Advocate visits. Thank you to all parents for your support.

All Head Start offices will be closed on Friday, July 3, for the Independence Day holiday. July will be the second round of Family Advocate visits. Thank you to all parents for your participation and support!

Gambier
7/9 - Ice Cream Social, 5:30-7 p.m.

Fredericktown
7/17 - Social Studies Classroom Event (pick up time)
7/21 - Northgate, 6-9 p.m.

Health Fairs
Each year, KCFS wants to help you ensure your child is up to date with their health screenings. KCFS will offer Health Fairs throughout June and July. Someone will contact you to schedule an appointment for the date/location that works best for you (if needed for your child).

6/30 - Fredericktown, 11 a.m. - 2 p.m.
7/14 - Danville (at the Sanctuary), 11 a.m. - 3 p.m.
7/21 - Northgate, 1-5 p.m.

Community Events
7/3 - July First Friday, Downtown Mount Vernon, 6-9 p.m.
7/4 - Ariel Foundation Park Grand Opening with Fireworks, 1-10:30 p.m.
7/26-8/1 - Knot County Fair, Knot County Fairgrounds.
8/13-16 - Dan Emmett Music & Arts Festival (Downtown Mount Vernon)

Seven Benefits to Using Routines with Kids

Why do kids need routines and structure? Because routines give them a sense of security and help them develop self-discipline. Children’s fear of the unknown includes everything from a suspicious new vegetable to a major change in their life. Unfortunately, children are confronted with change daily, which is a growth opportunity, but also stressful.

1. Routines eliminate power struggles. If everything is a fight, parents end up feeling like they are being arbitrary. Transitions, and no one feels pushed around, what comes next, we get fair warning for stress and anxiety for everyone. We all know what comes next, we get fair warning for transitions, and no one feels pushed around, or like parents are being arbitrary.

2. Routines help kids cooperate. At this time of day. The parent stops being the bad guy, and nagging is greatly reduced.

3. Routines help kids take on new challenges and development. Kids who feel more independent and in charge of their own activities.

4. Kids learn the concept of “looking forward” to things they enjoy. When helping children feel safe and ready to take on new challenges and development tasks would be reason enough to offer them structure, it also teaches kids how to constructively control themselves and their environments.

1. Routines eliminate power struggles. You aren’t bossing the child around. This activity (brushing teeth, nap, turning off the tv to come to dinner) is just what we do at this time of day. The parent stops being the bad guy, and nagging is greatly reduced.

2. Routines help kids cooperate. Routines help kids cooperate by reducing stress and anxiety for everyone. We all know what comes next, we get fair warning for transitions, and no one feels pushed around, or like parents are being arbitrary.

3. Routines help kids learn to take charge of their own activities. Children need to learn that they are in control of their lives. They can tackle larger changes.

4. Kids learn the concept of “looking forward” to things they enjoy. …which is an important part of making a happy accommodation with the demands of a schedule. He may want to go to the playground, but he can learn that we always go to the playground in the afternoon, and he can look forward to it then.

5. Routines help parents build in those precious connection moments. We all know that we need to connect with our children every day, but when our focus is on moving kids through the schedule to get them to bed, we miss out on opportunities to connect. If we build little connection rituals into our routine, they become habit. Try a snuggle with each child when you first see them in the morning, or a “recognition” ritual when you’re first reunited. You are building security, connection, and cooperation.

6. Schedules help parents maintain consistency in expectations. If everything is a fight, parents end up setting more: tv, skip brushing teeth for tonight, etc. With a routine, parents are more likely to stick to healthy expectations for everyone in the family, because that’s just the way we do things in our household.

The result: a family with healthy habits, where everything runs more smoothly
Picnic and Summer Food Safety

Defrosting Meats
Defrost meat in the refrigerator 1-2 days before you need it. Don’t leave it out overnight to thaw; it can allow bacteria to grow.

Pack a Safe Picnic
Raw meats/poultry should be in a separate cooler surrounded by ice. If you have a long drive, put your cooler in the air-conditioned car, not in the hot trunk.

Separate Raw and Cooked Foods
Be sure to use one plate for the raw food/meat and another plate for the cooked food/meat.

Meats
Bring out only the amount of raw meat that will fit on the grill at one time. That way the rest of the meat stays cold until you are ready to cook it.

Drinks
If you have drinks you want to keep cold, put them in a different cooler from your food; you know this cooler will be opened frequently. That way your cooler with the food is opened as little as possible and stays really cold.

Leftovers
Cooked or raw meats and salads should not be left at room temperature for more than two hours. If the temperature is above 90 degrees, your time to leave food out is only an hour. Remember certain conditions need to be kept cold too, such as salad dressings and mayo.

Key Elements in Connecting with Your Child

EYE CONTACT
Get down on the child’s level to achieve eye contact for a brief moment. When eyes meet, a wireless connection is created between the orbital frontal areas of the prefrontal lobes. From this connection, we download inner states into one another. The eyes contain nerve projections that lead directly to key brain structures for empathy and matching emotions. As soon as you have eye contact, downloa dw calm, “There you are. You’re safe. Breathe with me. You can handle this.” “Mirror neurons ensure the moment someone sees an emotion on your face, they will at once sense the same feeling within themselves.” - Daniel Stern

PRESENCE
Being present in the moment means your mind and body are in the same place. Your mind is free from chatter. You are still enough to see the beauty in the child. Presence is about acceptance as we join together to share the same moment. The present moment is where joy lies. Relax into it.

TOUCH
Touch is the only sense we cannot live without. The skin and brain are made up of the same embryonic tissue. The skin is the outside layer of the brain. Touch creates a hormone that is essential to neural functioning and learning. If we want smart, happy kids, then we need to provide more appropriate, caring touch.

PLAYFULNESS
Playfulness helps build bonds and creates a biochemistry in the brain for dopamine. Dopamine says, “Pay attention, stay focused.” Playful situations strengthen the dopamine system, increase attention spans and boost social development.

Family Advocate
The Family Advocate will engage in a process of collaborative partnership building with parents to establish mutual trust and to identify family goals, strengths, and other supports by completing the Family Strengths and Needs Assessment. Additionally, they will support teachers in the initiation of Family Partnership Agreements, oversight of the Family Strengths and Needs Assessment within the first 60 days of class, with all families identifying family goals, responsibilities, time tables, and strategies for achieving those goals and document progress in achieving goals and identify supports necessary for success. The Family Advocate will maintain communication with families, often-in person and in the family’s home, and review goals as necessary throughout the year.

This position requires a 4-year degree. Applicants with degrees in Social Work, Sociology, Psychology, Human Services, or related fields will be considered. Additional training or experience working with families and/or children preferred.

Center Manager
The Center Manager will float between the Danville and Northgate Centers supervising the staff at both centers as well as the Head Start Home Educators (total of 11 staff). This is a 42 week per year position with the opportunity to apply for unemployment over the summer months. The purpose of this position is to ensure quality services are provided to each child and family in the Head Start facility, by overseeing daily activities at the center level and by playing, organizing and ensuring the delivery of all program systems in compliance with federal, state, and local mandates. Each child and all members of the child’s family, both related and not related, will be treated with respect and confidentiality will be maintained at all times by the person in this position.

Applicable Experience: Minimum of Associate Degree in Early Childhood Education or related degree, Bachelor’s Degree preferred. Will consider applicants with experience in a combination of education, experience and training. Experience supervising others preferred.

Washing Hands
Make sure to wash your hands before serving food and after handling raw meat. If soap and water are not available, you can use hand wipes or hand sanitiz er. Also remember to wash the hands of your little ones before they eat. You nev er know where those hands have been.

Clean Coolers
Make sure your coolers are clean. Wash them out before you use them so you always start with a bacteria-free place for your food.

Reusable Grocery Bags
If you use reusable totes/bags to carry your groceries, wash them out regularly. Bacteria can be carried in your reusable bags and transferred to produce you carry in them.

Wash Fruits/Vegetables
Wash fruits and veggies in cool water before eating. Remember to wash fruits and veggies in cool water before you slice/peel them so your knife doesn’t transfer bacteria onto your fruit/vegetables.

Job Opportunities at KCHS

Family Advocate
Knox County Head Start is seeking a qualified early education teacher for the full-day, full-year Head Start preschool classroom. The position supports the early literacy, numeracy, social and emotional development of preschool children and prepares them for kindergarten. The teacher will implement lesson plans through Creative Curriculum and implement Conscious Discipline® in the classroom, administer developmental screenings regularly assessing child’s progress, and partner with parents in support of children’s development. The teacher will take on and active role in training and developing assistant teachers and teacher aides in the classroom.

The successful candidate will have at minimum of an Associate degree in Early Childhood Development/Early Education; a bachelor’s degree is preferred. The successful candidate will possess strong computer skills and/or data entry experience.

Interested applicants should contact Julie Mickley, HR Director, Knox County Head Start at 740-393-6988, or mail completed resumes and applications to Human Resources, KCYS, PO Box 1225, Mount Vernon, OH 43050, or emailed to jmickley@knox-headstart.org.

Applications may be downloaded at www.knoxheadstart.org or picked up at the administrative offices at 17700 Upper Gilchrist Road, Mount Vernon, OH 43050.

Head Start parents will be given preference for open positions for which they apply and qualify. KCHS is an Equal Opportunity Employer and does not discriminate in hiring or enrollment.