

Family Connections Newsletter

OCTOBER 2025

News, Updates, and More from SIU Head Start

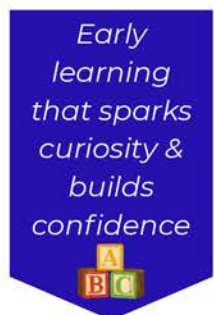
◆ SERVING JACKSON AND WILLIAMSON COUNTIES ◆



HAPPY 60th BIRTHDAY, HEAD START!

It's our birthday month! This year is extra exciting because we are celebrating 60 YEARS OF HEAD START!

Since 1965, Head Start has provided services and supports to more than 40 million children. Head Start has continuously grown and now, serves nearly 750,000 children and families each year, offering:



We will be celebrating 60 great years on October 23 at the Science Center of Southern Illinois. The planned event is part of a new partnership between Head Start and children's museums across Illinois. This collaboration offers enhanced educational opportunities for Head Start children and families, bringing together classroom learning and interactive museum experiences. We look forward to sharing in this joyful, celebratory occasion with you!

In partnership, *The SIU Head Start Administrative Team*

MARK YOUR CALENDARS

No School: All Centers

Oct 10: Staff Trainings

Oct 13: Indigenous Peoples' Day

Parent Meetings

Regular Parent Meetings will be replaced by our Fall Festival celebrations. Those will be held:

Oct 15: John A, 9-11am

Oct 17: Marion, 1:15-3pm

Oct 23: C'dale & Murphy, 3-5pm

The Oct 23 event will be a **joint celebration** for the two centers and will held at the Carbondale location.

Nutrition Activity

Oct 17: All Centers

Please check Learning Genie for more information on trying these healthy recipes at home!

Policy Council Meeting

Oct 20: Admin Building
(Carbondale), 6:00pm

Pyramid Model Leadership Team Meeting

Oct 23: Admin Building
(Carbondale), 3:15pm

Head Start Museum Day

Oct 23: Science Center of
Southern Illinois at University
Mall, Carbondale, 5:30-7pm

VEHICLE SAFETY: CAR SEAT RECOMMENDATIONS

Using the correct car seat can be a literal lifesaver. It is important to make sure your child is always buckled in an age- and size-appropriate car seat or booster seat.

The color coding on the chart below will help you to determine which type of seat is best for your child. If you have questions about car seat use, the installation of a seat, or are in need of a car seat, please reach out to your community worker.



Rear-Facing Car Seat



Birth to Age 2*

Buckle children in a rear-facing seat until age 2 or when they reach the upper weight or height limit of that seat.

Forward-Facing Car Seat



Birth to Age 5*

When children outgrow their rear-facing seat, use a forward-facing car seat until they reach the upper weight or height limit.

Booster Seat



5 until Seat Belts fit properly*

Once they've outgrown their forward-facing car seat, children should be buckled in a booster seat until seat belts fit properly.

Recommended height for seat belt use is 57 inches tall.

Seat Belt



Once seat belts fit properly

Children may use only a seat belt once they fit them properly. This means the lap belt lays across the upper thighs (not on the stomach) and the shoulder belt is across the chest (not the neck).

IMPORTANT REMINDERS

Never place a rear-facing car seat in front of an air bag.

Children 12 and under should *always* be in the **back seat**.

*Recommended age ranges for each seat type vary to account for differences in child growth and height/weight limits of car seats and booster seats. Use the owner's manual to check installation and seat height/weight limits.

CONNECT WITH US



headstart.siu.edu



Carbondale 453-2440

John A Logan 985-2828
Ext. 8241

Marion 967-2072

Murphysboro 967-2118



SIU Carbondale Head Start

THE BREAKDOWN

School Expectations: Let's celebrate our successes!

We've been celebrating safety at the centers. It has been exciting to "catch" the children, families, and staff as they modeled safe behaviors. Some of the ways they've demonstrated safe choices have included:

Practicing safe use
of our playground
equipment



Awesome, Ayla!

Cleaning up spilled materials



Thank
you,
Aiden!



Being properly
buckled into
their car seat



Way to go, Ka'mariah!

Using walking feet inside

Great
job,
Orange
Room!



Now it's your turn! Below is a card for you to complete when your child is "caught" being safe at home. Once completed, please send the card back to school to be added to our You've Been Caught celebration wall. At the end of October, we will place the names of everyone "caught" at home into a drawing for a prize!

If you need additional I've Been Caught cards, please ask your community worker.

I'VE BEEN CAUGHT!



I was caught being safe when...



Name of Person Caught

was caught by

Name of Catcher