From the Director’s Desk

The Head Start staff is excited to see the children settling into the everyday routines of Head Start and adjusting quite well. If you were not able to attend the September parent meetings, PLEASE make a special effort to attend in October.

The month of October will bring many exciting opportunities for you and your child as we observe Family Involvement Month.

I would like to personally thank all parents elected to serve in a leadership role within the program, for your willingness to serve. We look forward to working with you and hope you find your leadership role enjoyable and productive. I would like to encourage Policy Council representatives to contact your alternate representative and/or center director if you are unable to attend a Policy Council meeting.

As the weather turns cooler, please dress children accordingly – they do go outside daily. The fall brings many opportunities to share the changes that will be happening outside with your child and to extend his/her language by exploring and discussing those changes.

We are excited that all Head Start families will have a literacy/language goal in addition to a family goal this year. We know that children whose parents engage them in interactive, extended conversations, and read aloud to them EARLY and OFTEN, tend to have and use more words and be better prepared to start school.

Parents – as always, we welcome you to come in and visit, volunteer, and share the day with your child in Head Start. We are always happy to see and hear from parents!

From Your Policy Council

Watch this section in the future for information and inspiration from Policy Council Representatives. The following quotes are taken from past years’ “From Your Policy Council” columns:

Head Start is one of those educational institutions where we as parents are given the opportunity to actively invest in and contribute toward the future of our children—early!

Yonmon Tchinsala, 2014

Every time I walk though the door I look forward to the experience. I’ve been going to my son’s class as much as my busy schedule allows. The other children in his class know me as “Joshua’s daddy” and greet me with a smile when I come through the door.

Tristen Gossman, 2014

This is my son’s first year at Head Start and it has been a wonderful learning experience for both of us thus far. Preschool is an exciting new time in a child’s life where they begin to acquire foundational social and academic skills they will need for future success.

Shantell Colebrook, 2015

New Policy Council representatives were elected at the September parent meetings.
**WIC**

Did you know WIC can service families whose children are ages Birth to 5? WIC is federally funded by the USDA. It is also an income based program.

WIC offers many services such as nutritional education, provides breast feeding support and nutritious foods based on guidelines that provide healthiness. They provide families with referrals, encourage immunizations, and provide coupons for local farmer markets. They also offer case management which is recommended but not required to receive WIC.

WIC staff are required to meet with families every 3 months. If this interests you give your local WIC office a call and see how they can help your family.

**Parent Committee Meeting Schedules**

September parent meetings were the first meetings of the school year. Elections were held for the various committees at Head Start. Parent meetings are a great way to interact with other families, to get important information, and to provide feedback and recommendations to Head Start staff.

At the November parent meetings, parents will decide how to use the parent activity funds on an event that is most interesting to parents. Come with ideas and let your voice be heard.

**The dates have been set for the year are as follows:**

- **Marion**
  3rd Monday of the month at 6:00 pm. Next meeting: Monday, **November 16th** at 6:00 pm.

- **Malone's Co-Location**
  3rd Wednesday of the month at 6:00 pm. Next meeting: Thursday, **November 18th** at 6:00 pm.

**Parent Leadership Roster for 2015 - 2016**

The following parents were elected to leadership positions at the September parent meetings:

- **Policy Council Representatives**
- **Carbondale Center:**
  - Dana Smith
  - Eleni Gebre
  - Paige Preston
  - Janae Curtis (Alt)
- **Marion Center:**
  - Mary Lou Evans
  - Ashley Whitlock
  - Chris Martin
- **Murphysboro Center:**
  - Melissa Karr
  - Holly Carrillo
- **Malone’s Co-Location**
  - Jamie Kerrigan
  - Amanda Twinkle

- **Parent Committee Officers**
  - **Carbondale Center:**
    Chairperson & Education Committee: Paige Preston
    Vice-Chair: Amber Wille
    Secretary: Cassandra Musgraves
    Education Committee: Chrisehle Bryant
    Health Advisory:
    - Veronica Cruz
    - Amber Wille
  - **Marion Center:**
    Chairperson & Education Committee: Melissa Covington
    Vice-Chair: Tina Richardson
    Secretary: Clarissa Brookins
    Education Committee: (TBD)
    Health Advisory:
    - Sarah Kyle

- **Carbondale**
  3rd Thursday of the Month at 6:00 pm. Next meeting: Thursday, **November 19th**, at 6:00 pm.

- **Murphysboro**
  3rd Tuesday of the month at 6:00 pm. Next meeting: Tuesday, **November 17th** at 6:00 pm.

- **Malone’s Co-Location**
  3rd Wednesday of the month at 6:00 pm. Next meeting: Thursday, **November 18th** at 6:00 pm.

- **Don’t Miss Out!**
  Mark the dates of the meetings on your calendar.

- **Juanita Abney**
  **Murphysboro Center:**
  Chairperson & Education Committee: Jennifer Porter
  Vice Chair: John Parrish
  Secretary: Ashley Duty
  Education Committee: Elizabeth Morrison
  Health Advisory:
  - Jessica Miller
  - Abigail Merriman

- **Malone’s Co-Location:**
  Chairperson & Education Committee: Tim Gassel
  Vice-Chair: TBD
  Secretary: Amanda Twinkle
  Education Committee: Tim Gassel
  Health Advisory:
  - Amanda Twinkle
  - Alternate TBD

**Head Start Job Openings**

We are looking for:
- Bus Monitors
- Bus Drivers
- Substitute Teachers
- Substitute Bus Drivers

Contact your Center Director or call 453-6448 for more info.

**Family Connections**
Family Assessments to Begin Soon...

Family & Community Service Workers (FCSW) are beginning to schedule home visits to complete the annual initial family assessment home visits.

In previous years, the assessment instrument Head Start staff have used did not allow staff to track family progress and overall outcomes. Starting this year, SIU Carbondale Head staff have revamped their family assessment instrument to help measure family outcomes.

Families will notice that an initial assessment will be completed with staff at your home towards the beginning of the school year. Additionally, your FCSW will contact you later in the year to update your assessment answers. This second assessment is much shorter and can be done over the phone with staff or at a location that is convenient for both parents and staff.

Information from the assessments helps us provide referrals and assistance to families. It will also allow us to better identify families individual strengths as well as areas that families want to work to improve and will make goal setting easier.

By using this new instrument, Head Start staff will be able to look at family outcomes program wide. This information will be used during our annual Self-Assessment and Community Assessment processes and will allow us to better train staff to assist families with challenges that you face.

Thank you for all of your patience with us as our staff become familiar with this tool. Please let your center director know if you have questions about this.

The Importance of Routines

Routines may seem boring to adults, but children thrive on them. Daily routines:
- Make children feel safe
- Promise them comfort
- Make them feel in control

Routines provide a framework for a child’s day. Children like knowing:
- What’s coming and what’s happening
- When things will happen and the order of events

Routines develop out of your own family’s daily habits. Encourage your children to become as independent as possible in carrying out certain basic routines. These routines include dressing, undressing, napping, using the toilet and cleaning up. Slowly, they will be able to do these things without your assistance.

Here are some ideas and guidelines you can use each day so that your child knows what to expect.

**Morning routine**
- Get up at a set time and start off with affection
- Personal grooming: brush teeth, wash face, comb hair, get dressed
- Breakfast time

**Leaving for school**
- A special goodbye, kiss or wave from the window
- Take the same route each day
- Sing along or listen to the same songs while in the car

**Mealtimes**
- Have all meals at consistent times
- Talk about your day
- Consider set food days, like pizza every Friday
- Encourage children to help set up or clean up meals

**Cleaning up**
- Get your children in the habit of picking up after themselves
- Have them start by picking up one toy or putting away one piece of their clothing

**Naptime routines**
- Stop active play and have some quiet time before nap-time begins
- Play music and dim the lights
- Read stories together

**Bathroom routines**
- Set predictable routines for personal care, like brushing teeth, washing hands and bath time
- Use a timer to set times for bathroom activities- 2 minutes for brushing teeth and 20 seconds for washing hands

**Bedtime**
- Bath time
- Pajamas
- Story time
- Lights out

Routines can make your family life run more easily and save you planning time. Once you’ve set up routines, try to stick to them even when you have visitors or are on vacation.

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**Literacy Activity**

Fall weather is fast approaching! Reading a book and working on a project with your child can be a great way to pass the time. Here is one idea for a cheap, easy, fun project that you and your children will enjoy. Going to your local library and borrowing books can be an easy way to work around a tight budget.

**Book:** The Very Hungry Caterpillar

**Author:** Eric Carle

**Project:** Toe Caterpillar

**What you need:**
- White paper
- Crayons
- A Leaf
- Green Paint
- Black Marker

**Instructions:**
1. Find a leaf
2. Put white paper over the leaf
3. Begin rubbing a crayon over the leaf to make an impression
4. Paint child’s toes green
5. Press toes on the leaf to make a caterpillar
6. Take black marker and draw a caterpillar’s face
7. Let the project dry.
Dental Clinic

Just as Head Start has certain health requirements, we also require for all children to have a dental exam within 90 days of their start date. To help ensure these exams were completed this year, we implemented a Fall Dental Clinic at the Carbondale, Marion, and Murphysboro Center. (Malone’s Early Learning Center will receive their dental clinic through Dental Safari on November 18th.) The SIU Carbondale Community Dental Center and the SIU Carbondale Dental Hygiene Students helped make this happen by visiting our centers and performing exams on the children.

Overall, participation rates were outstanding and due to this we are planning to conduct the clinic again next year at this time.

In November, the Dentist and Dental Hygiene students will be back to clean the teeth of those who had exams and to apply fluoride varnish to all of the children of Head Start.

Is Your Family Prepared?

October 4th-10th is National Fire Safety Week. Have you taken a look at our fire safety plans in the classroom and made your own with your family at home? Talk with your child/ren about “stop, drop, and roll” and make an emergency plan in case of a fire so everyone can be ready.

Apple Harvest

There is nothing better than taking a trip to your local apple orchard on a cool autumn day. Start a new tradition your family will love! Fresh air, colorful fall leaves, and plenty of crisp delicious apples! Once you make the trip, your family will look forward to picking their own apples every year. Stir apples into hot cereal or serve cheese slices with apple slices as you want to make half of your plate fruits and vegetables!!

Grocery Store Tours

October brings a new activity for our Head Start families! Ashley Moss, our Health and Nutrition Coordinator, was awarded a mini-grant from the Southern Illinois Healthy Children Taskforce to conduct grocery store tours. Each center will have an opportunity to visit their local Walmart to participate. Ashley will conduct these tours and discuss topics with parents. Parents will learn information on the following:

- Shopping healthy on budget
- Reading food labels
- Determining unit pricing

Each family who participates will also receive a take home bag, which will include various items. One give away item is a book titled “Eating Through the Alphabet” by Lois Ehlert to read to their child. If you haven’t signed up yet, contact the Health and Nutrition Coordinator before space runs out! Hope to see you at this event!!
<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Snack</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Milk, Orange Slices, and Biscuit with Margarine and Jelly</td>
<td>Milk, Tuna Casserole, Peas, and Pineapple Chunks</td>
<td>Milk, Vanilla Yogurt, and Extreme Berries</td>
</tr>
<tr>
<td>2</td>
<td>Milk, Grape Juice, and Granola</td>
<td>Milk, Chicken Salad Sandwich, Baby Carrots, and Grapes</td>
<td>Milk, Soft Pretzel Bits, and Honey Mustard Sauce</td>
</tr>
<tr>
<td>5</td>
<td>Milk, Banana, and Kix Cereal</td>
<td>Milk, Turkey Hot Dogs with Ketchup, Potato Salad, and Apple Sauce</td>
<td>Milk and Breadsticks with Spaghetti Sauce</td>
</tr>
<tr>
<td>6</td>
<td>Milk, Pears, Scrambled Eggs, and Wheat Toast</td>
<td>Milk, Taco Bake, Corn, and Apple Sauce</td>
<td>Tropical Punch, 3 Chew with Pretzels, and String Cheese</td>
</tr>
<tr>
<td>7</td>
<td>Milk, Apple Slices, and Pancakes with Light Syrup</td>
<td>Milk, Spaghetti with Meat Sauce, Green Beans, and Mandarin Oranges</td>
<td>Milk, Cottage Cheese, and Pineapple Chunks</td>
</tr>
<tr>
<td>8</td>
<td>Milk, <strong>NUTRITION EDUCATION:</strong> Kiwi, Oranges, and Strawberries with Cream Cheese and Graham Crackers</td>
<td>Milk, Fish Sandwich with Tartar Sauce, Coleslaw, and Tropical Fruit Salad</td>
<td>Milk, Blueberry Muffins, <strong>NUTRITION EDUCATION:</strong> Kiwi, Oranges, and Strawberries with Cream Cheese and Graham Crackers</td>
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<tr>
<td>9</td>
<td>Milk, 5-Way Mixed Fruit, and Cinnamon Raisin Bagel with Cream Cheese</td>
<td>Milk, Pepperoni Pizza, Cooked Carrots, and Pineapple Tidbits</td>
<td>Milk, Apple Slices, and Vanilla Wafers with Vanilla Fruit Dip</td>
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<td>12</td>
<td>NO SCHOOL</td>
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<tr>
<td>13</td>
<td>Milk, Grape Juice, and Kix Cereal</td>
<td>Milk, Turkey Ham Submarine Sandwich with Mayonnaise and Dill Pickle Slices, Grape Tomatoes &amp; Broccoli with Ranch Dip, and Apple Slices</td>
<td>Milk, Vanilla Pudding with Bananas, and Vanilla Wafers</td>
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<tr>
<td>14</td>
<td>Milk, Fruit Cocktail, and English Muffins with Honey</td>
<td>Milk, Fish Nuggets with Tartar Sauce and Ketchup, Peas and Carrots, Peaches, and Wheat Bread</td>
<td>Milk and Trail Mix</td>
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<tr>
<td>15</td>
<td>Milk, Cantaloupe, Biscuits, and Turkey Sausage</td>
<td>Milk, Sweet &amp; Sour Meatballs with Cooked Rice and Steamed Broccoli, and Mandarin Oranges</td>
<td>Milk, Orange Juice, and Toasted Oat Cereal</td>
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<tr>
<td>16</td>
<td>Milk, Mixed Berries with Granola, and Yogurt</td>
<td>Milk, Chicken Strip Wrap with BBQ Sauce, Sweet Potato Tots, and Pineapple Tidbits</td>
<td>Milk, Baby Carrots with Ranch Dip, and Pretzels</td>
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<tr>
<td>19</td>
<td>Milk, Bananas, and Frosted Shredded Wheat Cereal</td>
<td>Milk, Sloppy Joe Sandwiches with Pickles, Tater Tots with Ketchup, and Orange Sections</td>
<td>Milk, String Cheese, and Pretzels</td>
</tr>
<tr>
<td>20</td>
<td>Milk, Orange Slices, and Cinnamon Raisin Bagels with Cream Cheese</td>
<td>Milk, Broccoli and Cheese Quiche, Steamed Broccoli, Cauliflower, &amp; Carrots, and Pears</td>
<td>Milk and Fruit Salsa with Cinnamon Brown Sugar Tortilla Chips</td>
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<tr>
<td>21</td>
<td>Milk, Mixed Berries, and Pancakes with Light Syrup</td>
<td>Milk, Beef Stroganoff, Green Beans, and Apricots</td>
<td>Milk and Apple Sauce with Graham Crackers</td>
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<tr>
<td>22</td>
<td>Milk and Oatmeal with Blueberries</td>
<td>Milk, Beef and Bean Burrito, Corn &amp; Black Beans, and Pineapple Tidbits</td>
<td>Milk and Peach Crisp</td>
</tr>
<tr>
<td>23</td>
<td>Milk, Grape Juice, and Toasted Oat Cereal</td>
<td>Milk, Chicken Nuggets, Country Vegetables, Fruit Salad, and Yeast Rolls</td>
<td>Milk and Yogurt Parfait (Yogurt, Strawberries, and Granola)</td>
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<tr>
<td>26</td>
<td>Milk, Bananas, and Toasted Oat Cereal</td>
<td>Milk, Turkey &amp; Cheese Melt, Mixed Vegetables, and Mandarin Oranges</td>
<td>Blue Raspberry Juice Bar and Vanilla Wafers</td>
</tr>
<tr>
<td>27</td>
<td>Milk, Peaches, and Toasted English Muffins with Honey</td>
<td>Milk, 4-Cheese Ravioli with Meat Sauce, Salad with Dressing, and Fruit Salad</td>
<td>Milk and Oatmeal Raisin Bars</td>
</tr>
<tr>
<td>28</td>
<td>Milk, Apple Slices, and Pancakes with Light Syrup</td>
<td>Milk, Hamburgers, with Ketchup, Mustard, and Dill Pickle Slices, Pasta Salad, and Strawberries</td>
<td>Milk and Crackers with Cheese</td>
</tr>
<tr>
<td>29</td>
<td>Milk, Orange Slices, and Biscuits with Margarine and Jelly</td>
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