From the Director’s Desk

Hello Head Start families. April is enrollment month for next year’s school year! We count on our families to spread the word about the quality services we provide in order to serve other families in the community. If you know anyone with a pre-school aged child that may be eligible for Head Start, please refer them to us. The contact numbers for each center are inside the newsletter. Can you believe the end of the school year is only about six weeks away! I am confident that your child has received the best possible classroom instruction and support. The final piece is giving children the opportunity to prepare for what will happen in kindergarten. We cooperate with the local school districts in many ways, and a number of schools in the area have very effective transition programs in place. Inside this issue, you will find all of the kindergarten registration dates and transition programs available. I highly encourage all parents to contact their school districts as soon as possible.

— Dr. Lea Maue

Get to Know... Mrs. Abigail Moberly

Abigail grew up in Urbana, IL, which is about three hours north of Carbondale. She came to SIU in 2001 and began her career in early childhood studies. She graduated from SIU in 2006 with an Early Childhood degree. Abigail has been employed with the program since 2005. She started volunteering while attending SIU, and was later hired as a full-time sub in 2006. She was hired as an Assistant Teacher in 2007, Lead Teacher in 2009, and then moved into the role as Coach in 2016. She loves what Head Start stands for and all the children and families that are helped by the program. Abigail enjoys all of the excitement that children bring, from counting to five and or recognizing their name for the first time. She loves the smiles and the hugs you get from the children and feels that’s what makes teaching so much fun. Her job as Coach allows her to be the teachers' cheerleader, and to encourage and help them become the best teachers they can be. She loves being the Coach, visiting all of the centers, and helping all the teachers help the kids. She has two beautiful six-month-old twins, Oliver and Grace, that she and her husband adore. They are first time parents. They love it and are having so much fun. In her free time, Abigail likes to be with her family, working out, going out to eat, and shopping at Target. We thank and appreciate Abigail for 12 years of service!

From your Policy Council

My name is Stephanie Doty. I have been a member of the Policy Council since October 2018. My older son Alan began in the program in 2016. He is age seven. Ms. Renee was Alan’s teacher, and she is also my daughter, Delaine’s teacher as well. SIU Carbondale has Head Start has been great for our daughter Delainie. She has been receiving speech services, and we have seen a vast improvement in her speech. We are excited that next year our son Colton will be starting in the program. He is excited when he has a chance to visit his sister’s classroom. We hope Ms. Renee will be his teacher because she has been a great teacher to both of our children. SIU Carbondale Head Start has been a wonderful program and has provided so much support to our family. It was so helpful to our family that we were able to get speech services for free with the program. Everyone there is very warm and welcoming. We have enjoyed our children being there. I want to encourage all families to get involved and inquire about the many services that the program has to offer.
Transitioning to Kindergarten

By Janis Strasser

Starting school can be scary and exciting for both you and your child. Effective kindergarten teachers know that children are individuals who each start kindergarten with a wide range of skills. You do not need to drill your child with letters, numbers, and facts, before school starts. But there are some things you can do to prepare both you and your child for kindergarten. Here are some ideas.

Before school starts

Send a note to the nurse and to the teacher if your child has allergies or special needs. Do this even if you have indicated this on other forms already. It may be critical for teachers to know that your child reacts to bee stings, has food allergies, or has hearing or vision modifications. As a parent, you have the responsibility to advocate for your child’s health and safety.

Visit the school and meet the teacher. If there is a visiting day to meet your child’s teacher and visit her classroom before school starts, make sure to participate. If you missed visiting day or the school does not offer one, call to see if you can arrange a quick visit to see the school and to meet the teacher with your child.

Start your school routine early. To reduce stress and get used to new routines, adjust new bedtimes or wake up times a few weeks before school begins. Routines are comforting for us and for children. Read a soothing bedtime story every night to help your child fall asleep with comforting thoughts. Do not watch the news or violent programs in the evening.

Label everything. Make sure to label backpacks, lunch boxes - everything your child brings to school. This includes her! If your child’s school has not supplied a nametag, make one. It should have your child’s name, address, and a phone number where a parent/guardian can be reached, the name of the teacher, and how your child gets home from school.

Read books together about starting school. You can ask your local librarian for suggestions. Try these lists:

- Miss Bindergarten Gets Ready for Kindergarten, Joseph Slate (Illustrated by Ashley Wolff)
- Seven Little Mice Go to School, Kazuo Iwamura
- Pete the Cat: Rocking in My School Shoes, Eric Litwin (Illustrated by James Dean)
- Mom, It’s My First Day of Kindergarten, Hyewon Yum
- Yoko Learns to Read, Rosemary Wells

https://www.naeyc.org/our-work/families/transitioning-to-kindergarten

Community Resource of the Month

The Woman’s Center

The Woman’s Center is one of the first domestic violence centers in the country. The Women’s Center, Inc. was created in 1972 by a group of visionaries who recognized the need for a safe, secure environment for Southern Illinois women and their children. They support all aspects of women’s social, educational, financial, family, and legal rights. If you need a safe place to go for you and your children, the Woman’s Center is there to provide a safe place. Their services are confidential, free of charge, and available 24 hours a day, 7 days a week, 365 days a year to women, men, adolescents & children in Franklin, Jackson, Johnson, Perry, Saline, Williamson, Union, and Gallatin Counties. They can be reached at (618) 549-4807. They have offices in Marion, Harrisburg, Franklin County and at the Eurma Hayes Center in Carbondale, IL. The Women's Center's administrative offices are at 610 S. Thompson Street, Carbondale, IL 62901.

The website: http://www.wea@thewomensctr.org
Conscious Discipline in the Home: Positive Intent

Each month, we feature the Seven Skills of Conscious Discipline and the Seven Powers of Conscious Adults. The seven skills are Composure, Encouragement, Assertiveness, Choices, Empathy, Positive Intent, and Consequences. This month’s skill of focus is Positive Intent. Positive Intent starts in the heart and opens our minds.

Power of Love

BIG IDEA: Choose to see the best in others. We must see children differently for them to behave differently.

GOAL: Seeing the best in others keeps us in the higher centers of the brain so we can consciously respond, instead of unconsciously reacting to life events.

Power of Love

The Power of Love fosters the development of compassion. The Power of Love asks us to see the best in others. It allows us to see the light within every person at any time, and the spark of beauty in each person. This does not excuse behavior or eliminate consequences; it allows us to hold hope for the hopeless, safety for the fearful, and encouragement for the discouraged. As you inhale, say to yourself, “I am willing to see...” As you exhale, say to yourself, “…the best in others.” We need to remain calm to see the best in others. We must become masters of composure to be able to move from negative to positive intent.

Here are some tips you can use to further incorporate the Skill of the Power of Love at home:

Our first task is to inspire children to cooperate so we can teach them how to behave within acceptable limits.

The A. C. T. process uses positive intent to see the missing skill behind a hurtful action, and then use A. C. T. to teach the desired, new, or missing skill.

A. Stands for Acknowledge the child’s desire. C. Stands for Clarify the Skill. T. Stands for Take Time to Practice.

Acknowledge the child's deepest desire and intent. Say to the child, “You wanted ________” or “You were hoping __________________.” (Use positive reframing to explain what the child wanted and the best way to receiving it).

Clarify the skill you want the child to use. “When you ______________ then say or do ________.” (Demonstrate the appropriate way to ask or do the activity with positive intent).

Take time to practice the desired or new skill. Take time to practice the appropriate way to ask or to do a specific activity. Remember to practice, practice, practice. It takes time to learn a new or desired skill.

From "Conscious Discipline: Building Resilient Classrooms" by Dr. Becky Bailey

“Educating Children, Empowering Families, Strengthening Communities”

618-453-6448  headstart.siu.edu  SIU Carbondale Head Start
Recipe: Nutrition Activity

Hello Parents! Please join your child on April 17 & April 18 for Hummus for this month's nutrition activity. Listed below you will find the recipe.

**INGREDIENTS FOR HUMMUS**

- 2 cups canned garbanzo beans (chickpeas)
- 1/3 cup tahini (sesame paste)
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1 clove garlic
- 1 tablespoon olive oil
- Pita bread or cut vegetables

**DIRECTIONS**

Open the can of garbanzo beans and drain. Place the garbanzo beans, tahini, lemon juice, salt, and garlic in a blender or food processor. Blend until smooth. Add water if too thick. Transfer mixture to a serving bowl. Drizzle olive oil over hummus. Serve with pita bread or cut vegetables.

**Book of the Month: The Tiny Seed by Eric Carle**

Read the book aloud to your child or watch the book being read on YouTube: https://www.youtube.com/watch?v=REjelYD16Os

**Activity:** Plant a seed and watch it grow! What does the seed need in order to grow? What do you notice about the seeds? How long is it taking for your plant to grow? ... What kinds of plants do the children like? Why do they think that flowers grow better in the spring? Why can’t a plant grow in the desert?

**School Readiness Goals Aligned To This Activity:**

- 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.
- Children will demonstrate persistence and engagement in a variety of creative experiences.
- Children will express their thoughts and needs in clear and complete sentences using varied and complex vocabulary.
- Children will demonstrate beginning math skills (counting, numeral recognition, quantifying, measuring, shapes).

**Important Dates**

- April 4: Carbondale Parent Activity Mtg. 6 pm
- April 5: Wear Blue, Child Abuse Prevention Month
- April 8-12: Week of The Young Child
- April 15: Policy Council Meeting, 6 pm

**Nutrition Activity:**

- April 17: Preparation Day
- April 18: Eating Day

**Parent Activity Events**

- April 13: Murphysboro Parent Activity Event, 3-6
- April 27: Carbondale Parent Activity Event, 1-4
- May 4: Marion—Parent Activity Event, TBD

- April 19 & April 22 No School, Home Visits
- April 10: Family Resource Fair! Marion Head Start 907 N. Vicksburg Marion IL 5:30 – 7:00 pm
  *(One Free Family Portrait for Head Start enrolled families only!)*

**Mass Enrollments**

- April 2 & 16: JALC/Carbondale
- April 4 & 18: Marion Center
- April 8 & 23: Murphysboro Center

**Fluoride Varnish**

- April 1: JALC/Carbondale
- April 8: Marion
- April 19: Murphysboro

- April 30: Male Advisory Panel Golden Corral Carbondale, IL, 6 pm

**April Ready Freddy Events**

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**Marion Kindergarten Registration**

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