



HEAD START CONNECTION

MARCH 2019

A Publication of ADVOCAP Head Start

also available online @ www.advocap.org/head-start

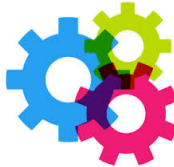
FROM THE DIRECTOR'S DESK



In the past ADVOCAP's Head Start has completed our Self-Assessment during the months of February and March. Starting this year our process will begin closer to the end of Head Start year (when the majority of data will have been collected).

So, starting in April we will be taking a close look at our **Head Start Program Goals** to reflect on if we are on the right track to truly making a positive impact with our children, families, and communities where our program is focused as well as comply with the our Federal Head Start Program Performance Standards. We have made some changes and want to keep making progress in how we provide services. This is a great way for staff and families to get to know their rights, the rules and regulations! We want to identify any gaps in our program so that we can plan to fill them as soon as possible! You are very welcome to participate! Please contact me if you are interested.

We want YOUR input and ideas! You are a very important part of the program and agency!



Hillary Gunther,
ADVOCAP Head Start Director
Remember, if you have any questions, comments, suggestions, or concerns, please call me at (920) 922-7760 Ext. 3512. We are here to serve.

FOUR-YEAR OLD KINDERGARTEN

Will you be enrolling your child in one of our Head Start centers for the 2019-2020 school year? Will your child be four years of age on or before September 1, 2019? Do you reside in the North Fond du Lac, Berlin, Fond du Lac, or Ripon School District? If you do, you may want to consider enrolling your child in our Head Start and Four Year Old



Kindergarten program. If your child participates in this program option, your child will attend Head Start and Four Year Old Kindergarten classes at one site.

ADVOCAP Head Start collaborates with the Fond du Lac, North Fond du Lac, Berlin and Ripon School Districts in providing Four Year Old Kindergarten services. The teachers in our Four Year Old Kindergarten classrooms are licensed by the State of Wisconsin. This means that they are licensed to teach in the local public schools. Our teachers follow the guidelines that Head Start and the school districts require.

If you have any questions, please contact your Family Development Specialist.

Jessica Nemecek
Education Services Manager


TIPS FOR BUILDING SELF ESTEEM


One of the most precious gifts you can give your child is a positive self-image. Here are some ideas to help you give the gift of positive self-esteem. What other ways can you think of?




- Hug your child everyday!
- Hang your child's drawings and school work in prominent places. That's what refrigerator doors are for!
- Give your child choices whenever possible.
- Notice when your child does something better and give praise.
- Consistently communicate in an "I know you can do it attitude!" with your child.
- Thank your child when they do something for you.
- Have your child give themselves a pat on the back and say, "I did it; good for me!"

Bulletin Board

 **NEXT YEAR**
If you know anyone in the community who has a child who will be three or four by September 1st and would be interested in Head-Start... we are taking applications right now for 2019-2020! Please have them call 920-922-7760 ext 3544

 **SPRING BREAKS!!!!**
Berlin Center=March 11th-15th
Ripon Center=March 18th-22nd
NFDL Center=March 25th-March 29th

 **Next Policy Council Meeting will be held on March 13, 2019 at the ADVOCAP Building beginning at 6:00 pm.**



NATIONAL NUTRITION MONTH

March is National Nutrition Month®! The Academy of Nutrition and Dietetics sponsors the event annually to promote the importance of good nutrition and physical activity.

Key Messages of National Nutrition Month:

1. Discover the benefits of a healthy eating style.
2. Choose foods and drinks that are good for your health.
3. Include a variety of healthful foods from all of the food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
6. Keep it simple. Eating right doesn't have to be complicated.
7. Make food safety part of your everyday routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more at the store.
9. Find activities that you enjoy and be physically active most days of the week.
10. Consult the nutrition experts. Registered Dietitian Nutritionists can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.



Information gathered from the Academy of Nutrition and Dietetics website...for more information go to www.eatright.org/nnm

The FoodWise program through the UW-Extension will again be visiting the Fond du Lac county classrooms in March to emphasize the importance of eating different colored foods to promote health.

Melanie Kautzer
Nutrition Manager

POLICY COUNCIL MINUTES ADVOCAP Head Start

February 13, 2019

Policy Council Meeting was called to order by Theresa Sahotsky at 6:03 pm

Roll call: Policy Council Members in attendance:

Parents Voting Members:

Cora Erives, Christie Galow, Ema Perez, and Theresa Sahotsky

Additional Voting Members:

Katherine Grice, Community Rep; and Susan Locke, ADVOCAP Board of Directors



Parents Non-Voting Members:

Additional Non-Voting attendees:

Hillary Gunther, ADVOCAP Head Start Director; Connie Anderson, ADVOCAP Board of Directors; Jessica Nemecek, Education Manager; Lorri Bohn, Family Engagement Manager; Melanie Kautzer, Nutrition Manager; Debbie Serwe, Health Services Manager; Roseanne Henning Prairie View Center Manager; and Naolma Reinke, Administrative Assistant

Quorum present at meeting.

Agenda:

Review of /and motion to approve the updated agenda for the 02/13/2019 was made by Cora Erives and seconded by Christie Galow.

Vote= unanimous approval

Minutes:

Review of /and motion to approve the minutes from the 01/16/2019 meeting corrected to include Jessica Nemecek being present was made by Kristie Galow and seconded by Susan Locke.

Vote= unanimous approval

Financial Report:

Financial report was given for the month of December 2018 by Hillary Gunther, ADVOCAP Head Start Director. A motion to approve the financial report and credit card purchases was made by Cora Erives and seconded by Emma Perez.

Vote = unanimous approval

Report will be placed on file for audit.

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

Personal Report:

We ask for your approval in the formal hire of **Laura Cornelius** as Teacher Assistant at Berlin. She comes to us with her Bachelors of Arts Degree in Elementary Education and in Music. She has experience in working in child care locally, being a library director, and a gardener. She also enjoys volunteering in her community.

Motion to approve was made by Cora Erives and seconded by Christie Galow.

Vote= unanimous approval

We ask for your approval to hire **Jennifer (Jen) Johnston** as Center Supervisor for FdL, NFdL, and First Presbyterian centers. She has her Bachelors of Science Degree in Horticulture and has experience in professional gardening/nurseries. She has worked for UMOS (United Migrant Opportunity Services) in their Head Start program as the Office Manager and then as the Transportation and Facilities Manager. She then went to work for DANYA, who managed Federal

Monitoring Reviews of Head Start Programs across the nation. She has well rounded experience that includes Playground Safety Inspection, licensing facilities, and experience in the area of Human Resources.

Motion to approve was made by Cora Erives and seconded by Christie Galow.

Vote= unanimous approval

COLA Application (Cost of Living Adjustment of 1.77%)

This is for a total of \$44,856 that we will be applying for to offset the wage increases ADVOCAP generously gave to all of its staff at the beginning of 2019. We will have to find over \$11,000 of In Kind for this additional funding but we have smart and creative minds working on this and we'll figure it out.

This application is due March 1st.

We ask permission to apply for the COLA funding opportunity.

Motion to approve was made by Cora Erives and seconded by Emma Perez.

Vote= unanimous approval

Transportation Waivers

These applications come due early in the calendar year, even though plans may change before now and the beginning of the next Head Start year. We would like approval for the same **160 children** to be covered under the Transportation Wavier as this year. This waiver enables us to have our Head Start children be transported by the School Districts or by a transportation service that we contract with directly and for the children to not have a five point safety harness in their seats and to not have a bus monitor present on the bus.

Safety is always a priority for ADVOCAP and Head Start. If a parent requests that their child have a bus seat with the safety harness, we will work with the service provider to have this safety feature provided.

We will continue our collaborative 4K contract with Berlin, North Fond du Lac, and Ripon School Districts that includes their Transportation services. Our waiver also allows us to have students ride district buses if they go to another location to receive special district services for part of the school day and then return to Head Start for the rest of the day.

We ask for permission to re-apply for transportation waivers for the next program year.

Motion to approve was made by Emma Perez and seconded by Susan Locke.

Vote= unanimous approval

Program Updates

Our application for the Increase in Program Hours was returned to us from the Office of Head Start for revision. The amount we requested was felt to be far too high. We had to cut our requested budget in more

than half. The funding is supposed to be dispersed by March 1, 2019. This year we will extend the Head Start/4K year in our Berlin classroom at All Saints. This will only be for the 2018-2019 school year. Then next year we predict adding the additional HS/4K classroom here in FdL to the Extended Duration. We will remain at six classrooms providing 1,020 hours of high quality Head Start services to our children.

Manager's Report:

Melanie Kautzer, Nutrition Manager reports that for the month of December 6440 meals were served and we were reimbursed \$14557.00 and for the month of January 6757 meals were served with reimbursement amount to be reported at a later date. For the calendar year of 2018 the grand total of meals served was 75,151 with reimbursement of \$164,274. In the upcoming month the Food Wise program through UW-Extension will be in Fond du Lac county classrooms. Also, there is a family nutrition event coming March 19th ... watch for details.

Debbie Serwe, Health Services Manager reports that many of the second round of mental health observations are being rescheduled due to snow days. We have one child currently excluded for not having a physical.

Jessica Nemecek, Education Services Manager reports that many home visits have been completed and many others have been missed due to the weather. The teachers are working very hard at getting them rescheduled with the families.

Lorri Bohn, Family Engagement Manager. For the month of January we had 8 children drop and 2 enroll. Our current enrollment is at 253. This month we have already had 3 enroll and more in the process of being filled and will be back to 257 soon. Our average attendance for January is 82.74%, which is low, but we have had a number of illnesses and one day when the FdL school district did not have class our attendance was very low.

Roseanne Henning, PV Center Manager reports one employee is out on medical leave and we are searching for candidates to fill the vacancies. Also, one bus at Prairie View will be scrapped as the engine is blown and repairs would not be cost effective.

Parent Sharing:

Theresa Sahotsky reports having a wonderful time at the WHSA conference. She attended many very informative seminars. She thanks Head Start for the wonderful experience.

Community Representative sharing:

none

Announcements:

Please be sure to watch our calendars for upcoming makeup days! They may not be the same as the school districts your child attends, so watch closely.

Our next Policy Council meeting is on March 13, 2019 at 6:00.

Please RSVP to Naolma (920) 922-7760 x 3578 or naolmar@advocap.org!

Adjournment:

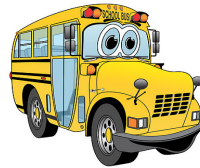
Motion to adjourn was made by Emma Perez and seconded by Susan Locke.

Vote = unanimous approval. Meeting adjourned at 6:57 pm

Minutes were taken and submitted by Naolma Reinke

BUS SAFETY

As we approach the mid way point in our program year, we want to remind our students of the importance of Bus Safety. For the safety of our riders, our policy is everyone is buckled before the bus moves and remains buckled until an adult says it is safe to unbuckle.



AT HOME:

You can foster the concepts of this at home by discussing the danger of unbuckling while the bus is in motion and without permission from an adult when arriving at their bus stops and/ or at school. Feel free to sing the song "Wheels on the Bus" and ask questions such as, "While the wheels on the bus are going round and round, is it safe to unbuckle?" or when you come to the part in the song, where the people on the bus go "up and down", you can ask "how can the people on the bus stay safe when going over bumps?". You can further foster this message by ensuring they are buckled in during family car rides. For a more rewarding experience, allow them to show you they can buckle themselves in (or attempt to). Helping children to identify potentially dangerous situations and hazards will help to avoid accidents and serious injury.

Lastly, I'd like to remind parents, the weather is getting better and that means the buses may begin to run slightly ahead of the normal schedule. Although our drivers will continue to drive safely and within the posted speed limits, soon, snow and ice will no longer be contributing factors.

Thanks and let's work together to finish this year off safely! :O)

Kari Tschech
Transportation Supervisor

FOND DU LAC KINDERGARTEN ROUNDUP

Letters will be sent to you by your home school. Please be sure to send back your reply marking that yes you plan to send your child there for Kindergarten, this is how they plan for numbers of classrooms etc...



Watch for information that will be coming about April registration dates.

You will need to go to your home school office and pick up registration forms and show your child's birth certificate. **NO APPOINTMENTS ARE NECESSARY.**

Please note: If you would like to send your child to a school other than your home school, you need to fill out Open Enrollment Forms. Pick these up at your home school or the Administration office. There is no guarantee that you will be accepted, but get your request in at your earliest convenience.

Lorri Bohn
Family Engagement Manager

DID YOU KNOW

Rx Drug Alert!!!!

“Secure your Prescription Drugs”



“It is illegal to share prescription medications”

“Keep track of the number of pills in your container”

“Don't flush unused or expired medications”

- * Kids as young as 12 are trying or using prescription drugs non-medically.
- * “pain killers” are made from opioids, the same substance as in heroin.
 - Buying, taking, or sharing some prescription drugs is illegal.
- * Most parents and young adults use prescription and over the counter drugs only as directed. Help keep others safe by keep the reach of children.

* Children and teens who learn about the risks of misusing prescription and over the counter drugs from their parents are less likely to abuse them. Parents, talk to your family regularly about the proper use of prescription and over the counter drugs.



* We know that prescription drugs, when used correctly and under a doctor's supervision are safe and effective. Sharing prescription medications is unsafe and illegal. Be safe use prescription drugs only as directed.

* Keeping our environment and ground waters safe are concerns of most people in our community. Flushing prescription and over the counter drugs is not the way.

Take your outdated unused medications to the Fond du Lac Police Station Drug Disposal Box.

MR. YUK MEANS NO!

During the month of March our Head Start children will be learning about “Mr. Yuk” and the dangers of poisons. Our homes are filled with many products that make life easier and more pleasant as long as they are not eaten or inhaled. Products like cosmetics, cleaners, and medicines can be dangerous and even fatal.

Watch for the “Mr. Yuk” stickers that will be coming home in your child's school bag. They will have learned that his green scowling face means poison! Mr. Yuk can help you keep your child safe.



The stickers work best when you and your child talk about the dangers of poisons together and attach the stickers to dangerous substances in your home. Make it a fun learning activity for you and your child besides being an excellent warning signal to your child. “Mr Yuk” stickers provide the emergency telephone number of the Poison Center of Eastern Wisconsin at Children's Hospital of Wisconsin in Milwaukee.

Debbie Serwe
Health Services Manager

COMMON SENSE TIPS (for a Healthy Media Diet)

- * Set media time limits and stick to them. Limit your child's screen time to no more than one to two hours per day. Children under the age of two should watch as little TV/videos as possible.

* Check media content and ratings at www.common sense media.org to choose media that is age appropriate and educational. You might pre-record high quality shows or movies and let your children watch them several times. Your child learns through the repetition.

* No TV or computer in your child's bedroom. Research shows that when media is located in children's bedrooms, its negative influence on their development is greater.

* Watch and listen with your kids. Ask questions such as, who was your favorite character? What was it about her/him that you liked? Which character would you like to be?



* Use media to spark your child's imagination and creativity. You can ask questions like: if you wrote the story, how would you change the ending? You can make a book out of his/her drawings and write down the

story.

* Help your child understand fantasy from reality. Explain to children that they can't do things that cartoon characters or super-heroes can, like jumping off buildings or falling out of a tree without getting hurt.

* Point out that violence isn't a good way to solve problems. Offer non-violent ideas of how to resolve problems if you're watching a show with characters that solve arguments by hurting people. Ask your child if he/she has any ideas.

* Balance electronic media with playtime and encourage your children to go outside and be active.

* Read to your child. It is the best way you can build their literacy skills and help them establish a love of books.



Lorri Bohn
Family Engagement Manager



March 2019 Calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------|---|--|--------------------------------|--------|
| | | | | 1 |
| 4 | 5 | 6 | 7 | 8 |
| 11 Berlin center-No classes | 12 Berlin center-No classes | 13 Policy Council Fond du Lac Center 5:30 light supper 6:00 meeting All Welcome Berlin center-No classes | 14 Berlin center-No classes | 15 |
| 18 Ripon center-No classes | 19 Healthy Kids & Healthy Families FDL Center 5:00-6:30 pm Ripon center-No classes | 20 Ripon center-No classes | 21 Ripon center-No classes | 22 |
| 25 NFDL center-No classes | 26 NFDL center-No classes | 27 NFDL center-No classes | 28 NFDL center-No classes | 29 |