

# Head Start Happenings



**Mission Statement**

*BCMW Head Start’s mission is to engage and prepare children and families for success in school and throughout life by providing opportunities, experiences, resources, and advocacy.*

**Vision Statement**

*We empower the whole heart, the whole child, the whole family to reach their full potential.*

## Welcome from the Head Start Director

Welcome to our first edition of the BCMW Head Start Newsletter!! Over the past few years we have seen many changes. Transportation services have been sub-contracted out to our new community partner, South Central Transit. Program options and center locations have changed. Our Administrative structure is different as well. Some of these changes were positive; some, not so much. One thing has remained constant throughout the changes - our commitment to providing you and your children with the quality services you deserve!

While we are unwavering in our dedication to you, we do not work in isolation. In order to provide necessary services to you, we must have your input in determining what your needs are. I would like to take a moment and encourage you to become as involved in our program as you possibly can. Some ways to get involved: volunteering in the classroom, chaperoning field trips, participating in parent trainings/ committee meetings and representing your class on the Policy Council. If any of these interest you, see your child’s teacher or speak with your Family Service Worker for more details.

I’m so excited to have these new platforms to speak to you! I look forward to giving you updates in each edition. Until the next time, remember... your child’s success depends on you!!!!



## About our Newsletter

This is the 1st edition of our new Parent Newsletter. We will be publishing this newsletter every other month to provide you with information about our program and the community, as well as information to help you as a parent continue to be your child’s best teacher! Please let us know what you think. If you feel there is information that should be included in the next newsletter, we will do our best to add it. Our contact information can be found on the last page.

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**Save the Date!**

- **August 17th** - Parent Orientation
- **August 20th** - First Day of School
- **September 3** - NO SCHOOL
- **September 9-14** - Grandparent’s Week
- **September 18** - Open House

## Education News

### Monthly Themes

BCMWS Head Start classroom curriculum uses a common theme in every classroom. The first theme will be "Back To School". By using a common theme, we are able to coordinate what is being done in the classroom with what is being sent home in backpacks to work on at home. If you find a particular theme especially interesting, you are welcome to add to the classroom experience by bringing in a favorite book on that theme, sharing a talent, etc. You are ALWAYS welcome in the classroom.



### Adjusting to Head Start

If your child seems anxious about starting school, try reading books about the first day of school. One book you can look for is "The Kissing Hand" by Audrey Penn. If you cannot find that book, your local library should be able to help you find something similar.

**"Parents Are Their Child's First Teacher."** We truly believe that YOU are the most important person in your child's life and they will learn best from YOU. As our mission statement says, we are here for you, your child, and your whole family to help you all succeed, not only in school, but throughout life!

Following are a few things you can do to help us help your child succeed this year.

1. **Attendance:** It is very important that your child attends regularly. The Office of Head Start expects children to be present at least 85% of the time. If your child will be absent, please call your classroom and let your teacher know. If we do not hear from you within the first hour of class, your Family Service Worker will be calling you because we must report the reason for your child's absence to the Office of Head Start. For those in our Home Base option, it is equally as important to be home for visits.
2. **Partner with Staff:** In order to best help your child learn, our staff needs your help. Your child's teacher may want to know how your child is learning and developing at home in order to individualize lesson plans. Your Family Service Worker may want to know if there are any goals you would like to set and how they can help you achieve those goals. The Health staff may want to know what your child's eating habits are at home so they can suggest ways to help them start or continue healthy eating habits. There are so many other ways to partner with staff. We will do our best to communicate with you, and we need you to communicate with us.
3. **Working with your child at home:** Because you are your child's 1<sup>st</sup> and most important teacher, it is expected that when work is sent home with your child that it will be completed and returned in a timely manner. You should be seeing both Webbing Into Literacy (WIL) Bags and Learning Bus activities come home with your child. Not only will completing these activities help build the bond between you and your child as they learn, but both also help our program earn Non-Federal Share (see page 5 for more information).

We value your input and look forward to hearing from you and building a strong relationship to help you, your child, and your family succeed in all you do!

### Helping Your Child Adjust To Head Start

Whether your child has been in a program before or this is their first time away from you, the first day of school can be a scary one. There are several things you can do as a parent to help your child adjust to a new routine. Here are a few:

1. **Be Available For the Teacher's First Home Visit:** Your child's teacher will be calling to set up an appointment to meet in your home to start getting to know your family and to complete a few more forms before your child can start attending school.
2. **Attend Parent Orientation:** This is a very important day for both you and your child. You will be able to see the classroom, meet other parents and children, and receive important information about the program and the classroom. Your child will even get to take a ride on the bus!
3. **Talk With Your Child:** Talk about going to school before school starts. Be sure to keep it positive. The more comfortable and positive you are about your child going to school, the less your child will be anxious about going. If your child is riding the bus, assure them you will be right there when they get home. If you are bringing them to school, say your goodbyes, but try to step back and let the teacher start forming a relationship with your child.

## Health News

Head Start realizes the importance of early identification of health problems and the impact those problems have on the learning and development of children. We have a Nurse on staff to oversee the health needs of all enrolled children, including such services as: referrals for updating physicals and medical tests, free dental exams with Dental Safari, nutrition assessments, and mental health services.

Our breakfast, lunch, and snack menu is created with the assistance of a certified nutritionist to provide a well rounded and healthy menu for all Head Start children. A certified nutritionist also visits in the fall to review every child's file and make recommendations for healthy eating at home.

**"All About Me" Folder** - Did you start a baby book when your child was born? Have you thought about a place to keep other important information like health check-ups, medical tests, etc.? It's not too late to start now. It could be as simple as a folder or as complex as a binder with divided sections. The point is to have just one place to keep your child's medical information easily accessible when you need it. You could even add notes about illnesses your child may have as they grow and develop. Get creative and decorate it with your child, maybe including pictures of their favorite things.

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*"Becoming conscious of hurtful patterns  
and being willing to change those patterns  
is the greatest gift we can give children."*

*~Dr. Becky Bailey*

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## Social-Emotional Development News

After enrollment, the Special Education/Social-Emotional Development (SE/SED) office will continue to ensure that the individual needs of children with special needs are met. BCMW Head Start will provide any necessary modifications to the environment, multiple and varied formats of instruction, and individualized accommodations and supports as necessary to support the full participation of children with special needs in our program. BCMW Head Start will collaborate with parents to ensure that the needs of their children are being met. All enrolled children will receive developmental screenings, including hearing and vision screenings, within the first 45 days of enrollment.

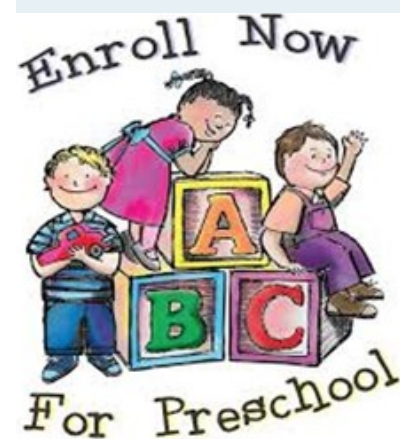
BCMW Head Start will also provide children, parents, and staff with effective mental health and social-emotional well-being. Conscious Discipline, FLIP IT, and the Pyramid Model will be used in all classrooms and home visits. Children who frequently experience Conscious Discipline, FLIP IT, and the Pyramid Model, become emotionally aware problem-solvers who develop healthy coping skills that will last a lifetime.

BCMW Head Start also provides counseling services to parents, children, and staff. If interested, please contact Kayla Cripps, SE/SED Manager, at 532-4890, ext. 142.

## Employment Opportunities

Registered Nurse  
EHS Licensed Practical Nurse  
EHS Teacher  
EHS Classroom Floater  
EHS Home Visitor  
Family Service Worker  
Cook  
Kitchen Aide

For more information,  
call 532-4890 ext. 129  
or visit [www.bcmwhs.org](http://www.bcmwhs.org)



## NOW ENROLLING...

Do you have friends/family that may qualify for our program?  
Ask them to give us a call!

**Centralia:**  
(618)532-4890 ext. 144

**Salem/Marion Co:**  
(618)532-4890 ext. 153

**Bond/Clinton/Washington Co:**  
(618)532-4890 ext. 140

**Benton:**  
(618)435-6555

**Christopher/West Frankfort:**  
(618)932-6655

## Policy Council News

Did you know... as a parent of a Head Start child, you are a member of your classroom Parent Committee? These meetings are for you to learn more about the Head Start program, classroom activities, and activities/events in the community. You have a voice in the planning of our program, in and out of the classroom.



Each Parent Committee elects a representative to serve on Policy Council. Along with Community Representatives, elected parents will help guide the direction of the Head Start program. Parent representatives will be elected in October and serve for one year, from November to November. PC meetings are held on the 2nd Wednesday of every month from 10am-noon. Members will be reimbursed for mileage and for child care, if needed. Lunch is also provided after the meeting. If you are interested in serving on Policy Council, please let your teacher or Family Service Worker know.

## Family Services Team

**Head Start relies on your involvement and support. Your child's success depends on your participation.** We recognize the parent/child bond as the child's most important relationship. With your input at Parent Committee and Policy Council meetings, we try to offer a variety of activities and trainings that will help strengthen the bond between you and your child.

**Family Services Team:** Every family enrolled in BCMW Head Start is assigned a Family Service Worker (FSW). The FSW will meet with the family at least 1-2 times per year to help identify family strengths and areas for support and growth. If you find that you need extra services or assistance at any time during your child's enrollment, your FSW is the person who can help you, or make a referral to someone who can.

The FSW will also help facilitate the Parent Committee meetings as well as parent/child activities, events, and trainings throughout the year. In order to best plan those activities, we need your input.

**Activities/Events:** Parent/Child Activities offered throughout the year include, but is not limited to: Head Start Awareness Week, Christmas Craft Day/Night, Christmas Program, Literacy Week and Book Walk, Math & Science Fairs, field trips, etc.

**Trainings:** Some of the trainings we have offered in the past include: Health Meal Planning (Go Foods vs. Whoa Foods); Financial Assistance (Budgeting, etc.); Safety (Online, Home, etc.); Positive Relationship Skills; Stress Management; Managing Your Child's Emotions; School Readiness; etc. Again, we want to offer the trainings that you would like to receive so it is important that you let us know what you need.



## Parent Orientation

All parents must receive a Parent Orientation. A group orientation is scheduled for Friday, August 17th. Your teacher will let you know the time for your classroom during your first home visit. At the orientation, you and your child will get to see the classroom, meet the teachers, and start getting to know the other parents and children in their class. Your child can also take a short bus ride while the staff walks you through the Parent Handbook. There will also be time to answer any questions you may have about Head Start.

If you do not attend the group orientation, your teacher will do the orientation at a time that works better for your schedule. However, it is best that you try to attend the group orientation.



## Non-Federal Share

Non-Federal Share (NFS) is one way that parents and the community can support Head Start. Head Start is Federally funded, but 20% of our funding must come through volunteer hours or donations. So, how can you volunteer?

**In the classroom/office:** Parents are welcome in the classroom any time! Any time you visit and help in the classroom or office, even if it's just 15 minutes, you will be asked to sign the NFS form.

**Parent Committee Meetings:** Not only is it important for you to attend these meetings to learn what's going on and to voice your opinions, but we also receive NFS for your time at the meeting. Serving on Policy Council as your classroom's representative earns the program a higher rate of NFS.

**Parent/Child Activities & Trainings:** The program earns NFS for your time when you attend these events, but that is second to the invaluable time spent with your child and increasing your knowledge in various areas.

**Webbing Into Literacy (WIL) Bags and Learning Bus:** These bags are sent home throughout the month. Each time you complete them and send them back to the classroom, the program earns NFS.

**Ask your teacher or Family Service Worker for more ways you can help!**

*How can you help the program?*

*Get involved and help Head Start "earn" Non-Federal Share!*

## Transportation News

The bus is an extension of the classroom. On the bus, teachers will reinforce what was taught in the classroom that day. Everything we do at Head Start is done with a purpose to prepare your child for Kindergarten, and beyond!

### Expectations for Bus Riders:

**DCFS Form 593** - This form must be completed for every child, whether they ride the bus every day or not. It gives parental permission for the people listed on the form to receive the child off the bus, and pick them up in the classroom. Any time you want to make a change to that list, a new form must be completed, so we encourage you to list anyone who *might* pick up your child throughout the year. The people on the list may be asked for photo ID to ensure they are who they say they are. Your child's safety is our number one concern.

**Pick-up and Drop-off Times** - These times may fluctuate at the beginning of the year until everyone gets in the routine. We ask that you be ready (including coats, jackets, shoes, etc.) at the time given. Waiting even 1 extra minute at each house could cause a big delay in getting to the classroom.

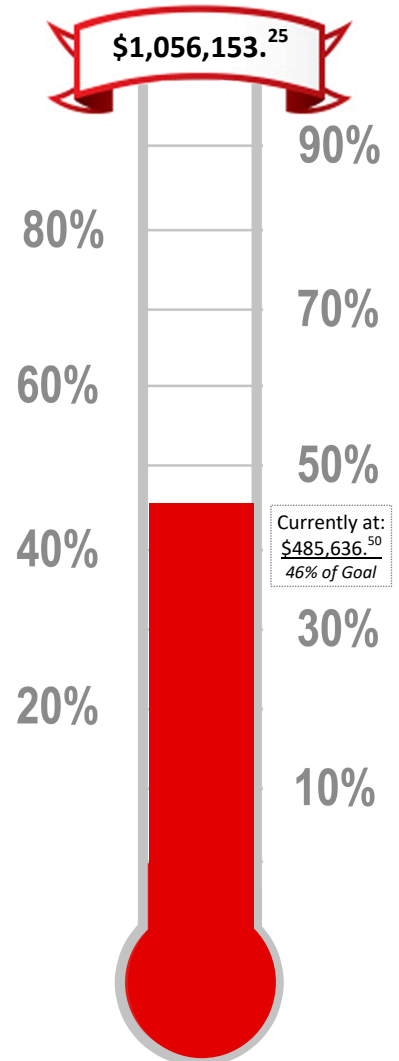
**Absences** - If you know in advance that your child will not be at school, please call and let us know. If you don't call, please come to the door when the bus arrives and let us know why.

**More information about the bus will be given at Parent Orientation on August 17th. We hope you will make time to attend at your scheduled time.**

### NFS Goal

Our Federal grant period runs from January to December. As of July 6th, we have met 46% of our NFS requirement. Please help us reach our goal...

### Get Involved!



Watch this area in the future for "top earning" classrooms.

Thank you for supporting YOUR program!

## Upcoming Events/Activities

**First Teacher's Home Visit** - Teachers will be calling to schedule appointments the first week of August. It is important that you try to be home for your visit. Your child cannot start in the classroom without completing a few extra forms at this visit.

**Parent Orientation** - Friday, August 17th - Your teacher will let you know when you scheduled time will be at your first teacher's home visit.

**First Day of School** - Monday, August 20th

**Labor Day** - Monday, September 3rd - NO SCHOOL

**Grandparent's Week** - September 9-14 - All grandparents are invited to come spend time in the classroom, maybe even have breakfast or lunch with your child's class.

**Open House** - Tuesday, September 18th (5:30-7:00pm) - We hope you will be able to join us for an Open House. You will have the opportunity to see what your child has been doing in the classroom, meet other children/parents, etc. There will also be a brief training on Conscious Discipline and snacks will be provided.



PLEASE  
PLACE  
STAMP  
HERE

Mailing Address Line 1  
Mailing Address Line 2  
Mailing Address Line 3  
Mailing Address Line 4  
Mailing Address Line 5



www.bcmwhs.org

Phone: (618)532-4890  
Fax: (618)532-1573

909 E. Rexford  
P.O. Box 729  
Centralia, IL 62801

BCMWH Head Start

## BCMWH/Crosswalk Agency News

### Contact Us:

For enrollment, contact Angie:  
angie@bcmwheadstart.net  
532-4890 ext. 144.

For general questions, contact Deborah:  
deborah@bcmwheadstart.net  
532-4890 ext. 129.

To submit a question/comment on the  
newsletter, contact Tina:  
tina@bcmwheadstart.net  
532-4890 ext. 151.

### Find us online!

Website: [www.bcmwhs.org](http://www.bcmwhs.org)  
Facebook: [bcmwheadstart](https://www.facebook.com/bcmwheadstart)

### BCMWH Programs Available

Services for Bond, Clinton, Marion, &  
Washington Counties

Emergency Services; LIHEAP;  
Project B.R.E.A.D.; Transitional Housing;  
Rental Housing Support; Weatherization;  
Homebuyer Program; Home Modification;  
and Housing Rehabilitation

BCMWH also has a computer lab available  
to the public, food pantry, and clothing  
pantry.

For more information about what is  
available, please call 532-7388.

### Crosswalk Programs Available

Services for Franklin, Jackson, Jefferson,  
and Williamson Counties

Diaper Program; Emergency Services;  
LIHEAP; Food Pantry; Homeless Preven-  
tion; Home Repair & Rehabilitation;  
Weatherization; and Scholarships

For more information about what is  
available, please call 937-3581.

*\*Not all programs have funds at this time.*