

ACCEPTING APPLICATIONS

We are seeking applicants to work with children ages zero to five. Lead teachers must qualify with a minimum of an Associate's degree in ECE.

We are also looking for long-term substitutes to fill in daily for 6-12 week stretches during upcoming maternity leaves as well as on-call substitutes to cover staff absences.

Our model and our mission are unique so we are seeking individuals with a passion and commitment for what we are doing. Knox County Head Start believes in the unlimited potential of young children, in the resilience of families, and in strengthening our community.

- We believe parents are a child's first and best teachers and that our job is to support them in the important work they do each day.
- We believe in seeing the whole child in the context of the whole family. We prefer applicants who have experience working with children but we are willing to train someone who is truly dedicated to our work and willing to learn.
- We will even financially support successful candidates in the process of obtaining their Child Development Associates (CDA).
- We have a strong mentoring system in place to assist our staff in reaching their full potential, and we are dedicated to continuous improvement.

The Knox County Head Start staff is more than a team. We are a school family. As a complex and growing organization, we need people who are flexible, optimistic and enthusiastic. If this is you, we look forward to meeting you! Please share this with anyone who might be interested. Knox County Head Start is an equal opportunity employer and does not discriminate in the hiring of staff nor the enrollment of children.

Applications can be completed on our website at www.knox-headstart.org or obtained in person at 11700 Upper Gilchrist Road, Mount Vernon, OH. Resumes should be directed to jmickley@knoxheadstart.org Please contact Julie Mickley with any questions at 740-393-6988.

Celebrating the Life of Shawn Kelly

Since 1995, Knox County Head Start has partnered with Kenyon College and the (Kenyon) Delta Kappa Epsilon fraternity to host a holiday party for Head Start families. We invite you to join us for dinner, live acapella music, holiday activities and crafts, and a special visit from Santa!

Shawn Kelly was a Kenyon student, champion swimmer and a member of the Delta Kappa Epsilon fraternity, who in 1991 tragically lost his life in a boating accident. Shawn's parents established this celebration in his memory, and the Delta Kappa Epsilon fraternity has continued to honor Shawn and to give back to the community by coordinating this special event for Head Start children and their families.

The Shawn Kelly Memorial Holiday Party will be hosted over three nights at Gund Commons, Kenyon College:

Tuesday, November 28, 2017

5:30-7:30pm

Centerburg
Danville
Northgate
Child Care Partners

Wednesday, November 29, 2017

5:30-7:30pm

Gambier
Home Base

Thursday, November 30, 2017

5:30-7:30pm

New Hope Early Education Center
Fredericktown

If your family is enrolled in both center based and home based services, please plan to attend on Wednesday, November 29th if possible. Please RSVP to your Center Manager or Family Advocate by November 10, 2017 if you are able to attend. We look forward to seeing you there!



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 Halle Krajenski at hkrajenski@knoxheadstart.org.

Knox County Head Start, Inc., 11700 Upper Gilchrist Road, Mount Vernon, OH 43050
740-397-1344, www.knoxheadstart.org

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School Family Newsletter

November 2017



KNOX COUNTY HEAD START INC.



Celebrating Knox County Head Start's School Family!

The 2017-2018 School Year is underway, and we hope the year will be one of growth, fun and learning for your child, you and your family, as well as for all Knox County Head Start (KCHS) employees.

You may hear KCHS staff refer to the Knox County Head Start School Family. We call ourselves a School Family, a term that comes from Conscious Discipline®, to signal that we intend to celebrate what's best about healthy families – a place in which children and adults are cared for, supported, and challenged to learn and grow. We believe the School Family model helps to create the kind of classrooms your child will enjoy, and the organization we strive to be.

Designing centers, family child care homes, and home visits around the School Family model helps us to learn and practice the skills of Conscious Discipline. You can learn more about Conscious Discipline on page four of this newsletter, on page 28 in the School Family Guide, or from your child's teacher, family child care provider or home educator.

We hope in the coming year that you and your child will feel a part of our School Family in many ways, and we commit to:

- Welcoming you into our centers, family child care homes, and to agency events, and respecting you as the first and most important teacher of your child.
- Helping your child to feel loved and supported, to find joy in learning, making new friends,

solving conflicts together with teachers and classmates, and building the skills to live a happy and healthy life.

- Providing opportunities for you to meet other parents and explore new ideas that will support your healthy development through School Family Meetings, health and parenting trainings, financial skills trainings, and more!
- Connecting you and your child with activities and resources in the Knox County community to build an engaged community.

This year you will begin to hear more about Triple P, the Positive Parenting Program, part of the county-wide Parent Support Initiative. Family Advocates have resources and tip sheets about common parenting concerns, and seminar trainings will be announced in upcoming newsletters. We're excited to bring this new resource to Knox County, with the generous support of the Ariel Foundation and the United Way of Knox County.

The KCHS School Family is anchored by a team of committed employees and partners who work hard to provide the best education, care, and engagement for your child and family.

Thank you for trusting us with your precious child, and please do partner with us to create a healthy and productive year for you and your family.

-Peg Tazewell, Executive Director

Our curriculum is taught by degreed teachers dedicated to enriching children's lives. Every child's progress is continually tracked, and regular assessments are used to support individual learning and development. A balance of individual and group activities, plus indoor and outdoor learning, makes learning fun!

The Creative Curriculum®

Through activities based on each child's developmental level, this curriculum focuses on four key areas: social-emotional, physical, cognitive, and language. We are guided by the idea that every moment can be a learning moment.

Conscious Discipline®

A classroom management and social-emotional development program - this approach uses daily conflicts to teach character development, conflict resolution, social skills, and self-control.

Your Child's Health and the "First 45"

Knox County Head Start offers a full range of age and developmentally appropriate screenings, assessments, and follow-up for every child; to ensure each child's individual needs are identified and met.

During your child's first 45 days of enrollment, he or she received the following screenings:*

Growth Assessment: Measures your child's height, weight and blood pressure. You will also receive a Body Mass Index (BMI) % on your child.

Vision Screening: Our Sure Sight® vision screener checks how well your child can see and how well the eyes move together.

Hearing Screening: Our Octoacoustic Emissions (OAE)® hearing screener checks whether children can hear various sound levels.

Speech Screening: Assesses your child's abilities in the areas of voice, articulation (pronouncing sounds), fluency (stuttering), and language (understanding words).

Developmental Screening: Testing to identify your child's strengths and needs in development and mental health.

Lead Screening: Tells us how much lead is in your child's blood. Lead is a poison that is very harmful to children. Too much lead can cause anemia, can harm a child's growth, behavior, and ability to learn. The lower the test result, the better.

Hemoglobin (Anemia) Screening: Tells us if the body has enough red blood cells (hemoglobin). The red blood cells and iron carry oxygen throughout the body. Anemia, low red blood cells or low iron, can slow a child's energy, growth and development.



Start with documented proof of a visit within the last 12 months to meet this requirement. If you do not have dental insurance, please talk to your child's Home Educator, Family Advocate or Family Provider for assistance in securing insurance.

If you have any questions about these screenings, screening results or if you need help in finding a medical/dental home please contact:

Candy Thomas LPN,
School Nurse
740-397-3454

*Parental consent is obtained for all screenings upon enrollment.

family in establishing a dental home for your and your child. Head Start staff will assist you with completing the necessary documentation, including any pertinent health or dental family history, insurance information and permissions. If your family has already established a dental home, you may provide Head

Screenings completed within the first 45 days of enrollment ensure each child's individual needs are identified and met.

Families are Connecting to KCHS Through Social Media

Since August, 629 individuals/families have "liked"/followed our center pages on Facebook. 111 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 Ellie Hughes



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

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

Conscious Discipline® and the Skill of Composure

All parents want their children to be able to compose themselves during times of stress. This is a skill that needs to be learned and the best way for them to learn this skill is by watching the adults in their life. In the Conscious Discipline Skill of Composure parents are encouraged to "be the adults they want their children to become." This of course means that when we are experience stress, we are willing to calm ourselves by taking a few deep breaths. We also teach this skill to children by practicing with them to take deep breaths every day, not just when they are stressed. Using the breathing icons below, make a game out of it, perhaps practicing before bedtime or bath time. Practicing helps our children be more willing to take those helpful breaths in those stressful moments. Conscious Discipline has breathing icons that are practiced every day with your child in the classroom. Ask your Head Start child to teach you how to breathe, using these icons.

Practice being S.T.A.R. every day—
not just when your child is upset.
Model being a S.T.A.R. when you are
beginning to feel that you are upset.

Smile
Take a deep breath
And
Relax

Ask your Head Start child to teach you how to breathe, using these icons:



Fire Alarms and Escape Planning

Here is some important, helpful information on fire alarms and escape planning:

- 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.