



# HEAD START CONNECTION

DECEMBER 2017

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## FROM THE DIRECTOR'S DESK

*One of our most important jobs is to teach children how to celebrate both the large and small things in life, such as traditional holidays, special achievements, the first snowflakes of winter, and a bright sunny day. Sometimes children have a difficult time coping with the excitement of a holiday or special occasion.*

*With the approaching holidays it is important to remember that children have a need for consistency and routine. Keeping to regular schedules as much as possible will help children feel secure. Plan some quiet time to read, give hugs and just talk with your children. Keep in touch with your children's feelings and let them know you are there for them.*

*Focus on meaningful ways to celebrate holidays important that are to you without spending money. Try to plan activities that will be fun for your whole family. Show children that homemade gifts are very special.*

*Find ways to show them simple positive attention by praising them for doing things well and making good decisions! It makes everyone feel good! Your time and attention are the best gifts you can give your child. Be sure your plans include family time!*

Hillary Gunther  
ADVOCAP's Head Start Director



## WINTER IS HERE

 Remember to send warm coats, snow pants, hats, mittens, and boots to school every day during the winter weather. The children enjoy outdoor activities and we like to take them outside for playtime. Please mark their names on their winter clothes and boots to make sure



that they will not get lost.  
Head Start Teachers  
**POLICY COUNCIL MINUTES**  
ADVOCAP Head Start  
November 08, 2017

Policy Council Meeting was called to order by Theresa Sahotsky, last year's vice chairperson, at 9:06 am

**Roll call: Policy Council Members in attendance**

**Parents Voting Members:**

Mikel Chrysler, Katherine Grice, Antoinette Gryer, Jacy Lopez, Theresa Sahotsky, Nicole Smith, Eileen Windmon

**Additional Voting Members:**

Stephanie Simon, Green Lake Count Health & Human Services; Angela Dvorjac, Fond du Lac Dept of Social Services.

**Additional Non-Voting attendees:**

Hillary Gunther, ADVOCAP Head Start Director; Tony Beregszazi, ADVOCAP Deputy Director, Debbie Serwe, Health Services Manager; Jessica Nemecek, Education Services Manager; Valerie Barton, Family Engagement Manager; Melanie Kautzer, Nutrition Manager.

**Agenda:**

Review of /and motion to approve the agenda for the 11/08/2017 meeting was made by Mikel Chrysler and seconded by Nicole Smith

**Vote= unanimous approval**

**Minutes:**

Review of/and motion to approve the amended minutes from the 9/13/2017 meeting was made by Mikel Chrysler and seconded by Antoniette Gryer.

**Vote= unanimous approval**

Review of/and motion to approve the minutes from the 10/11/2017 meeting was made by Nicole Smith and seconded by Mikel Chrysler.

**Vote= unanimous approval**

**Financial Report:**

Financial report was given for September 2017 by Tony Beregszazi, ADVOCAP Deputy Director. A motion to approve the financial reports and credit card purchases was made by Mikel Chrysler and seconded by Antoinette Gryer.

Vote = unanimous approval  
Report will be placed on file for audit.

**Director's report:** Hillary Gunther, ADVOCAP Head Start Director

**Personnel Report:** Introduction of Debbie Serwe as our Head Start Health Services Manager.

**Current Vacant Positions:** (we are accepting applications for): Program Aide for Prairie View area, Program Aide for Fond du Lac area, Bus Driver in Fond du Lac, and Classroom Aide in Fond du Lac.

We have received resignations from: Rosealee Grier (Classroom Aide at Fond du Lac) - she has accepted a full time position with an area child care.

The following changes are proposed to the Head Start Policy Council Bylaws:

**Article I: NAME**

The name of this council shall be ADVOCAP's Head Start Policy Council.

**Article IX: MEETINGS**

**Section 2:** The policy council shall meet at a consistent time that the majority of Policy Council members agree upon.

**Section 7:** If voting quorum is not reached at a meeting, absentee member's votes may be obtained via email, text or telephone call.

**Elections of Officers were held: Results as follows:**

**Chairperson:** Mikel Chrysler (elected with 4/3/1 ballot result) Mikel is a single dad of 2 daughters. He knows the struggle that single parents face and hopes to be more involved. He feels he would be a good fit and is committed.

**Vice Chair:** Eileen Windmon - (elected with second highest ballot result) Eileen is interested in being involved in her children's education because her parents were not. She is willing to learn and would be dedicated. She has a degree in business management / accounting.

**Secretary:** Nicole Smith (elected with 5 / 3 ballot result) Nikki is a parent of 3, all who have attended ADVOCAP Head Start. She is an Army vet with a degree in law enforcement / corrections. She wants to be involved as she was not able to be with her first 2 children.

**WHSA Delegate:** Theresa Sahotsky (elected with 8 / 0 ballot result) Teresa is a mother of 9 and has been very active in all aspects of Head Start in recent years. She was in this position before and learned so much. She would like to continue learning even more.

**WHSA Alternate:** Katherine Grice (elected with second highest ballot result) Katherine is a single parent of 5 children. Her last son is attending Head Start now. She would like to help in the community side of the program.

**ADVOCAP Board Representative:** Jacy Lopez (elected with tie breaker) Jacy is married with 3 children. Her 18 & 19 year olds were in Head Start years ago and she was not able to be involved, so this time around she wants

to be more involved with her little one she wants to be more involved with community, learn more, get out of the box & her comfort zone. She is willing to learn.

**ADVOCAP Board Alternate:** Katherine Grice (elected with tie breaker) Katherine is a single parent of 5 children. Her last son is attending Head Start now. She would like to help in the community side of the program.

**Manager's Report:**

Melanie Kautzer, Nutrition Manager, explained CACFP. USDA Food Program on Budget. For the month of September 7,729 meals were served and for the month of October 10,227 meals were served.

Valerie Barton, Family Engagement Manager gave the ERSEA report, 255 total enrollment as of today's date, with 3 children in the works to be enrolled soon.. Also, for disabilities we are required to serve 10% of our funded enrollment or 26 students, we are currently serving 39 students with disabilities and 21 additional students have been referred for services.

Jessica Nemecek, Education Services Manager talked about the new Teaching Strategies Gold is finally fixed and teachers are working on child assessments.

**Parent Sharing:**  
none

**Community Representative sharing:**

Stephanie Simon from Green Lake County Health & Human Services talked about the Angel Tree program. The Green Lake County Angel Tree is a program created to help make the holiday season a little brighter for individuals and families who are experiencing financial limitations.

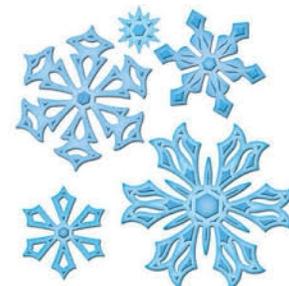
**Announcements:**

The next meeting of the Head Start Policy Council is Wednesday December 13<sup>th</sup>, 2017

**Adjournment:**

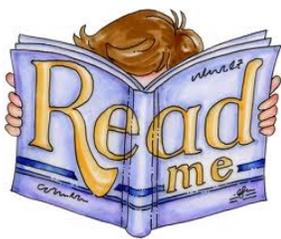
Motion to adjourn was made by Antoinette Gryer and seconded by Mikel Chrysler. Meeting adjourned at 11:55 am

Minutes were taken by typed  
submitted by Naolma Reinke



## LITERACY

Reading and writing development are important parts of literacy. Your child's teacher includes a variety of reading activities and materials in the classroom to encourage your child's literacy development. As a parent you can encourage your child's interest in books.



At home you can:

- Have a variety of books available for your child.
- Look at books with pictures with your child.
- Have your child listen to stories as you read them.
- Have your child repeat familiar phrases in stories.
- Ask your child about the story (before, during, and after the story is read.)
- Encourage your child to act out familiar stories.
- Relate the story to her/his own life.
- Listen to your child tell or read the story to you.

As an extension activity have a variety of writing materials available for your child to write and draw a favorite part in the book or to create their own book.

Children look forward to this special reading or story time with their parents. As they enjoy this important time with you, they also want to learn to read on their own and start to gain the confidence in themselves as readers.

As the holidays approach, please remember that books can be a wonderful gift that the children can enjoy throughout the year. A book is a treasure...with a little imagination it can take you anywhere you want to go!

Jessica Nemecek  
Education Services Manager

## HOLIDAY SAFETY

The holidays are a fun time of year for most children, with the excitement of holidays, visiting with family and friends, and being out of school. It is also an important time of year to be mindful of your children's safety.

In addition to the risks of holiday decorations, younger children can get into trouble if they visit a home during the holidays (or anytime of year) that isn't childproofed.

It is especially likely that a home isn't childproofed if you are visiting family or friends that don't usually have children in the house. Things to be especially watchful for and which you may want to ask about include:

- Are there guns in the house? Are they stored unloaded in a locked box with the bullets locked separately?
- Are there small objects, such as hard candy or nuts in candy dishes, where younger children can get them?
- Are medications, poisons and household cleaners out of reach?
- Do they have a pet that is not used to children?
- If your child has food allergies, will they be serving that food?

You may think that you will just watch your own child more closely, but this is hard to do if there are a lot of family members and friends present and the children are all playing together. If you think there will be a lot of safety hazards during your visit, you might consider volunteering to go over before hand to childproof the house for them. Have a safe and happy holiday season!

Debbie Serwe  
Health Services Manager

## ATTENDANCE

Regular attendance in school is an important part of your child's education. Even a few days away from school can interrupt your child's routine, making it harder for your child to adjust when he/she returns.

When your child is absent, please call your Head Start center as early as possible.



This allows us to run our bus routes on time. If your child is sick, please call back when your child is feeling better, so we know to start pick up again. Remember, your child must be vomit, diarrhea, and fever free for 24

hours without medication before they may return. If you do not contact Head Start, your child's teacher or your Family Development Specialist will contact you.

Jessica Nemecek  
Education Services Manager

# Bulletin Board


**Policy Council Meeting  
 December 13, 2017 at  
 10:00am, breakfast at  
 9:45am  
 at the ADVOCAP Building  
 Fond du Lac  
We need your votes!!!**


**Thank you to all the families that ride the bus for your patience and understanding during our bus driver shortage. Thank you to those that have filled in the gaps and provided rides to and from school for your children.**

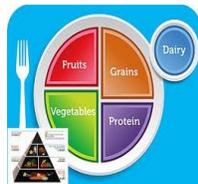



**Watch for information to come home in January about a budgeting class for parents!**



## FAMILY FOOD SHOPPING

We all know that the holidays can take a toll on not only us, but our checkbooks as well. I have compiled some tips on ways to spend less and get more while grocery shopping.



- Buy a variety of foods-grains usually cost less; look for less expensive protein foods such as beans; buy less sweets or fats which tend to cost more.
- Use coupons or watch for sales in weekly fliers.
- Check prices of foods in different forms; pre-prepared foods tend to cost more.



**Make a shopping list and stick to it to avoid buying unnecessary items.**

**Grocery shop after you have eaten; you buy more when you are hungry.**

If possible, grocery shop without your children; stores tend to put certain items where children can see and reach them.

- Try to shop only once a week and when you have ample time to compare prices and food labels.

Please be reminded that food treats are not able to be sent to celebrate special occasions. Typical treats do not meet our meal pattern requirements and we need to be especially careful with our children that have severe food allergies. If you would like to send something, please utilize non-food treats such as stickers and pencils. Any additional questions can be directed to me at 922-7760 Ext. 3560.



Melanie Kautzer  
 Nutrition Manager

## Transportation Reminders

Winter is upon us. Please remember all bus drivers will be making safety their top priority which means schedules are subject to change depending on conditions. Please have your child ready and dressed for the weather prior to the bus arriving so our schedules keep on track as best as possible. We ask that your child be ready 5 to 10 minutes before the bus arrives. It is not necessary for your child to wear snow pants on the bus. They will be too warm, however, please send them in their back packs. Your patience is greatly appreciated during the winter times. We will make sure that everyone gets to and from school safely!



Also please remember to have an adult walk the child to the bus. All Transportation policies are listed in your Family Handbook regarding busing and weather announcements. We will announce closings on KFIZ, WFDL, WTCX, Radio and Fox 11 News.

Fond du Lac transportation number is **922-5982**.

Prairie View call: 398-3907

Kari Tschech  
Transportation Supervisor

## HAPPY & HEALTHY NEW YEAR

 With the holiday season and the colder weather, some of us struggle with weight issues and eating healthy. Remember that maintaining a healthy weight is a balancing act of calories in and calories out. As little as 100 extra calories per day can equal a 10 pound weight gain per year!

Another important part of the season is the time spent with family. Here are some suggestions for making it a meaningful experience and a way to develop some "healthy" family traditions.

### Chat 'n' Chew

- **Slow Down** - Chew food thoroughly and slowly for good digestion. Have a conversation around the table.
- **Do See Do** - Powerful parenting includes being a healthy role model. Children say what parents say, and do what they see parents do.
- **Family Time** - Helping to select and prepare the food, set the table, and cleaning up afterward can

create bonding time for families.

- **Pleasant Please** - Create a positive mood for mealtime with pleasant conversation. Positive emotions and conversations aid in digestion.
- **Turn it off**-Bring everyone to the table for the family meal. Turn off phones, TVs, computers, and other distractions.

Here's to a Healthy and Happy New Year!!!

Valerie Barton  
Family Engagement Manager

## FOND DU LAC COUNTY



**What is Child Development Days?**

The Fond du Lac Child Development Days is a collaborative project of the Fond du Lac School District, ADVOCAP Head Start and Birth to Three.

Child Development Days is a free screening for children who will be three or four years of age by September 1, 2018. An informal observation with the children, vision and hearing screening and parent information is all a part of Child Development Days.

Fond Du Lac Child Development Days will be held on February 5 and 6, 2018 at the Good Shepard Lutheran Church / Jesus Little Lambs daycare.

Appointments are necessary as there is a limited amount of space. Watch for more information to come.

**Please note:** Any child who is already in a Head Start program, 4 year old Kindergarten or a Special Education program through the school district DO NOT NEED TO ATTEND Child Development Days. This is designed for younger siblings of our Head Start children or if you have a neighbor, friend or a relatives child that you feel may benefit from the screening, please let them know to call and sign up.

If you have any questions about Child Development Days please call Valerie Barton, ADVOCAP Head Start at 922-7760 Ext. 3544.

Valerie Barton  
Family Engagement Manager



# December 2017 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5 Healthy Kids & Healthy Families Fond du Lac Center 5:00-6:30	6	7	8 Prairie View Berlin & Ripon Parent Committee Meeting at Prairie View Center 10:00 am - noon
11	12	13 Policy Council Fond du Lac Center 9:45 light breakfast 10:00 meeting All Welcome	14	15
18	19	20	21	22
25	26 ----- NO CLASSES THIS WEEK - CLASSES RESUME TUESDAY JANUARY 2 <sup>nd</sup> -----	27	28	29