From the Director’s Desk

Happy November Head Start families! This month is Family Literacy Month, and you will find activities in this newsletter to help develop your child’s literacy. Reading to your child on a regular basis is a great way to foster a love of reading while increasing vocabulary and positive family interactions. Children love story time at home and in class, and if you would like to read a story to your child’s class, you are always welcome.

A few reminders as we move into colder weather. . . Temperatures have changed dramatically, so make sure your child has warm clothes for playing outside. Remember that Head Start children will play outside when temperatures are above 28 degrees. Thanks for your continued dedication to your child’s success, and I wish everyone a happy Thanksgiving holiday! —Dr. Lea Maue

Get to Know. . .

Ms. Bernadean Wheetley!

Ms. Bernadean’s hometown is Carbondale and she has been a bus driver for 20 years at our Carbondale center. She really enjoys working with small children and driving her school bus. We would like to recognize her for her dedicated service, commitment to our children, and program.

Ms. Bernadean says that the children have continued to humor and surprise her year after year. “There’s never a dull moment with our kids. Our kids say the darnest things.” She enjoys baking in her free time, and one of her favorite things to make are oatmeal cookies. She looks forward to serving them to a women’s group on the weekends at her daughter’s salon. Ms. Bernadean is a great role model at work and in our community. We thank and appreciate you for all that you have done!
Community Resource of the Month

Good Samaritan House has an emergency assistance program that helps area residents pay their rent or utility bills to prevent homelessness in our community.

Contact Angela Wilson for more information.

Phone: (618) 457-5794

Located at:
701 South Marion St.
Carbondale, Illinois

Developmental Screenings

Screenings are the program’s first step in getting to know your child at the beginning of each school year. These screenings are completed within 45 days of your child’s first day of attendance at Head Start.

Our program uses the Brigance Head Start III Screener to assess children’s development. Each child will have four separate screenings completed, all focused on different parts of development:

- Brigance Core and Supplemental- language, fine and gross motor, cognitive skills
- Brigance Self-help and Social Emotional (completed separately by teacher and parent)- adaptive and social skills, behavior

The information gathered from these screenings will help you and your child’s teacher plan for the school year and how best to prepare for kindergarten. During parent-teacher conferences on November 9th and 10th, your teacher will review the results of all screenings completed with you and develop goals based on those results. For example, if your child struggled to identify colors on the Brigance Core, you might choose to develop a goal of classifying to build color identification skills.

If your child scores below the average benchmark based on your child’s age, your teacher will implement activities with your child specifically designed to build skills assessed in the screening. For the child struggling with color identification, the teacher will work with the child to sort objects by color or implement a color search in the room. After six weeks of these activities, the teacher will re-evaluate your child.

If you have any questions about developmental screenings or what you can do at home to build kindergarten readiness skills, please feel free to ask your child’s teacher.

Contact us:

618-453-6448  headstart.siu.edu  SIU Carbondale Head Start
Conscious Discipline in the Home

A routine is a pattern for how to conduct a certain activity. The more consistent and clearly represented these routines are, the more safely, and cooperative your child will feel. Visual routines provide a form of clear communication that focuses children’s attention on what we want them to do. At home, try utilizing visual routines to provide predictability and consistency to guide your child(ren). It is easier for children to comply when the expected behaviors are crystal clear.

Use a poster board and attach pictures that demonstrates what comes next.

Example:
Bedtime Routine

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“Educating Children, Empowering Families, Strengthening Communities”

Health

This past month SIU Carbondale Head Start partnered with SIU Carbondale Community Dental Clinic and Dental Hygiene program to offer a dental clinic. The clinic provided a dental exam, cleaning, and fluoride varnish (unless otherwise indicated). Those that participated in the dental clinic took home an electric toothbrush and toothpaste for continued good oral health practices. Clinics took place program-wide throughout the month. Overall, 80% of the SIU Carbondale Head Start children completed a dental exam. For those who need dental treatment and may not already have a dental home, SIU Carbondale Community Dental Clinic can now serve as your dental home. Not only can they serve as a dental home to your Head Start child, but they can now serve as a dental home to your entire family.

More specifically, the clinic offers dental exams, radiographs, work (fillings), some extractions, crows, and some root canals/endodontic procedures. The SIU Carbondale Community Dental Clinic is open on Tuesdays and Thursdays from 8am-8pm and Fridays from 8am-12pm. To schedule an appointment for an adult (anyone 20 years of age or older), call 618-453-8826 and to schedule an appointment for a child (anyone 19 years of age or younger), call 618-453-2353.

Contact your center:

- Carbondale 453-2440
- Marion 997-4255
- Murphysboro 687-4433
- Puka 453-7173

Interested in texting your center? Call your center for more directions.
Recipe of the Month

Want to enjoy a fun twist on pizza? Try Pizza Dip!

Ingredients:
1 cup cream cheese
1 cup sour cream
1 cup pizza sauce
1 cup mozzarella cheese

Directions:
1. Mix the sour cream and cream cheese together and put it in an oven safe dish.
2. Top the sour cream and cream cheese mixture with pizza sauce.
3. Top each dish with cheese.
4. Bake in the oven at 350 for 15-20 minutes or until cheese is hot and bubbly.

Book of the Month

Brown Bear, Brown Bear What Do You See by Bill Martin Jr and Eric Carle

Activity: Read the book aloud or watch the story being read aloud on youtube

https://www.youtube.com/watch?v=HaDDsTgIAWc

Use the sheet included in the newsletter to color each animal. Also color each color word in its corresponding color. Cut out each animal and color word separately and work with your child to identify each animal, color of each animal, and match the animal to the color word. You could also reread the book at a later time and use the animals to retell the story in order.

School Readiness Goals Aligned To This Activity:

- Children will demonstrate persistence and engagement in a variety of creative experiences.
- Children will use small muscles to manipulate materials with strength and coordination, including using art and writing tools to convey meaning through written symbols and letters.

Volunteer Opportunities

We invite you to come volunteer with us! Things You Can Do to Help:

- Read a book to our class
- Join us at mealtime: Assist with handwashing & help serve meals
- Play games on the playground or in the classroom, Sing songs, and Help with cleanup

We look forward to seeing you!