

Upcoming Events

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

Friday, 5/15

Northgate AM End-of-Year Celebration
Riverside Park, 9:30 a.m.-noon

Northgate PM End-of-Year Celebration
Riverside Park, noon-3:30 p.m.

NHEEC AM End-of-Year Celebration
Hiawatha Park, 10 a.m.-12 p.m.

NHEEC PM End-of-Year Celebration
NHEEC Gymnasium, 2-3:30 p.m.

Fredericktown Half-Day End-of-Year Celebration, Sockman Park, 10 a.m.-12:30 p.m.

Fredericktown Full-Day Full-Year Classroom Event: Cognitive Focus at Pickup

Centerburg End-of-Year Celebration
11 a.m.-12:30 p.m.

Tuesday, 5/19

Danville AM End-of-Year Celebration, location undetermined, 9:30 a.m.-noon

Danville PM End-of-Year Celebration, location undetermined, noon-3:30 p.m.

Wednesday, 5/20

Fredericktown School Family Meeting, 5-6 p.m.

Gambier Child Care Center Art Show, 5-7 p.m.

Thursday, 5/21

Policy Council, NHEEC, 5:15 p.m.

Monday, 5/25

Memorial Day, KCHS Closed

Active Parenting Now Online Training

Are you a parent of an elementary school-age child or have a friend with an elementary school-age child? KCHS is offering an Online Active Parenting NOW Training to help prepare you for summer with your elementary school-age child. Call Tami Anderson at 740-397-1344, ext. 335 for details and to register. Funding is provided by the Ohio Children's Trust Fund, Knox County Family and Children First Council and United Way of Knox County.



"Digging" into OHSAI

What is OHSAI?

It stands for Ohio Head Start Association, Inc., and it is the "The Voice of Head Start in Ohio."

What does it do?

Its goal is three-fold: developing leadership, achieving quality and establishing relationships.

Conferences to help develop leadership and continue improving quality are held several times a year. I was able to attend my third conference in April. While there were several sessions, I attended one on how to effectively work in a group. I also had a wonderful time learning how cardboard can be used as a simple, yet effective, learning tool. We participated in a Cardboard Challenge and it was a blast!

In the past I've learned about the evaluation tools that are used throughout the state and have been through several leadership-building sessions. There have been sessions on how you can use something like cooking to help educate your child, what the goals of Head Start are and how recent research has proven how important early childhood education, including Head Start, is to the development of our children.



Don (right) with son Joey. Don is an active KCHS parent and serves on Policy Council.

Here's a quick activity that I learned:

You can help foster the scientific method in your child throughout the day by asking them questions like, "What do you think we could do to pick up our toys?" Let them come up with a few ideas, and let them test them. They'll learn to identify the question, come up with a possibility, experiment, observe the results and make a conclusion--all while helping pick up!

*I wish all of you well,
- Donald Bovinett Jr., KCHS Policy Council
Member, Parent Rep - OHSAI Board of Directors*

REMINDER: Please Complete Family Survey



KCHS is required for both the Federal Head Start grant and for ODJFS licensing to survey parents once a year. KCHS takes responses seriously and appreciates parents taking time to fill out the survey.

The half-day Head Start parents have received their survey and several have returned their forms. If you are a half-day Head Start parent and have not completed the survey, please take time to do so and return it to your bus or center staff. Please let your center staff know if you

have misplaced your copy and need another one. You are eligible for the drawing for a \$25 Walmart card if you turn in your drawing slip. Drawing will occur on May 20.

Full-day, full-year Head Start, Early Head Start, and private pay child care families will receive a survey in the next few weeks. You will also be eligible for a \$25 Walmart card. Drawing date has not yet been determined. *Centers with the highest percentage of surveys completed by parents will be recognized by the Agency.* You can support your center staff by completing your survey.

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 JoAnn Clark at jclark@knoxheadstart.org.

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740-397-1344, www.knoxheadstart.org

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Connect with us!



Kristin Wagner works with Fredericktown students on a memorable science experiment.

We Have Much to Celebrate This Month!

This month, our half-day classes are winding down, and we'll be saying farewell to children and families – some of you we'll see again in the fall, but many children will move onto kindergarten in August. Full-day, full-year classes continue throughout the summer, but still experience some transitions as the seasons change and we adapt to spring and summer weather, and again in August when children leave for kindergarten.

Our celebration of children's accomplishments and joy as they head to new adventures is tempered by sadness – the transition of children out of our classrooms and into elementary school is always bittersweet. We'll miss seeing you and your child regularly and hope you'll stay in touch with us!

We are thankful for the chance to partner with you to help prepare your child for a healthy life, and for their new adventures in kindergarten. School has changed a bit since we were children, but I am confident that the teachers in our local school districts are here to help

your child to learn and grow. In elementary school, you become an even more important part of your child's life, as you help him or her deal with the joys and sorrows of every day school and life. The routines of elementary school – checking homework nightly, reading each day, and figuring out what's for lunch – begin in kindergarten and continue for many years. We know that children whose parents are involved, who check over work, and check the book bag each day, do better in school.

As KCHS continues our celebration of Knox County Head Start's 50th Anniversary over the next several months, we re-affirm our commitment to providing high quality early education and care services in partnership with families. We believe that quality in early education is important, and this month we are celebrating our three Step Up to Quality Five-Star Centers – the Gambier Child Care Center, the Centerburg Head Start Center and the Fredericktown Head Start and Child Care Center. The Step Up to Quality program requires that all of our classroom teachers, assistants,

and center managers participate in extra trainings and follow stricter rules for quality in the classroom. All other centers hold Four-Star ratings and are either in the process of applying for a Five-Star rating, or are awaiting the final licensing visit.

This first week of May is also Teacher Appreciation Week. I hope you will take some time to share with center employees – teachers, assistant teachers, bus drivers, bus aides, nutrition managers, family advocates, receptionists, and center managers – what they've meant in the lives of you and your child this year. I am personally thankful for the hard work and dedication of the members of our KCHS School Family. They are special people, whose commitment to quality is the foundation of our success!

- Peg Tazewell, Executive Director



Summer Safety Tips



May has arrived and I am sure we are all thinking about summer. Warm weather is the time for swimming, ball games, vacations, hiking, camping, or just hanging out in the back yard or on the patio. But with all of these activities we need to remember that we will have some additional safety precautions that come with warmer weather.

We need to remember that the sun is stronger in the summer and we need to protect the kids and ourselves from the sun.



Sun Safety: Sunscreen is a must. SPF 15 or greater helps reduce the risk of sunburn. Apply sunscreen 15-30 minutes before the kids go out into the sun. Reapply every two hours and after swimming, sweating, or drying off with a towel. Early morning play, try to plan outdoor activities earlier in the day or later in the afternoon. Try to avoid the peak-sun hours from 10 a.m. to 4 p.m. This is when the sun is the strongest.

Some water safety rules are a must when kids are swimming or playing in the water.



Water Safety: Know your skills. If there is a pool or water involved, adults should refresh or get their infant/child CPR certification. No talking on cell phones; it is easy to get distracted when you are on the phone and you need to know what the kids are doing any time they are in/near the water. Put up a guard. If you have a pool, it should have a fence around it, at least four feet tall. Even kiddie pools can be a danger if the water is left in them. Train your kids to never go near or into a pool or water without an adult.

Insects in the summer can be a problem, especially at night, but they can also be a problem during the day.



Beware of Bugs: Spray and repeat—spray exposed skin and clothing with bug repellent. Reapply if the spray gets washed off or the kids start getting bitten again. Check for ticks; ticks love warm, moist, wooded areas. The best way to avoid them is to wear clothing that covers the skin (long sleeves and long pants). But that's hard to do when



it's hot. So check your kids and shower them within two hours of coming inside. Make sure to check the whole body for ticks—some places you may not think to look are in the ears or in the belly button. Remember that ticks like warm, moist places. Ticks can hop a ride on clothing, but washing the clothes should get rid of any hitchhikers.

Keep in mind that with all the running and playing that kids do in the summer they are going to need extra fluids to stay hydrated.

Prevent Dehydration: Lots of fluids! You would be surprised how much fluids kids need—fluids before they start to play and frequently while they are playing. Remember that water is always the best. A child's gulp equals about half an ounce, so kids should drink about 10 gulps for every 20 minutes while they are playing.

Summer time of course brings hot weather. If it's hot outside, think about how hot it will be inside a closed car.

Never Wait in a Hot Car: Never leave a child alone in a car. The inside of a car can heat up 19 degrees in ten minutes. Children are at a greater risk for heat stroke because their bodies heat up three to five times faster than an adult's. So remember, no child should ever be left alone in a car no matter what the weather.

Be prepared for whatever may come your way this summer. Keep a few items with you all the time.

Summer Survival Kit: Be prepared. Have a basic first aid kit, water, cell phone, and any medications that are needed on a regular schedule. Take them with you on your summer activities.

I know it seems like a lot of extra precautions, but, if we keep them in mind, the scraped knees and bugs bites won't get the best of us. Don't worry, have fun, and enjoy your summer!

*Candy Thomas LPN
Health Services Specialist*

Help Us Celebrate 50 Years!

We want to hear YOUR Head Start Story...

We hope you have been following our "50 Days of Head Start" on Facebook that started on April 12. We will continue to post daily tidbits of Head Start history as well as personal stories from our Head Start families until May 31. **We're still looking for stories**, so if you'd like to share your or your child's Head Start story, mail it to P.O. Box 1225, Mount Vernon, OH 43050 or email it to chaver@knoxheadstart.org.

KCHS looks forward to celebrating its 50th anniversary at each center's End-of-Year Celebration (see back page *Upcoming Events* for tentative schedule). Please plan to attend and be part of these celebrations.

The National Head Start Association has organized a full year of celebrations, beginning with a rally on the grounds of the Capitol in Washington, D.C., and ending with a White House Rose Garden commemoration. Visit <http://www.nhsa.org/50-years-opportunity>.

50 Years of Making a Difference in Knox County



Enriquez Announced as New Director of National Head Start

On April 2, Dr. Blanca Enriquez was announced as the new director of the National Office of Head Start.



"Through our work, we will position Head Start as a valuable, highly respected program for young children where grantees are high-performing organizations, where every child receives a comprehensive high-quality preschool education, and where families increase their quality of life," said Enriquez. "Head Start was built by visionaries who sought to open opportunities for families most in need. We must continue with this endeavor and hold ourselves to the highest standards so that those we serve become successful."

Enriquez has been an administrator and supervisor of Head Start programs, elementary schools, and bilingual education programs since 1973. Most recently, she served as the executive director of the Texas Education Service Center Region 19 Head Start program. During that time, the program grew from 1,200 preschoolers at 10 sites to more than 4,000 children at 30 sites and has won many local, state, and national awards.

A Summer for SCIENCE
Check it out!

Your family may qualify for a discounted membership to Columbus's COSI (saving you \$75). Learn more about a Family Access Membership at www.cosi.org/membership.

SPI in Mount Vernon (South Main Street) is also a great space for kids to explore and learn. Month-long memberships are just \$10 and you can play during First Fridays for FREE! Learn more at www.spispot.org.