire Prevention month. We want all of our families to be safe. Some fire facts:

- Three out of five fire deaths happen in homes with no smoke alarms or the alarms were not working.
- Only one out of three American households actually has an escape plan and practices it.
- A majority of Americans think they would have six minutes to escape before a fire become life-threatening. The time is often much less.
- Most of our Head start centers do field trips to the fire station and if smoke detectors are available we bring them back for our families.

Please consider these tips if you have not already incorporated them into your home.

Install smoke alarms inside and outside each bedroom and sleeping area, every level of the home, and in the basement.

Place them on the ceiling or high on the wall. Test alarms once a month and replace batteries twice a year (it's helpful to use the time change as a reminder).

Replace all alarms when they are 10 years old.

Make a home escape plan with a map of your home showing all doors and windows. Discuss the plan with your household and practice it, especially at night in the dark.

Know two ways out of every room. Have an outside meeting place a safe distance from the home where everyone will meet.

### IF THE ALARM SOUNDS:

- Get out and stay out. NEVER go back for people or pets.
- If you have to escape through smoke, get low and go under the smoke to your way out.
- Call the fire department from outside your home.

## Are You a Head Start Alum?



There is a new online community you may wish to be a part of if you previously attended Head Start or if your child attends Head Start. This worldwide network spreads awareness, pride, and fellowship while encouraging professional growth among Head Start's 32 million graduates. A monthly e-newsletter, "Connections," will keep you informed about what they are doing to keep the Head Start window of opportunity open for future generations and what your fellow alumni are doing in the US and around the world.

You can join the National Head Start Alumni Network online at: [www.nhsa.org/national-head-start-alumni-network](http://www.nhsa.org/national-head-start-alumni-network)

Follow the network on Facebook at: <https://www.facebook.com/OurHeadStart/>

**11- ANNUAL** Save THE DATE

## Drive-Thru Flu Clinic

The easiest way to get a flu shot!

**Saturday, Oct. 3<sup>rd</sup> • 8 - 11 a.m.**

**Knox County Fairgrounds**

Adults Only • 18 yrs. and older • No Health Restrictions

\$25 Cash or Check • Bring medical card and ID

Medicaid & Medicare, Plus Most Insurance Accepted

**Everyone should get a flu shot!**

It's good for you, your family, your friends and your co-workers.

### Community Flu Clinics

All clinics are for 'Adults Only, except for the Oct. 20 clinic which is 'Children Only'

Mon., Oct. 5	3-5 P.M.	Knox County Health Department
Wed., Oct. 7	1-3 P.M.	Apple Valley POA Bldg., Howard
Thu., Oct. 8	1-3 P.M.	St. Luke's Community Ctr., Danville
Thu., Oct. 15	1-3 P.M.	Community Library, Fredericktown
Tue., Oct. 20	3-6 P.M.	Knox County Health Department
Tue., Nov. 3	1-3 P.M.	Community Center, Gambier

Pre-registration is NOT necessary for any of the clinics, but forms are available for pick up at the Health Department or on the web at [www.knoxhealth.com](http://www.knoxhealth.com)

For more information, call 399-8009