

Family Connections Newsletter

SEPTEMBER 2025

News, updates, and more from SIU Head Start

♦ SERVING JACKSON AND WILLIAMSON COUNTIES ♦



SIU HEAD START ADMINISTRATIVE TEAM

WELCOME BACK TO HEAD START!

We welcome you to Head Start and are thrilled to begin the new year, one we know is full of potential! Our administrative team has been hard at work all summer and has been counting down the days until the classrooms were filled with the sounds of play, friendship, and growing children. We were thrilled to see everyone's smiling, excited faces this past week!

We want to be sure to thank you for the work you have done in order to prepare for the start of the year. Your efforts in completing registration paperwork, attending medical and dental visits, joining us at our Open House events, etc. are vital in creating a successful start to the year. We appreciate those efforts and are proud to partner with you in getting your child school-ready.

In these program-wide newsletters, you can expect to find information pertaining to the program as a whole. This may include things such as:

- Community resources
- Dates for upcoming events
- Non-emergency school closure reminders
- Program initiatives
- Family education information across a wide range of topics
- Changes to policies/procedures
- Celebrations of centers' accomplishments
- Activities to try at home

We hope you find the information helpful. Happy reading!

In partnership,

*The SIU Head Start
Administrative Team*

ADMIN TEAM AS PICTURED ABOVE, LEFT TO RIGHT:

FRONT ROW: Kendra, Education Coach; Christina, ERSEA Coordinator; Hope, Education Coach; Patty, Family & Community Partnership Coordinator; Abigail, Child Development Coordinator; Laura D., Health & Nutrition Coordinator; Julie, Health Specialist
BACK ROW: Nilofar, Accounting Officer; Janna, Sr. Business Manager; Laura L., Disabilities & Mental Health Coordinator; Dee, Administrative Aide

MARK YOUR CALENDARS

Parent Meetings

Sept. 3: Marion

Sept 8: Murphysboro

Sept 9: John A. Logan

Sept 10: Carbondale

All meetings will be held at 3pm at the respective centers.

Hearing & Vision Screenings

Sept 9: Carbondale

Sept 10: Murphysboro

Sept 11: Carbondale

Sept 12: John A. & Marion

Pyramid Model Leadership Team Meeting

Sept 11: Admin Building
(Carbondale), 3:15pm

Policy Council Meeting

Sept 15: Carbondale Center
Gym, 5:30pm

Governing Board Meeting

Sept 17: Admin Building or
Zoom, 3:00pm

Nutrition Activity

Sept 19: All Centers

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



ATTEND TODAY, ACHIEVE TOMORROW.

Building habits for good attendance is crucial for success in preschool, kindergarten, and beyond.



Did you know...

Showing up on time every day, from preschool forward, is important to your child's success and learning. Missing 10% of school (1-3 days every month) can make it harder to:

- Gain early reading & math skills
- Build relationships
- Stay on track with learning and school readiness skills

What You Can Do

Below are some tips for building strong attendance habits.

- Schedule non-urgent appointments and vacations when school is not in session.
- Set regular morning and bedtime routines
- Share ideas with other parents for getting to school on time
- Ask family members or neighbors for help if you need assistance
- Post your school calendar in a common area of your home



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: What does it mean to be safe?

“Be Safe” is SIU Head Start’s first school expectation. Safety is the foundation of school readiness. No one can build relationships or learn in a space without a sense of safety.

Safety can mean a wide variety of things in different environments. Below are examples of what it looks like to “be safe” at both home and school.

BEING SAFE AT SCHOOL LOOKS LIKE...

- Using walking feet
- Keeping our feet on the floor
- Helping clean up
- Keeping our hands on our own bodies
- Staying with our teacher and friends
- Washing our hands
- Putting garbage in the trashcan
- Using tissues for our noses



BEING SAFE AT HOME LOOKS LIKE...



- Helping clean up
- Using furniture appropriately (beds for laying down, chairs for sitting, etc.)
- Keeping our hands on our own bodies
- Staying with our adult when out & about
- Washing our hands
- Staying buckled during car rides
- Using walking feet in the house/community

For information on ways to keep your home environment safe, please see the following page.

Home Safety Checklist

Conduct an inventory of your home using this checklist.

While not comprehensive, completing the items on this list will help to create a safe environment when there are young children in your home.

If you find you are in need of any of the suggested items in order to increase safety in your home, please let your community worker know.

LIVING ROOM

- ☐ Hide wires behind furniture or use a wire hider.
- ☐ Cover outlets.
- ☐ Use safety gates restricting access to stairways.
- ☐ Install sliding door locks.
- ☐ Secure televisions and heavy furniture like bookcases to the wall.
- ☐ Cover sharp corners and edges with guards and bumpers.

BATHROOM

- ☐ Keep cleaners, chemicals and all medicine (including vitamins) in a locked cabinet.
- ☐ Secure toilet lids.
- ☐ Store items like curling irons, hair dryers, and flat irons in a locked or high cabinet.
- ☐ Install door knob covers to help prevent access to the bathroom.

GENERAL SAFETY

- ☐ Install safety gates at the top and bottom of the stairs.
- ☐ Have car seats checked to make sure they are installed properly.
- ☐ Keep doors closed and restrict access to rooms that are not child friendly.



BEDROOM

- ☐ Keep mini blind cords separated/out of reach.
- ☐ Secure furniture to the wall.
- ☐ Cover outlets with outlet protectors or furniture.
- ☐ Install bed rails.

KITCHEN

- ☐ Store cleaners in a locked and/or high cabinet.
- ☐ Keep oven and dishwasher handles free of dishcloths and rags.
- ☐ Install cabinet locks.
- ☐ Install an oven door lock.
- ☐ Store appliances that are sharp like blenders and food processors out of reach.