

# Head Start Happenings



### Mission Statement

*BCMWS 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.*

## Early Head Start Is Now Open!

The Early Head Start program is designed to create partnerships between staff and parents to provide a solid foundation of social, emotional, physical, and cognitive development for children. This program offers FREE year-round services in both center-based and home-based options to pregnant women, infants, and toddlers living in Marion County.

A pregnant mother may apply within the first 35 weeks of her pregnancy. Children birth to 3 years old are eligible. An infant must be 6 weeks old before attending the center-based option.

**Center-based services** provide full-time care. We have two classrooms that are open Monday through Friday from 8:30am-2:30pm. Children will receive family support and special needs services in addition to , full nutritional program, and a developmental curriculum. Transportation is not offered for EHS.

**Home-based services** place an emphasis on the role of the parent as the child's first and most important relationship. The purpose of the 90-minute home visit is to support parents as primary caregivers and to facilitate the child's optimal development within their home environments. Participants will receive a combination of weekly home visits and regularly scheduled group socializations, usually every two weeks.

**Prenatal services** are offered to pregnant women through the home-base option only. These visits ensure pregnant women have access to comprehensive prenatal and postpartum care. The visit is also used to provide prenatal education on topics such as fetal development, labor and delivery, postpartum recovery, and the benefits of breastfeeding. Once the baby is born, the family is automatically enrolled in the EHS program.

Documents needed for enrollment include: birth certificate (child) or proof of pregnancy with expected date of delivery (pregnant mom), income verification for the last 12 months, copy of medical insurance, and age appropriate shot records.

To apply for Early Head Start, applicants can call 532-4890 ext. 144 or stop by the office, located at 909 E Rexford in Centralia, to schedule an appointment. An online pre-registration form can also be completed online at [www.bcmwhs.org](http://www.bcmwhs.org).

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### Save the Date!

- **NO CLASSES in Session:**  
February 1, 11, 12, 18, 22;  
March 4, 14, 15
- **Christopher NO CLASSES:**  
February 11, 12, 18;  
March 4, 11-14  
**Christopher IN SESSION:**  
February 22 & March 22

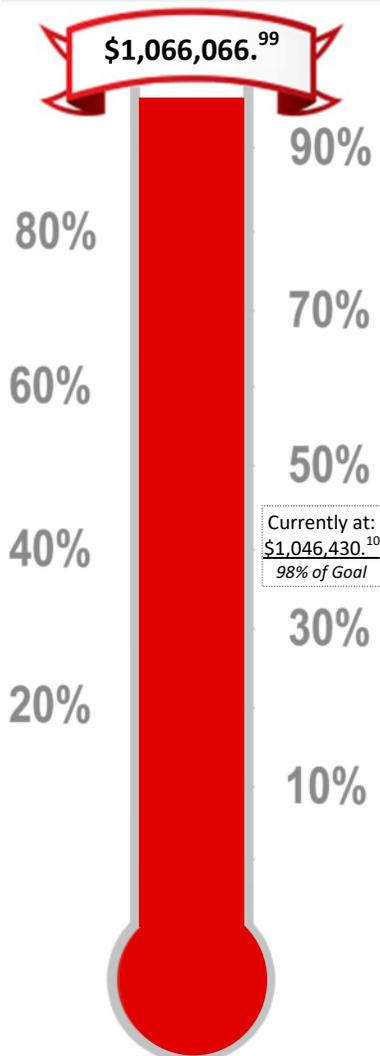
## Education News

### NFS Goal for 2018

Our Federal grant period runs from January to December. As of November 30, we have met 64% of our NFS requirement. Although not reflected here, we are confident our goal for 2018 was reached!

#### Top Earning Classrooms:

|              |             |
|--------------|-------------|
| CCB.....     | \$19,905.02 |
| Salem .....  | \$16,843.85 |
| CCF .....    | \$15,055.51 |
| CCA .....    | \$10,303.43 |
| Breese ..... | \$9,785.40  |



Our classroom curriculum incorporates the use of *Monthly Themes* to enhance the child's learning through various activities. These themes are posted on classroom calendars and newsletters to allow parents/guardians the opportunity to get involved in the classroom in a variety of ways. For example, for the current Clothing study, a parent/guardian may bring in various items they have sewn and talk with the children about how they think it was made, the textures of the fabric, etc.

Upcoming studies include: Recycling beginning the week of February 11th and Buildings beginning the week of March 4th.

**Remember, BCMW Head Start has an open door policy, so parents/guardians are ALWAYS welcome to come in to volunteer!**

### How Can You Help?

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) Folders and Learning Bus:** These folders are sent home (or left in the home with Home Base families) throughout the month. Each time you complete them and send them back to the classroom, the program earns Non-Federal Share.

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

### \* ATTENDANCE \*

It is very important that your child attend 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 and let your teacher know.** If we do not hear from you within the first hour of class, your Family Service Worker will call you. 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. If you will not be home for your scheduled visit (32 required per year), you must call your home visitor to reschedule.

**If your child rides the bus:** it is also important to have them ready to walk out the door when the bus arrives. During this cold weather, that includes having their coats on and ready. There is only limited time allowed at each stop to get children on the bus. Even a delay of 1 minute at each house would result in a considerable delay in the bus getting to school, children being ready for breakfast, and other classroom schedules being off.

**School closings will be reported on our facebook page and local radio stations.**

# Social-Emotional Development News

## **Every Behavior Holds a Function:**

Identifying the function of behavior can help prevent problem behaviors while also teaching children how to meet their needs. The four commonly known functions of behavior are:

- **Access to Attention:** Attention seeking
- **Access to Tangibles:** A specific item or activity is wanted
- **Escape:** Avoidance of an undesirable task or environment
- **Sensory Stimulation:** Obtaining desired sensory input

<https://cornerstoneautismcenter.com/aba-therapy/aba-101-the-functions-of-behavior/>



## **Schedules and Routines are Important:**

### **1. Routines eliminate power struggles**

Routines eliminate power struggles because you aren't bossing the child around. This activity is just what we do at this time of day.

### **2. Routines help kids cooperate**

Routines help kids cooperate by reducing stress and anxiety for everyone. We all know what comes next.

### **3. Routines help kids learn to take charge of their own activities.**

Kids love being in charge of themselves. Kids who feel more independent and in charge of themselves have less need to rebel and be oppositional.

### **4. Kids learn the concept of "looking forward" to things they enjoy...**

Knowing when an activity usually happens, can help them look forward to that activity.

### **5. Regular routines help kids get on a schedule**

Regular routines help kids get on a schedule, so that they fall asleep more easily at night.

### **6. Routines help parents build in those precious connection moments.**

We all know that we need to connect with our children every day. If we build little connection rituals into our routine, they become habit.

### **7. Schedules help parents maintain consistency in expectations.**

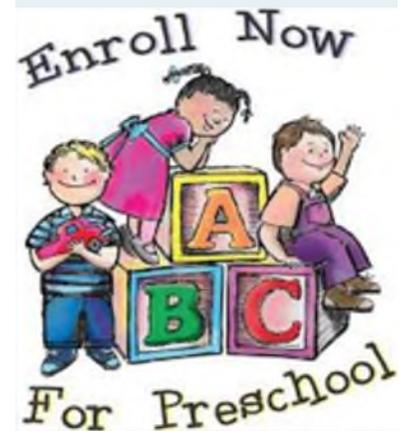
If everything is a fight, parents end up settling: more TV, skip brushing teeth for tonight, etc. With a routine, parents are more likely to stick to healthy expectations for everyone in the family. The result: a family with healthy habits, where everything runs more smoothly!

<https://www.ahaparenting.com/parenting-tools/family-life/structure-routines>

## Employment Opportunities

Teacher  
Bus Monitor

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/guardian 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 also 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. 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.

The following classrooms are still looking for a parent/guardian to represent them.

**Benton PM, Breese AM, CC2A, CCA PM, CCB PM, Salem AM & PM, West Frankfort 1 & 2.**

If you are interested in serving on Policy Council, please let your teacher or Family Service Worker know.

## Health Services News

It is very important that we maintain up-to-date health records on children enrolled in our program. Files are constantly monitored for missing/outdated information and letters sent home to request that information. Recently, the Health team has mailed letters home asking some parents for updated physicals, which expire each calendar year. **If you received a letter requesting an updated physical and have not yet given us a copy, please do so as soon as possible.** If you are unable to get a new physical for your child, we may be able to help. Please call Bonnie Smith at 532-4890 extension 138. Thank you for your cooperation.

They would also like to share information on: when you should keep your child at home or send them to school if they are sick and poison control. Those flyers are attached to this newsletter.

## Dad's Corner

Sometimes dads may feel like they aren't important. We believe that they **ARE!** Here are just a few facts taken from [www.fatherhood.gov](http://www.fatherhood.gov).

When dads spend time with their kids from the very beginning and work to keep close feelings between them, good things happen to the kids. Things like:

- \* They are more likely to be active, healthy, and strong babies, toddlers, preschoolers, and school-aged children.
- \* Most of them do better than normal on developmental tests.
- \* They do better figuring out the differences in how boys and girls act.
- \* They are much less likely to be violent, dangerous, and even criminal.
- \* Girls do better in math.
- \* Both boys and girls are better at doing things without help, controlling themselves, and being leaders. They are more successful in life.
- \* Teens wait longer before they start having sex.
- \* Children are more likely to go to school and stay in school. They are also less likely to repeat a grade.
- \* Girls have healthier relationships later in their lives, especially with men. Remember that Dad is the first man they get to know.
- \* Boys who grow up without a father around are 300% more likely to be put in a state juvenile institution.

### Think about your father...

What kind of difference did he make in your life?

What are some things your father did that you want to do for your child?

Are there things he did that you don't want to do?



# Is Your Child Too Sick to attend Child Care or School?



## Please consider keeping your child at home if they:

- Have an illness that prevents them from comfortably participating in program activities
- Have an illness that results in greater need for care than what can be administered by staff
- Have a severe cough or cold or sore throat
- Have a fever over 101 F or higher, has difficulty breathing, or shows other symptoms of other possible severe illness
- Have diarrhea or stools that contain blood or mucus
- Have had two or more episodes of vomiting in 24 hours unless vomiting is determined to be caused by a non-infectious condition and there is no danger of dehydration
- Have a rash with a fever or behavior change until a health care provider has determined that the illness is not transmittable

## Please consider not letting your child return to child care if they have:

- Pink Eye- until they have been examined and approved for return (usually after first 24 hours after treatment begins)
- Tuberculosis- until a health care provider states that they are not infectious
- Impetigo and Strep Throat- until 24 hours after treatment has been initiated
- Hand Foot and Mouth Disease- until after the first few days of illness
- Head Lice and Scabies- until after the first treatment
- Chickenpox- until all lesions have dried and crusted (usually 6 days)
- Mumps- until 9 days after onset of gland swelling
- Measles- Until 4 days after onset of rash

**ALWAYS REFER TO YOUR PROVIDER'S POLICY- SOME MAY DIFFER**



**children's home & aid**

**Every Child. Every Family. Thriving.**

# 5 Things the Illinois Poison Control Center Wants You To Know:



1. IPC Specialists are healthcare professionals specially trained in toxicology
2. The IPC is able to keep 90% of cases at home, but if they tell you to go to the emergency department, you really do need to go
3. Call the IPC first- before calling 911, going to the hospital, or giving any home treatments
4. Have the bottle of the product/ substance and the person exposed handy- the IPC will have questions about both
5. However weird or embarrassing you may think your question is, the IPC has already heard it. They will not judge you and all calls are confidential

IPC hotline is open 24 hours a day, 365 days a year at:

**1-800-222-1222**

**<https://www.illinoispoisoncenter.org>**



**children's home & aid**

**Every Child. Every Family. Thriving.**

## Family Services News

Can you believe the school year is already half over? There have been so many great opportunities to attend meetings, trainings, activities, etc. that you and your child could participate in so far, but so many more opportunities to go before the end of school in May! On the next couple of pages, you will see a recap of activities from the last couple of months, "Save the Date" reminders for upcoming events, and a "Friendly February" calendar. If you have any questions about activities or events, you can always contact your Family Service Worker for more information.

*How can you help the program?*

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

### Breese Center

Open House; Fingerprinting/Safety; Head Start Awareness Activities; Dental Safari; Dad-n-Me Events; Pumpkin Patch; Thanksgiving Dinner; Holiday Make-It, Take-It; Christmas Program



### Parent Involvement

Parents are the heart beat of a Head Start program. We are here to train them as much as we are to teach their children. Parents are encouraged to share ideas, questions, knowledge, discouragements, inspirations, and dreams. We ask them to let us know how our program is doing and how we can improve it. We want to teach them how to be better parents, better teachers, and better citizens. We invite them to trainings, meetings, and their children's classrooms. We ask them to read books, tie shoes, wipe noses, and review program plans and procedures. We take them to trainings in far away places making memories to keep for always. We give them homework to do with their children while encouraging them to continue their own education. Head Start parents, having so little, always asking "how can I help?" Giving so much to us because of the love they have for their children. This may not be every Head Start parent, but I know it is some. And a dream in still others. If not theirs, then one I offer to them.

*-- Phyllis Robb*

## Upcoming Events

### Benton Center:

February TBA - Budget Training  
March 5 - Book Walk  
April 26 - Family Fun Day

### Breese Center:

Feb. 19 - Bowling Night  
March 19 - Book Walk  
May 3 - Family Fun Day



### Christopher Center:

March 5 - Book Walk  
April 26 - Family Fun Day

### Salem Center:

March 7 - Book Walk  
May 3 - Family Fun Day

### West Frankfort Center:

March 5 - Book Walk  
April 26 - Family Fun Day



## Salem Center

Open House; Dental Safari; Community Cars, Trucks, and Tractors; Thanksgiving Dinner; Christmas Program; K-9 Safety Night; Holiday Make-It, Take-It; Head Start Awareness Activities



## Franklin County Centers

Open House; Dental Safari; Thanksgiving Dinner; Christmas Program; Cards for VA Hospital; Head Start Awareness Activities; Dad-n-Me Events



## Franklin County Centers (continued)



## Centralia/Central City Centers

Open House; Fred & Mary's Feathered Friends; Fire Trucks; Dental Safari; Pumpkin Patch; Band Day; Dad-n-Me Game Night; Thanksgiving Dinner; Christmas Program; Holiday Make-It, Take-It; Mr. Dan; Head Start Awareness Events



## Upcoming Events

### Centralia Center:

Feb. 19 - Budget Training

March 5 - Book Walk

May 3 - Family Fun Day



### Central City Center:

Feb. 14 - Valentine Activity

Feb. 19 - Budget Training

March 5 - Book Walk

May 3 - Family Fun Day

## Book Walks



# Centralia/Central City Centers (continued)

## Upcoming Events

Be sure to check your classroom calendar and newsletter, Facebook, and Head Start website for more detailed information on upcoming meetings, trainings, and activities in your child's center.



The next newsletter will have more information about our "You Don't Want To Miss It" Family Fun Day.

This year we are planning a very exciting theme filled with tons of activities that you will want to experience with your child.





# ACTION CALENDAR: FRIENDLY FEBRUARY 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain**

**1** Send someone a message to say how much they mean to you

**2** Ask a friend what good things have happened to them recently

**3** Get in touch with an old friend you've not seen for a while

**4** Do something supportive and friendly for your colleagues

**5** Notice the good qualities of everyone you meet today

**6** Thank someone and tell them how they made a difference for you

**7** Show an active interest by asking questions when talking to others

**8** Say friendly things to people who work in your local shop or cafe

**9** Tell a loved one about their strengths that you value most

**10** Put away digital devices & really focus on who you're with

**11** Try to involve others and invite them to join your conversations

**12** Smile at the people you're with and try to brighten their day

**13** Be kind especially when your first instinct is to be unkind

**14** Tell loved ones why they are so special to you

**15** Respond positively to everyone you meet today

**16** Call a friend to catch up and really listen to them

**17** Make an effort to have a friendly chat with a stranger

**18** Look for the good side when other people frustrate you

**19** Send an encouraging note to someone who needs a boost

**20** Actively listen to what people say, without judging them

**21** Give sincere compliments to three people you meet today

**22** Make a plan to meet up with others and do something fun

**23** Take time to speak with a neighbour and get to know them

**24** Do an act of kindness to make life easier for someone else

**25** Make positive comments to as many people as possible today

**26** Thank three people you feel grateful to and tell them why

**27** Make uninterrupted time for your loved ones

**28** Be gentle with someone who you feel inclined to criticise



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

# BCMW/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)



## BCMW Programs Available

Services for Bond, Clinton, Marion, and Washington Counties  
Emergency Services; LIHEAP;  
Project B.R.E.A.D.; Transitional Housing;  
Rental Housing Support; Weatherization;  
Home Modification; and Housing Rehabilitation

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

Please call 532-7388 for more info.

## Crosswalk Programs Available

Services for Franklin, Jackson, Jefferson, and Williamson Counties  
Diaper Program; Emergency Services; LIHEAP; Food Pantry; Homeless Prevention; 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.*

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



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BCMW Head Start

PLEASE  
PLACE  
STAMP  
HERE