



KNOX COUNTY HEAD START

SCHOOL FAMILY NEWSLETTER
JANUARY 2015



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YEARS
of OPPORTUNITY
HEAD START | 1965-2015

KCHS Celebrates 50 Years!

Our Knox County Head Start School Family is excited to celebrate **50 Years of Opportunity** in Head Start in 2015! In the coming months, we'll celebrate our history and the lessons we've learned in engaging with children, families, employees, and our community. We'll also work together to think about what the next 50 years will bring. We'll be seeking your ideas about how we can best work together to support your family's goals--

from ensuring your child is healthy and ready for school, to engaging you and your family in new opportunities for learning.

We know that every parent is their child's first and most important teacher. We hope that you will join with us to improve how we prepare our next generations to live happy and healthy lives and to reach for their dreams!

- Executive Director Peg Tazewell

Active Parenting Class

Six-week parenting training for parents of a school age child (kindergarten through 6th grade) starts Wednesday, Feb. 11, at the Gambier Community Center, 115 Meadow Lane, from 6-8 p.m.

Receive a free "Active Parenting" Guide, child care, and dinner for children and parents along with a \$5 gas stipend for each session. Parents attending all six sessions will receive an additional \$50 Walmart gift card at the last session. Training provided by Ohio Children's Trust Fund through the Knox

County Family & Children First Council & United Way of Knox County.



If you have a school-age child, don't miss out on this training to give you skills to achieve a fuller, more satisfying family life... and help your children achieve greater happiness and success. Tell your family and friends as they are welcome to register for the training, too. **Register with Belinda at 397-1344 ext 237 or belindab@knoxheadstart.org.**



When the FLU BUG Visits Your Household



There has been an increase in the flu in Ohio and we wanted to inform every one of the symptoms of the flu and some ways to handle it.

FLU SYMPTOMS

- Suddenly ill
- Fever 100°F or higher/chills
- Sore throat and/or cough
- Nasal congestion
- Very tired/exhausted
- Headache
- Nausea, vomiting, and/or diarrhea (most common in children)
- Decreased or no appetite
- Achy muscles

You will be contacted if your child has:

- Temp of 100°F when in combination with any other sign or symptom of illness.
- Temp of 101°F or above will result in immediate removal from Center.
- Diarrhea (three or more abnormally loose stools within 24 hours).

See the School Family Guide, pages 48-49, for more information.

In general the flu is worse than the common cold. Symptoms such as fever, body aches, tiredness, and cough are more common and intense with the flu. You may not have all of the symptoms listed above, but if you have several of them it could be the flu and you may want to contact your doctor.

WHAT TO DO

- WASH HANDS OFTEN (1. Wet hands with warm water. Apply soap. 2. Lather well. Scrub at least 20 seconds (hum the Happy Birthday song twice) 3. Rinse well. 4. Dry with clean towel.)
- Drink plenty of fluids. Clear fluids are best (for example: water, broth, sports drinks).
- Get plenty of rest and quiet.
- Administer Tylenol or Ibuprofen for aches/pains (no aspirin especially for children, unless doctor approves).
- Place cool damp washcloth on the forehead, arms, and legs to help reduce discomfort that goes along with fever.
- Dress in layers so you can add or take layers away during fever or chills.
- Cover coughs/sneezes. Wash hands after coughing/sneezing.
- Avoid touching eyes, nose, and mouth. If you do, wash your hands afterward.
- Limit close contact with others as much as possible.

For more information, contact Candy Thomas LPN, Health Services Specialist, at 397-1344 ext.335.

Bad Weather and Calamity Policy

During the school year, when local school districts close due to bad weather, we will close our half-day centers. We will only close our child care centers when the county has declared a Level 3 Emergency or if other area businesses are closing. Non-essential businesses must close at a Level 3 snow emergency. Please be aware that we may close early or remain closed under a Level 1 or Level 2 snow emergency if conditions appear to be unsafe or quickly worsening based on current conditions and forecasts.

Centers may close if weather conditions are severe and area businesses

are closing. If water or power disruption creates an unmanageable or unsafe situation, your child's center will be closed. If safe accommodations can be made despite lack of power or water, centers may remain open.

KCHS will inform you of school closings or delays through our *School Connects* system (see below). This system will allow you to receive a text message, email, or phone call. Your teacher will provide information to you regarding the *School Connects* system during your home visit. Please make sure that you keep your information updated so that you do not miss any important information!

School Closings and Operating on a Delay

For Half-Day Head Start Classes

Currently, when Danville or Mount Vernon Schools go on a 2-hour delay, the Danville, Northgate, or New Hope Early Education Centers (NHEEC) half-day Head Start preschool classrooms will be on a one-hour delay. This means that children attending Danville, Northgate, or NHEEC won't need to be at the bus stop or dropped off at the school until one hour later than the usual time. It also means the bus will bring them home one-hour later or if you are picking up your child at the center you would come one hour later.

Winter has been a little better this year and, at this point, Centerburg has

one more snow/calamity day available, and the following half day Head Start centers have two snow/calamity days available: Danville, NHEEC, Northgate, and Fredericktown.

It is hoped that the Agency has built in enough snow days that it will not have Monday make-up classes, nor have classes on some snow days without bus service, asking parents to self-transport unless a snow emergency is issued that closes area businesses. Keep tuned to the local TV stations, local radio stations or sign up for text messages (see the information below) when the weather is bad. Have a safe and fun rest of the winter!



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

Head Start Job Openings

BUS DRIVER

KCHS is seeking a Bus Driver to work 35 hours per week in our Danville location. The preschool Bus Driver will spend up to 7 hours a day, 4 days per week driving the bus routes, while ensuring the safety of young children with the assistance of a Bus Aide. The Bus Driver will also assist with other center functions, including assisting in the classroom. In addition to a high school diploma or GED, candidates must possess a CDL with a good driving record (prefer school bus driver endorsement).

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.



Art Show



Family Fun Nights Coming in February

Don't miss your center's Family Fun Night in February. This is an opportunity to connect with other parents, enjoy a nutritious dinner, and participate in fun activities for your entire family. Several centers are holding their annual art show displaying children's art projects that they have made throughout the year. Check the following schedule and activity for your center!

Family Fun Night Schedule
Gambier Child Care Center Literacy Focused: Thursday, Feb. 5, 5:30-7 p.m.
"The Kissing Hand"

Northgate HS Center Art Show:
Monday, Feb. 23, 4-6 p.m.

Centerburg HS Center Art Show:
Tuesday, Feb. 24, 5-7 p.m.

Fredericktown HS & Child Care Center Art Show: Wednesday, Feb. 25,
5:30-7:30 p.m.

New Hope Early Education HS & Child Care Center - "SPI Science Playspace Initiative": Thursday, Feb. 26,
5-6:30 p.m.

Danville HS Center Art Show:
Thursday, Feb. 26, 5:30-7:30 p.m.

Free Income Tax Prep and E-File

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.

They will be at the **Danville Head Start Center on Monday, Feb. 9, from 10 a.m. to 2 p.m.** for Knox County Head Start families. If you miss that date, feel free to call and make arrangements at one of the other clinics being held in

the community.

Refunds can be available in as few as eight days! **Call 740-397-5721** to schedule your free tax filing at the Feb. 9 clinic or any one of the other Clinics.

Please note: child care will not be provided at the Feb. 9 clinic.



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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